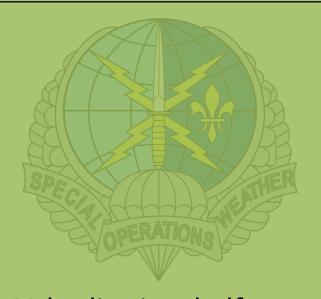


WORDS TO LIVE BY



Valor lies just halfway between rashness and cowardice.

- Miguel de Cervantes

BADASS OF THE WEEK

SSgt Sean Harvell USAF CCT 2007

The second man in the global war on terrorism to receive two Silver Stars and the first in the USAF to do so. The first he earned for successful directing a HH-60 medical evac and utilizing F-18 strafing runs within 45 ft of his position during a ten hour firefight. Then 3 weeks later while recovering a CH-47 helicopter and it's Army crew he was wounded and knocked unconscious by a rpg. After regaining consciousness and suffering from multiple wounds he returned fire with his M-4, M-12 shotgun and grenades while directing danger-close air attacks.

He earned his second silver star for his actions in an 8 hour firefight while clearing a compound. While Taliban reinforcements arrived Harvell and his team withdrew from the compound. Sgt Harvell was the last to leave the compound. Once he had crossed the 200 yd clearing outside the compound he directed A-10 and AC-130 fire to eliminate the attacking insurgents.

My summaries of these events doesn't do his actions justice. Here is the link.

SSgt Sean Harvell Silver Star Citations

DROWNING IN BEERBAUM

| The state of the s |
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Mon

2x300 1 min break Tread 5 min: Add weight every min Underwaters 5 @ 1:30

Tues

Sprint Swim

Freestyle 10x25 @ 0:40 (focus on form) Freestyle 5 x 200m @ 5 min Underwaters: 3 @ 1:20

Wed

Fin Day

Fin 5 x 200 @ 5 min Weighted Treading 5 @ 1:00 10 Underwaters @ 1:45

Thurs

Endurance Swim

Freestyle 1200m @ 80% Hypo Swim @ 6 strokes: 50, 100, 150, 200, 150, 100, 50 Rest PRN

Fri

Ruck Day

Ruck 2 miles @ 60 lbs 50 reps: 8 Counts, Flutter Kicks, Pushups, Leg Lifts, Squats Ruck 2 miles @ 60 lbs

The Big Hart of the second sec



Mon

Max Out Pullups **Pullups**

Regular Wide **Narrow** Chinup

Cals Day Max Out Pushups

Pushups

(4 Rounds @ 60% Max): (4 Rounds @ 60% Max):

Regular Wide Diamond Clapping

5 Rounds: 30 Sit Ups

20 Half Sit Ups 30 Russian Twists 20 Flutter Kicks

Tues

Uncle Ricky's Danger Dungeon: Level A (Adjust Weight to Ability)

Wed

Fucktional Fitness (ABUs):

6 Rounds:

6L/6R Sandbag Get Ups, 50 yd sled push 125-160 lbs, 1 min front leaning rest, 20 push ups, run 300 m.

Thurs

Uncle Ricky's Danger Dungeon: Level B

(Adjust Weight to Ability)

Fri

30 Minutes: 10 pull ups, 500 m row, 25 push ups, 500 m row, 15 jumping lunges

AMRAP:

Sat

Uncle Ricky's Danger Dungeon: Level C (Adjust Weight to Ability)





Mon

Mid Distance:
4 miles @ 80%

Tues

Track Workout

400m warmup

6 x 400m @ 3:00 interval

3 x 800m @ 5:00 interval

10 min recovery jog

Stretch

Wed

Thurs

Fri

Get to a yoga studio and do yoga.

Become a flexible beast.

Endurance Run 6 miles @ 80% Stretch

Run or Bike or Row for 30 min @ 70%

| UNCLE KIC | MYS DANGE | R DUNGEUN |
|-----------------------------|--|--------------------------|
| Level A | Level B | Level C |
| Alt Med Ball Pushups | Medicine Ball Slam | Box Jump |
| 2 x 10 | 2 x (50 sec on 10 sec off) | 3 x 8 |
| 4 Rounds: | Wall Ball | Squat |
| Flat Bench | 2 x (40 sec on, 20 sec off) | #135 @ 15 |
| #135 – 165 @ 10 | Deadlift | #185 @ 10 |
| Pushups | #135 @ 15 | #225 @ 2 x 6 |
| 2 min or 56 (Which ever is | #185 @ 10 | Deadlift |
| first) | #225 @ 2 x 6 | _#135 @ 15 |
| Forward Leaning Rest | Clean and Press | #185 @ 10 |
| 1 min | #75 – 135 @ 12, 10, 8 | #225 @ 2 x 6 |
| Smith Machine Bent Over | Back Extensions | Thruster |
| Row | No Weight @ 20 | #75 – 135 @ 3 x 8 |
| 12, 10, 8 | #10 – 25 @ 2 x 12 | 3 Rounds: |
| Class Crip Flat Bonch | No Weight @ 20 | Lunge |
| Close Grip Flat Bench | Seated Wide Grip Cable | #75 – 135 @ 5 per side |
| #135 @ 4 x 6 | -Row | Squat |
| Manmakers | Increase Weight Each Set | #75 – 135 @ 5 |
| #30 @ 3 x 12 | 15, 12, 10 | Wall Sit |
| | Wide Grip Pullups | Add Weight until Failure |
| | 8, 6, 4, 2 | 30 sec on 1 min off |
| 0 4 | Swimmers | |
| | 3 x (30 sec on/ 30 sec off) | |
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