



The Dirty Scurve

WORDS TO LIVE BY



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BADASS OF THE WEEK

I tried to find a single badass of the week for you... but I found too many. I was on the Wall of Valor for pararescue.com to look up a badass.. but after two hours of reading citations I couldn't settle on just one...

When you go to Indoc, you'll need to memorize many a fallen PJ for your drop sets and ins and outs. Now is a good time to start..

Use the link below and start learning some history. Learn about one PJ per week and remember that name when you're struggling on an underwater or the last few pushups.

HOOYAH!

USAF
PARARESCUE



[https://www.pararescue.com/
history/wall-of-valor](https://www.pararescue.com/history/wall-of-valor)

Drowning In Beerbaum

Mon	<u>Water Con Day</u> Underwaters: 5 @ 2:00 Mask and snorkel: 2 @ 20m Buddy Breathing: 3 rounds @ 2:00 medium harassment Train on your weaknesses
Tues	<u>Swim Day</u> Underwaters: 2 sets of 3 @ 1:45 (5 min rest between) Freestyle: 4 x 300m (pool fins if possible) Finning: 4 x 150m @ 3:30 (rocket fins) Crossovers: 10 @ 1:15 (25yd)
Wed	<u>ABU Top/Booties</u> 10 ups practice (SLICK) Underwaters: 5 @ 3:00 Buddy Breathing: 3 rounds @ 2:00 mild harassment Underwater football (SLICK)
Thurs	<u>Swim Day</u> Underwaters: 5 @ 2:00 Freestyle: 1000m Mask and snorkel: 2 @ 20m Pass the Snorkel Drill
Fri	<u>Friday Fun</u> Buddy Brick Drownproofing Drills Pass the snorkel

The Big Hart



Mon

Flightline Run
3 miles: Goal < 21 min

Tues

FUUUCK!tional Fitness
Plates on plates on plates...

	Round 1	Round 2
A. Trap Shrugs	50	30
B. Farmers Carry	400m	200m
C. Overhead Carry	400m	200m
D. Pushups	50	50

*Do round 1 with 25# plates, round 2 with 45#

Wed

Flightline Run:
5 miles: Goal < 35 min

Thurs

Calisthenics Burnouts

Pushups: 6 sets of 25 @ 1 min interval
Rest 4 min... Maxout: 2 min

Pullups: @ 1 min interval .. Regular 2 x 6 ..Chinup 2 x 5 ..
Wide 2 x 4 rest 4 min and maxout

Core: @ 1 min interval.. situps 3 x 20.. flutter kicks 3 x 15
Rest 4 min... Maxout 2 min

Fri

Ruck
4 miles @
80# < 60 min



Gilligan's Island of Suck

	<u>Calisthenics</u>	<u>Core</u>
Mon	<u>Pushups</u> 15/30/45/45/45/30/15 Up to 2 min rest between sets	<u>3 rounds:</u> Situps 50 Flutter Kicks 50 Crunches 50 <u>3 sets:</u> Side crunches 60 PS 1 min side plank PS Swimmers 30
Tues	<u>Pullups</u> Reps: 2/4/6/8/10 Regular Chinups Wide Narrow	Sandbag Getups: 50 PS
Wed	Rest... Stretch... Foam Roll.. Epsom salt bath... Scurve	
Thurs	<u>Track workout: 6 sets: no walking</u> Run 800m: Goal < 3:15 Light Jog 3 min	
Fri	30 minute recovery run @ 60% effort ----- Stretch 20 minutes	