



WORDS TO LIVE BY



By failing to prepare
you are preparing to
fail.

- Benjamin Franklin



BADASS OF THE WEEK

Peter Francisco Revolutionary War

Peter's actions early in the war showed his bravery and toughness more than his 6'6" build. It wasn't until August 15, 1780 that he proved his worth.

As many of his American fellows fled the battlefield he attempted to rally them and failed. He noticed a Brit preparing to bayonet Colonel Mayo. Using his musket Peter shot the Brit, then bayoneted another Brit charging him on a horse. Peter then stole the horse and rode behind the Brit lines and relieved a British officer of the prisoner, Colonel Mayo. Peter jumped off the horse and told the Colonel to ride it to freedom.

Drowning In Beerbaum

Mon	<p><u>WaterCon Day</u> 10 Underwaters @ 2:00 5 Bobs, 5 Front flip Bobs, 5 Back flip Bobs, 5 Mask hold Bobs 3 X 100m Travel 8 X 10 Ups @ 2:30 3 X 25m Mask and Snorkel</p>
Tues	<p><u>Swim Day</u> 200m freestyle warmup 5 Underwaters @ 1:45 3 X 500m @ 10:00</p>
Wed	<p><u>ABUs/ Booties</u> 5 Underwaters @ 3:00 3 Rounds 4 min Tread rest as needed 10 Underwaters with Fins @ 2:00</p>
Thurs	<p><u>Fins Day</u> 10 Crossovers @ 1:30 200m Freestyle Warmup 1000m Lead Arm Trail Arm</p>
Fri	<p><u>Personal Water Con Weakness Work</u></p>

The Big Hart Burn

Mon	<u>Upper Body</u> Push Ups 55, 45, 35, 25, 15, 5 Pull Ups 11 Down to 1 Narrow Push Ups Increase by 10s to Max Then Back Down Narrow Pull Ups Increase by 1 to Max Then Back Down	
Tues	<u>ABUs/GNGs</u> 3 Rounds 1 min Front, Side, and Back Planks Front Roll out, Back Roll back 20m increment increase up to 100m Bear Crawl Suicides in 20m increment increase up to 100m	
Wed	<u>Fucktional Fitness</u> 3 min intervals Tire Flips, Bear Crawls, Rolls, Overhead Plate, Front Plate	
Thurs	<u>Sprint Workout</u>	
	Run 100m, Jog 300m Run 200m, Jog 200m Run 300m, Jog 100m Run 400m, Jog 400m	Run 400m, Jog 400m Run 300m, Jog 100m Run 200m, Jog 200m Run 100m, Jog 300m
Fri	<u>Ruck</u> 5 miles #60	



Gilligan's Island of Suck

Mon	<u>Mid Distance Run:</u> 5 miles < 40min
Tues	<u>Track Workout</u> 6 X 400m @ 3 minute interval 1 X 1 mile @ 9 minute interval 1 X 400m Sprint
Wed	Foam Roll / Epsom Salt / Tiger Tail / Fucking Stretch
Thurs	<u>Upper Body</u> Push Ups 55, 45, 35, 25, 15, 5 Pull Ups 11 Down to 1 Wide Push Ups Increase by 10s to Max Then Back Down Wide Pull Ups Increase by 1 to Max Then Back Down
Fri	<u>Grass n Gorillas</u> 4 Rounds 5 Exercises of Choice Done for 30 Sec Interval