

TRAINING FOR WARRIORS

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -EC	6:00am JZ -EC	6:00am JB - S		
		9:30am JB -EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
		7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
6	7	8	9	10	11	12
6:00am JB - H	6:00am JZ - S	6:00am JB -EC	6:00am JZ -EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB -EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
13	14	15	16	17	18	19
6:00am JB - H	6:00am JZ - S	6:00am JB -EC	6:00am JZ -EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB -EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
20	21	22	23	24	25	26
6:00am JB - H	6:00am JZ - S	6:00am JB -EC	Happy Thanksgiving	No Class at 6:00 am		
9:30am JB-H	9:30am KM - S	9:30am JB -EC		9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC		MAC Open 8 am - 12 pm	6:00pm JZ - EC	
27	28	29	30			
6:00am JB - H	6:00am JZ - S	6:00am JB -EC	6:00am JZ -EC			
9:30am JB-H	9:30am KM - S	9:30am JB -EC	9:30am KM - EC			
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S			
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	November 1st-8th - Warrior Weigh-in / Measurements & Choose one / Lose one			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
JZ	Julian Jimenez	November 1st Broad Jump				
KM	Kyla McCulley	November 8th 2 min SIT OUT				
		November 15th 1 Minute Chin Up				
		November 22nd 75 rep Challenge				
		November 29nd 1 Minute Knee Grab Sit Up				
4 Wks. Dead Lift & Bench Press			Circuit Style			