

The Dirty Scurve

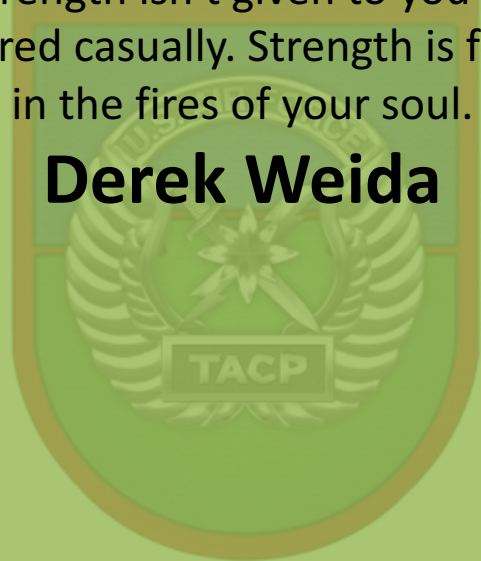
WORDS TO LIVE BY



The only time you grow, the only time you get better is when you hit that point of wanting to quit and you keep going instead.

Strength isn't given to you or acquired casually. Strength is forged in the fires of your soul.

Derek Weida



BADASS OF THE WEEK

Robert James Miller

In January of 2008, Miller led a team of Afghan National Security Forces and Coalition soldiers on a combat reconnaissance patrol in Kunar Province after the team's captain was seriously wounded during an ambush. Miller, despite being fired upon heavily by insurgents, remained at the front of the patrol laying down heavy fire on the insurgents while the commander was pulled to safety. He was able to provide detailed descriptions of the enemy positions, enable accurate close air support. He remained in the open, providing protective fire for his team and even when shot in his torso, Miller continued to fight, drawing enemy fire to himself and away from his team, allowing the teammates to reach cover. After killing at least 10 insurgents, he was shot and killed by enemy fire.



Scurve Workout 1

Mon	<u>Lifting Day A</u> Refer to lifting sheet	<u>Cals</u> <u>Everything weighted with 15-25lbs</u> Pull ups- 3X4 Wide- 3X4 Close- 3X4 Chin up- 3X4 Mnt Climbers- 3X4 each side	<u>Cals</u> <u>Everything weighted 15-25lbs</u> Pushups- 5X30 Wide- 5X25 Diamond– 5X25	<u>Core</u> 3 RDS 1 min Plank 1 min Chin hold up 1 min Side plank 1 min side plank 1 min Upper leaning rest :30 sec rest
Tues	<u>Pool Sprints</u> 10 rounds 100m freestyle 20 push ups 20 abs of choice			
Wed	<u>Sprints</u> Complete: 10 400meter sprints Work to rest ratio: 1:1 (Goal is 1:30 min runs)		<u>GNG's</u> In full uniform (25-30 LBS) 200 yard tire flip Every time you flip 10 yards; do 10 squats and 8 eight counts Max time limit: 30 minutes	
Thurs	<u>Freestyle</u> 500m, 400m, 300m, 200m, 100m		<u>Treading</u> 5min, 4min, 3min, 2min, 1min	
Fri	<u>Kettlebells</u> Complete as many reps as possible in 12 min: 10 KBS 10 KB Cleans (KB in each hand at the same time) 10 KB Thrusters (KB in each hand at the same time) KBs are not allowed to touch the floor until each round I completed <u>45lbs for KBS</u> <u>25lbs KBs each hand for Cleans and Thrusters</u>		<u>Cals</u> Complete 75 incline push ups unbroken Every time you break, complete 250 meter row as a penalty Complete 25 pull ups unbroken Every time you break, complete 250 meter row as a penalty Complete 125 sit ups unbroken Every time you break, complete 250 meter row as a penalty	
Sat	<u>Ruck</u> 10 Miles with 30lbs + sledge hammer No more than 2 ½ hours			



Scurve Workout 2

Mon	<p><u>Run</u></p> <p>3 mile run in uniform, boots, and hammer</p> <p>Goal is to get comfortable running in full kit</p>		<p><u>GNG's</u></p> <p>3 rounds in full uniform</p> <p>20 lunges each side</p> <p>25 squats</p> <p>400 meter sand bag pill carry (50-70lbs)</p> <p>100 meter sprint</p> <p>7 tire flips</p>
Tue	<p><u>Kettlebells</u></p> <p>Complete for time</p> <p>50 KBS</p> <p>10 press</p> <p>40 KBS</p> <p>20 press</p> <p>30 KBS</p> <p>30 press</p> <p>20 KBS</p> <p>40 press</p> <p>10 KBS</p> <p>50 press</p> <p>KBS use 35lb</p> <p>Press use 25-35lb each hand</p>		<p><u>Cals</u></p> <p><u>Everything Weighted 15-25lbs</u></p> <p>Pull up- 1,2,3,4,5,6,7</p> <p>REST 1 MIN</p> <p>Chin up- 1,2,3,4,5,6,7</p> <p>REST 1 MIN</p> <p>Wide- 1,2,3,4,5,6,7</p> <p>Push up- 30,25,20,15,10,5</p> <p>REST 1 MIN</p> <p>Wide- 25,20,15,10,5</p> <p>REST 1 MIN</p> <p>Diamonds- 20,15,10,5</p> <p>(REST WILL BE PLANKS BETWEEN SETS/ BUT REST BETWEEN EXERCISES)</p>
Wed	<p><u>Active Recovery</u></p> <p>40-45 min rowing @ 2:45 pace or 30 min run relaxed and/or foam roll and stretch</p>		
Thur	<p><u>Lifting Day B</u></p> <p><u>Refer to Lifting Sheet</u></p>	<p><u>Cals</u></p> <p>Complete each exercise by the 4-count</p> <p>NO REST BETWEEN EXERCISES</p> <p>30 squat</p> <p>30 lunge/ each leg</p> <p>30 push ups</p> <p>30 leg lift</p> <p>1 min plank</p> <p>30 diamond push up</p> <p>30 leg spreader/ followed by the flutter kick</p> <p>30 arm rotation</p> <p>1 min side plank/ each side</p> <p>30 bicycle crunch</p> <p>30 wide arm push up</p> <p>30 sit ups</p> <p>20 pull ups</p> <p>30 dips</p>	<p><u>Core</u></p> <p>4 Rounds</p> <p>20 Bicycle Crunches</p> <p>20 Sit ups</p> <p>20Half Sit ups</p> <p>1 min Plank</p> <p>20 4-Count Flutter Kicks</p>
Fri	<p><u>Run</u></p> <p>7 mile LSD @ 75%</p>		



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