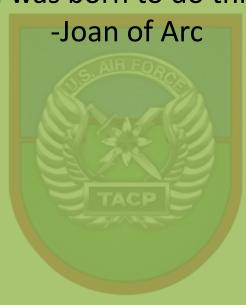


WORDS TO LIVE BY



I am not afraid...
I was born to do this



BADASS OF THE WEEK

Corporal Alvin York US Army WWI

Originally from Tennessee he was drafted and sent to fight the Germans in WWI. After a year of service he was attached to a group of 17 men in order to take out a German machine gun encampment that was protecting a railway. As they approached the gunners spotted them and killed 9 of the Americans. The rest of the group ran away from the 32 heavy machine gunners leaving York by himself in a hail of gun fire. After killing 20 of the Germans 5 more tried to take him from the side and died. After seeing all of this being done by one man the German Lt in command surrendered with his remaining 133 men.

Drowning In Beerbaum

TO ME SHOW ME SHOW	may with the second
Mon	Fucking Stretch, Ice, and Recover
Tues	Swim Day Underwaters: 10 @ 2:00 Freestyle: 3 x 200m (with fins) Crossovers: 10 @ 1:15 (25 yd)
Wed	ABU Top/Booties Mask and Snorkel: 2 x 20m Buddy Breathing: 2 rounds @ 3:00 medium harassment Travel (Hands and Feet Bound Swim): 3 x 50m Bobbing
Thurs	Swim Day Underwaters: 5 @ 1:45 Freestyle: 750m Pass the Snorkel Drill
Fri	FUN DAY/ WEAKNESS WORK Make your weaknesses your strengths

The Big Hart of the Big Hart o



Mon

Fucking Stretch, Ice, and Recover

Tues

FUCKTIONAL FITNESS

3 rounds

Lunges 45# 20 reps per side Kettlebell Swings 45# 25 reps Kettlebell Carries 45# 400m SBGU @ 60# 10 reps per side

Wed

Long Run

5 miles: Goal < 40 min

Thurs

Crash Course 3 Rounds Each exercise once before repeating

Pushups Wide 40 Regular 40

Narrow 40

Core

Sit Ups 50 1/2 Crunches 50

Flutter Kicks 50

Leg Lifts 50

V Ups 25

Fri

Easy Run

4 miles relaxed Pace Stretch Damn It! For 15 minutes





Mon

Fucking Stretch, Ice, and Recover

Tues

1 mile warmup 6 x 400m sprints @ 3:00 Stretch Damn It! For 15 minutes

Track Sprints

Wed

Rest and be a Stretchy Scurve

Track

Thurs

800m + warmups 5 Rounds 800m @ 3:30

3 min recovery jog Stretch Damn It! For 15 minutes

Fri

Sports Day
Ultimate Frisbee or Gatorball