



WORDS TO LIVE BY



Never in the field of human conflict was so much owed by so many to so few.

- Winston Churchill



BADASS OF THE WEEK

Ivan Pavlovich Cook USSR WWII

Ivan was a cook for the 91st Regiment of the Red Army in the World War II. On August, 1941 while he was cooking dinner, he saw a German tank which had stalled near his kitchen. He picked up an axe and a rifle; and waited for the enemy to get out of the tank to fix it. He charged and the Germans were terrified of the axe-wielding Soviet running at them. The Germans got into the tank and started firing the machine gun. Ivan jumped on the tank, covered the observation hole by a tarpaulin and ordered his "imaginary" comrades to pass on the grenades. He forced them to surrender while under the pretense that the whole Red Army was waiting for them outside. Crazy or genius?

Drowning In Beerbaum

Mon	<u>Trial Day</u> 550 Time Trial Treading 10 Min Underwaters 5 @ 1:30
Tues	<u>Sprint Swim</u> Freestyle 5 x 100m @ 2:15 Freestyle 10 x 50m @ 1:00 Hypoxic Freestyle: 50 m with 2 strokes per breath, 4 strokes, 6, 8, 10, 8, 6, 4, 2
Wed	<u>Fins and Confidence</u> Fin 4 x 250 @ 6:00 Tread with weights 5 sets @ 1:00
Thurs	<u>Endurance Swim</u> Freestyle 1000m @ 80% effort
Fri	<u>Ruck</u> 4 miles @ 50 lbs < 48 min 100 8 Count BB

The Big Hart



Mon	<u>Cals Day</u> Regular Pull ups: 5x7 Wide Pullups: 5x7 Narrow: 5x7 Towel pull ups: 5x7	Pushups: 5 x 30 @ 1:15 Diamond Pushups: 5 x 15 Core: 3 Rounds 50 Situps, 50 flutter kicks, 1:00 plank 8 Count BB: 50
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)	
Wed	<u>Fucktional Fitness:</u> 4 Rounds: 10 Hammer Strikes, 50 yard tire flips, 12 Dips, 6 Helicopter Pull ups, 50 yard bear crawl, 50 yard backwards bear crawl Rest 1 min between sets	
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)	
Fri	<u>Endurance:</u> Weighted Pullups: 5 x 9 @ 25 lbs Weighted Deficit Pushups: 6 x 10 @ 25 lbs 150 8 Count BB Row Ladder 800, 600, 400, 200, 400, 600, 800	
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)	





Gilligan's Island of Suck

Mon	<u>1 Mile Repeats</u> 4 x 1 mile @ 10:00 min
Tues	<u>Track Workout</u> 200 @ 2:00, 400 @ 2:30, 600 @ 3:00, 800 @ 3:30, 600 @ 3:00, 400 @ 2:30, 200 @ 2:00
Wed	Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom
Thurs	<u>Endurance Run</u> 6 Miles @ 70%
Fri	<u>Recovery Day</u> 30 min Jog or Bike or Row Relaxed Pace

UNCLE RICKY'S DANGER DUNGEON

Uncle Ricky's Danger Zone: Level A

Exercise	Weight	Rounds x Reps
Flat Bench	135	1 x 15-20
	155	1x 12
	185	1 x 10
	205/225	6/4
Incline Static Press	50/60	3 x 5
	70/80	3 x 4
	80/90	3 x 3
Standing Cable Fly	25/30/side (High Pos)	15/12/10
	20/25 (Mid Pos)	12/12/10
	12/15 (Low Pos/ Low Pec)	10/10/10
Alt Med Ball Pushups		3 x 10 Per Side

Uncle Ricky's Danger Zone: Level B

Exercise	Weight	Rounds x Reps
Stiff Leg Dead Lift	135	20
	185	15/12
	225	10/8
Hang Clean	95-135	15/12
	135-185	10/12
Power Clean	95-130	3 x 10
Back Extensions	BW	3 x 20
Ball Slams	20	Tobatta 40s on/20s off
Barbell Roll Outs	Just Make Sure It Rolls	3 x 20

Uncle Ricky's Danger Zone: Level C

Exercise	Weight	Rounds/Reps
Box Squat	135	15
	185	12
	225	10
	205	12
Walking Lunge/Squat	95	5 x Tobatta 40on/20off
Thruster	95	15/12/10
	135	3 x 5
Deadlift	135/185	20/15
	205/225	12/10
	275/315	3 x 5
Hamstring Curl	80	15
	As Needed	15/12/10/12