

# The Dirty Scurve

## WORDS TO LIVE BY



**"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times"**

**Bruce Lee**

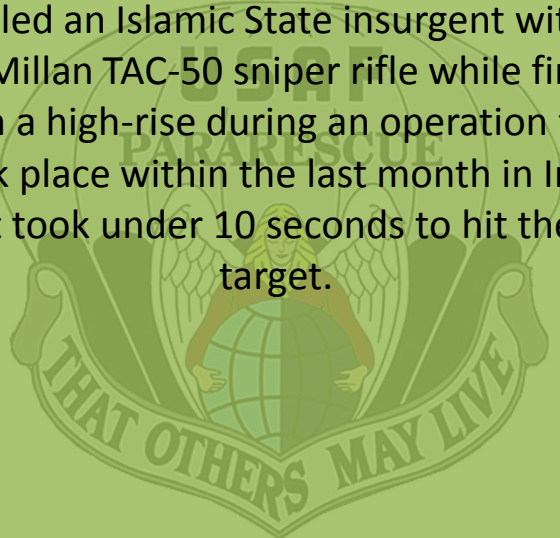


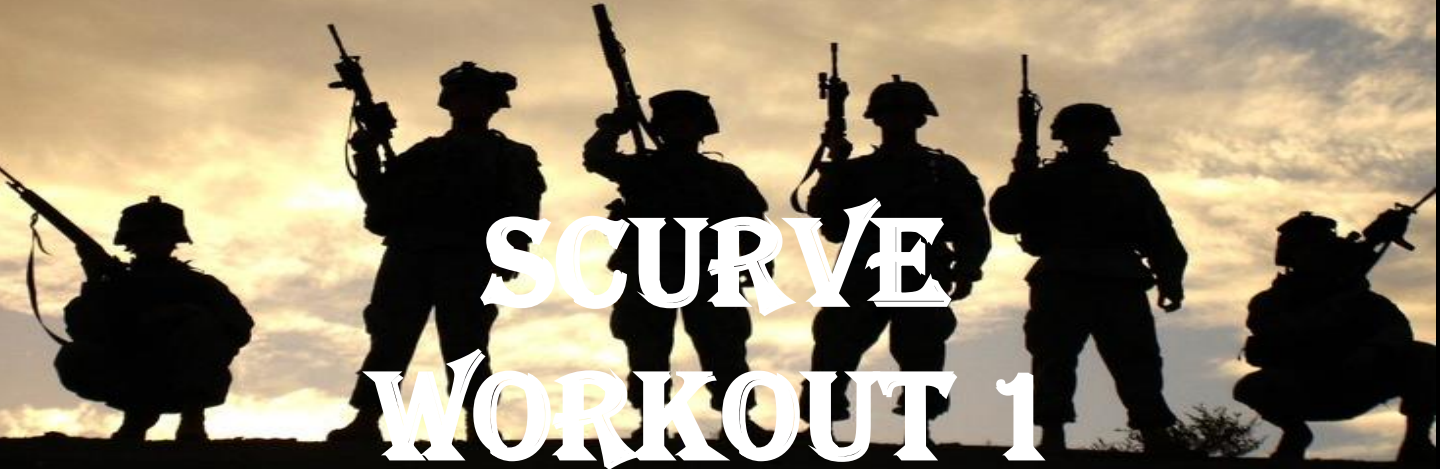
## BADASS OF THE WEEK



**TBA**

A sniper with Canada's elite special forces in Iraq has shattered the world record for the longest confirmed kill shot in military history at a staggering distance of 3,450 metres/ 2.2 miles. Sources say a member of Joint Task Force 2 killed an Islamic State insurgent with a McMillan TAC-50 sniper rifle while firing from a high-rise during an operation that took place within the last month in Iraq. It took under 10 seconds to hit the target.





|       |  |   |  |   |
|-------|--|---|--|---|
| Mon   | <u>Lifting Day A</u><br>Refer to lifting sheet   | <u>Cals</u><br>Everything Weighted 15-20lbs<br>Pull ups- 5x5<br>Wide- 3x5<br>Chin up- 3x5<br>Mnt Climbers- 3x4 each side<br>8 Pull ups with no Weight | <u>Cals</u><br>Everything Weighted 15-20lbs<br>Push ups- 4x15<br>Wide- 3x12<br>Diamond- 3x8<br><br>15 Push ups with no weight  | <u>Core</u><br>60 Leg lift<br>50 Sit ups<br>40 Half sit ups<br>30 4-Count Flutter kicks<br>2 min Plank<br>1 min Side plank each side<br><br>No rest |
| Tues  | <u>Pool Sprints</u><br>5x100m freestyle with :10 sec rest<br>5x100m fin with :10 sec rest  |   | <u>Treading</u><br>3 rds: tread 1 min hands up/ :30 sec hands down<br>2rounds: tread :30 sec hands up/ :30 sec hands down  | <u>Mask Recovery</u><br>Complete 2 times: Drop mask to bottom of pool and tread 2 min then go down and clear mask                                   |
| Wed   | <u>Sprints</u><br>1 lap 1 min rest<br>2 laps 2 min rest<br>3 laps 3 min rest<br>4 laps 3 min rest<br>3 laps 2 min rest<br>2 laps 1 min rest<br>1 lap rest all you want |   | <u>GNG's in full uniform</u><br>4 rounds<br>6 Tire flip<br>50 yards One legged bear crawl<br>3 each side Sandbag get ups<br>100 meter run                                |   |
| Thurs | <u>Pool Distance</u><br><u>800m freestyle</u><br><u>Rest 2 min</u><br><u>1000m fin</u>   |   |  |   |
| Fri   | <u>Kettlebells</u><br>KBs 5x25<br>KB Windmills 5x12<br>KB Cleans 5x20<br>KB Goblet Squats 5x20<br>KB lunges 5x15 each leg  |   | <u>Cals</u><br>Complete 125 push ups unbroken<br>Penalty for breaking is complete 3 pull ups and 15 sit ups<br><br>Rest 3-5 min<br><br>Complete 3 min Upper leaning rest |   |
| Sat   | <u>Ruck</u><br>10 miles with 30 lbs + sledge hammer<br>Sub 15 min mile is goal<br>Every 15 min do 10 8-counts  |   |  |   |



# Scurve Workout 2

|      |   |   |   |
|------|---|---|---|
| Mon  | <u>Run</u><br><br>1.5 miles for time<br><br>Rest 5 min and repeat<br><br>Goal is to complete both 1.5 miles with the same times   | <u>GNG's</u><br>4 rounds In Full Uniform<br>5 Sandbag Shoulder toss each side<br>300 meter Sandbag carry<br>5 Sandbag Squange (Squat then lunge then lunge with other leg= 1 rep)<br><br>Workout has a time cap of 20 min<br>Use 60-70lb bag  |   |
| Tue  | <u>Kettlebells</u><br>3 rounds<br>1 min KB hold both hands<br>1 min hang on pull up bar<br>15 KBS<br><br>Penalty: if you put the KB down or drop from the pull up bar before the min is over you will owe 5 8-counts at the end of the workout each time a penalty is committed | <u>Cals</u><br>Complete<br>Pull ups<br>1-2-4-6-8-6-4-2-1<br><br>Rest 5 min<br><br>Push ups<br>10-20-30-40-50-40-30-20-10  | Cals<br>Sit ups-250<br>Half sit ups- 250<br><br>Partition how you see fit<br><br>Rest 2 min<br><br>Accumulate 3 min of planks |
| Wed  | <u>Active Recovery</u><br>40-45 min rowing, rowing, swim or foam roll and stretch   |   |   |
| Thur | <u>Lifting Day B</u><br><u>Refer to Lifting Sheet</u>   | <u>Cals</u><br>Everything weighted 15-20lbs<br>Pull ups<br>Every min complete 4 pull ups until unable to complete 3 reps in a min<br><br>Rest 3-5 min<br><br>Push ups<br>Every min complete 15 push ups until unable to complete 15 reps in a min<br><br>Rest 3-5 min<br><br>Every min complete 20 sit ups until unable to complete 20 sit ups in a min |   |
| Fri  | <u>Run</u><br>5 mile LSD @ 75% effort   |   |   |



# Lifting Cycle 1

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