



The Dirty Scurve

WORDS TO LIVE BY



A year from now you may wish you had started today

- Karen Lamb



BADASS OF THE WEEK

Richard Marcinko

US Navy Seal

Richard "Demo Dick" Marcinko started his career as a Navy teletype operator in Italy, he made several requests to transfer to UDT, but was denied. So he punched someone in the face, for which he was punished for by being sent to UDT. During Marcinko's time as a Navy SEAL in Vietnam, he became such a problem for the Vietcong that a 50,000 piaster reward was offered for his head. After his time in Vietnam Marcinko created SEAL team Six as a dedicated counter-terrorism unit. At the time

there were only three SEAL Teams but he named it six in order to convince other countries there were three other teams. Eventually, he wound up commanding Red Cell, his job was to fly around the world, attacking and infiltrating *the U.S. military's own bases*, in order to test their security. Red Cell was so good that it embarrassed the military. Marcinko kidnapped high-ranking personnel and even their families, "mildly torturing" them to get nuclear codes and wound up kidnapping an admiral twice. In the end he retired and after some time of being put on trial several times for different crimes he was convicted and sentenced to 21 months in prison and a fine of \$10,000. During his time in prison he wrote the auto-biography "Rogue Warrior."



Scurve Prep

Mon	<u>AFSOC PT TEST</u> Pull ups, Sit ups, Push ups (2 min Interval) 4 Mile Run 1500m Fin		<u>PAST</u> Pull ups, Sit ups, Push ups (2 min Interval) 1.5 Mile Run 500m Freestyle	
Tues	<u>Max Weighted Pullup</u>	<u>Max Deadlift</u>	<u>20m Sandbag Shuttle</u> <u>Run</u> @ 60 lbs	
Wed	<u>Watercon</u> Underwaters - 10 at 1:30 min Mask & Snorkel Recovery @ max distance			
Thurs	<u>Ruck</u> 3 miles @ 50 lbs with Sledgehammer			
Fri	<u>Max Rep Body Weight (BW) Bench</u>		<u>Max Sand Bag Get Ups (SBGU)</u> @ 6 min	
Sat	<u>Recovery Day</u> Yoga/ Salt bath/ Ice			