



The Dirty Scurve

WORDS TO LIVE BY



Some people want it to happen,
some wish it would happen, others
make it happen.

Michael Jordan



BADASS OF THE WEEK

A1C John L. Levitow

On February 24, 1969, Airman First Class John L. Levitow was assigned duty as a loadmaster aboard an AC-47 "Spooky" gunship flying a night mission in support of Long Binh Army Post in South Vietnam when his aircraft was struck by a hostile mortar round. The resulting explosion ripped a hole 3 feet, 1/4 inches in diameter through the wing along with more than 3,500 holes in the fuselage. All occupants in the cargo compartment were wounded and slammed against the floor and fuselage. The explosion ripped an activated flare from the grasp of a crewmember who had been launching flares to provide illumination for Army ground troops engaged in combat. Airman Levitow, though stunned by the concussion of the blast and suffering over 40 fragment wounds in his back and legs, staggered to his feet and turned to assist the man nearest to him who had been knocked down and bleeding heavily.

As he was moving his wounded comrade forward and away from the opened cargo compartment door, he saw the smoking flare ahead of him in the aisle. Realizing the danger involved and completely disregarding his own wounds, Airman Levitow started toward the burning flare. The aircraft was partially out of control and the flare was rolling wildly from side to side. Airmen Levitow struggled forward despite the loss of blood from his many wounds and the partial loss of feeling in his right leg. Unable to grasp the rolling flare with his hands, he threw himself bodily upon the burning flare. Hugging the deadly device to his body, he dragged himself back to the rear of the aircraft and hurled the flare through the open cargo door. At that instant the flare separated and ignited in the air but clear of the aircraft.

Airman Levitow, by his selfless actions, saved the aircraft and its entire crew from certain death. For his heroism he received the Congressional Medal of Honor from President Richard M. Nixon on May 14, 1970. He is the lowest ranking Air Force member ever to receive the honor.



Scurve Workout 1

Mon	<u>Lifting Day A</u> Refer to lifting sheet	<u>Cals</u> Everything Weighted 15-25lbs Pull ups- 3x5 Wide- 3x5 Chin up- 3x5 Mnt Climbers- 3x3 each side 10 Pull ups with no Weight	<u>Cals</u> Everything Weighted 15-25lbs Push ups- 5x20 Wide- 5x15 Diamond- 5x15 Deficit- 5x15 20 Push ups with no weight	<u>Core</u> 4 Rounds 15 Knees to Elbow 20 Sit ups 20 Half Sit ups 1 min Plank :30 sec rest
Tues	<u>Pool Sprints</u> Freestyle Hypoxic Pyramid @ 100m each 2,4,6,8,10,12,10,8,6,4,2		Fin: 10x50 @ 0:10 sec rest	<u>Treading</u> Tread hands up and sing a Jodie from start to finish
Wed	<u>Sprints</u> 1 lap (400m) 2 laps (800m) 3 laps (1200m) 4 laps (1600m) 3 laps (1200m) 2 laps (800m) 1 lap (400m) 1 for 1 Rest what it takes you to complete each run (Goal is 1:30 a lap)			<u>GNG's in full uniform and Ruck on with 25-30lbs</u> 20 min of 50 yards Sled Push 20 Press with Ruck 20 4-count Flutter Kicks while holding ruck up 25 meter one legged bear crawl (NO RUCK)
Thurs	<u>Pool Distance</u> Freestyle 1000m for time Fin 1000m for time			<u>Treading</u> 5rds of treading without touching wall: 1- :30 sec holding dive brick out of water 2- Drop Brick 3- 1 min hands up 4- :30 sec hands down for recovery 5- Recover Brick
Fri	<u>Kettlebells</u> For time: 50KBS 50KB Press each side 50 KB Deadlift (Use Heavy KBS) 50 KB Cleans Use 45lb KB for everything but Deadlift			<u>Cals</u> 3 sets of max reps of the following with a 1 min rest between sets and 3 min rest between exercises Pull ups, Wide, Chin ups, Mnt Climbers Push ups, Wide, Diamond, Deficit Sit ups, Flutter Kicks, Plank
Sat	<u>Ruck</u> 2 Hour Ruck with 35lbs + sledge hammer Sub 15 min mile is goal/ Goal is 8+ miles			



Scurve Workout 2

Mon	<u>Run</u> 3 mile run in full kit/Uniform for time	<u>GNG's</u> In Full Uniform and ruck on with 25-30lbs <u>25 min of</u> 25 Tire Strikes each side 6 Tire Flips 200 meter Splint (NO RUCK) 20 4-count Flutter kicks while holding rick up 25m one legged bear crawl
Tue	<u>Kettlebells</u> For time but a 25 min time limit to complete: 30KBS 100m Farmers Carry 25KBS 100m Farmers Carry 20KBS 100m Farmers Carry 15KBS 100m Farmers Carry 10KBS Use a 45-55lb KB for the KBS and two 45-55lb Farmers Carry	<u>Cals</u> Everything weighted 15-25lbs Pull ups- 5,4,3,2,1 Rest 1 min Close Grip- 5,4,3,2,1 Rest 1 min Wide- 5,4,3,2,1 Rest 5 min Push ups- 25,20,15,10,5,4,3,2,1 Rest 1 min Wide- 20,15,10,5,4,3,2,1 Rest 1 min Deficit- 15,10,5,4,3,2,1 <u>Core</u> Everything weighted 15-25lbs 4rds 1 min plank 1 min side plank 1 min side plank :30sec L-sit hold 1 min dead bug :30 sec rest
Wed	<u>Active Recovery</u> 40-45 min rowing @ 2:45 pace or 30 min run relaxed and/or foam roll and stretch	
Thur	<u>Lifting Day B</u> <u>Refer to Lifting Sheet</u>	<u>Cals</u> Use 15-25lbs For time 100 Pull ups 200 Push ups 300 Air Squats When completed do 100 4-count Flutter Kicks
Fri	<u>Run</u> 7 mile LSD @ 75%	



Lifting Cycle 1

Week 1	Day A Squat 5x5 @ 50% of 1RM Bench Press 5x5 @ 50% of 1RM Dead Lift 5x5 @ 50% of 1RM	Day B Front Squat 5x5 @ 50% of 1RM Press 5x5 @ 50% of 1RM Power Clean 5x5 @ 50% of 1RM
Week 2	Day A Squat 5x5 @ 60% of 1RM Bench Press 5x5 @ 60% of 1RM Dead Lift 5x5 @ 60% of 1RM	Day B Front Squat 5x5 @ 60% of 1RM Press 5x5 @ 60% of 1RM Power Clean 5x5 @ 60% of 1RM
Week 3	Day A Squat 5x5 @ 70% of 1RM Bench Press 5x5 @ 70% of 1RM Dead Lift 5x5 @ 70% of 1RM	Day B Front Squat 5x5 @ 70% of 1RM Press 5x5 @ 70% of 1RM Power Clean 5x5 @ 70% of 1RM
Week 4	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
Week 5	Day A Squat 5x5 @ 80% of 1RM Bench Press 5x5 @ 80% of 1RM Dead Lift 5x5 @ 80% of 1RM	Day B Front Squat 5x5 @ 80% of 1RM Press 5x5 @ 80% of 1RM Power Clean 5x5 @ 80% of 1RM
Week 6	Day A Squat 5x5 @ 85% of 1RM Bench Press 5x5 @ 85% of 1RM Dead Lift 5x5 @ 85% of 1RM	Day B Front 5Squat x5 @ 85% of 1RM Press 5x5 @ 85% of 1RM Power Clean 5x5 @ 85% of 1RM
De-load Week	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
1RM week	Day A Find new 1RM for Squat, Bench Press and Deadlift	Day B Find 1RM for Front Squat, Press and Power Clean