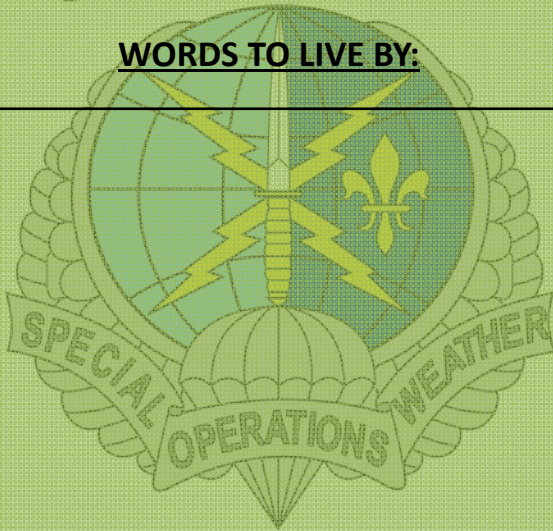




WORDS TO LIVE BY:



A good plan violently  
executed today is better  
than a perfect plan  
executed next week  
– Gen. George S. Patton

BADASS OF THE WEEK

Maj. Anders Lassen  
British Special Forces  
Died April 8th 1945

This man is our badass of the week for too many reasons. Aside from yelling in German to confuse his enemies, setting up dinner parties in their AO's in order to steal pirate their boats, he was also a promoter for the use of bow-and-arrow in combat. All his reports simply said, " Landed. Killed German. Fucked off." Not only was he a badass on missions but was also reported to have stolen an american jeep and ensured its security by driving it into his hotel and up the elevator to his room. Zero fucks were given except when he was said to have strolled out of his room wearing only boots and yelling, " Chaps, can't you let your CO screw in peace?"

# Drowning In Beerbaum



Mon	<p><u>Warm Up:</u> 4 X ( 50 swim, 10 x push-ups, 20 x flutter kicks</p> <p><u>Training:</u> 10 Underwaters @ 2 min interval 10 X 100 m @ 2:30 10 min Treading</p>
Tues	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> 6X Underwaters (No Push) @ 2 min 20 min Buddy Breathing 5X Reverse Underwaters @ 2:30 min</p>
Wed	<p><u>Warm Up:</u> 4 X (100 Free, 10 squats, 20 flutters, Instep stretch</p> <p><u>Training:</u> 1500m Fin Time Trial 3X (Tread w/ 1 Fin x 30 sec, Rest 30 sec, Tread w/ 2 Fin x 30 sec, Rest 30 sec, Tread hands up 3 Mins)</p>
Thurs	<p><u>Warm Up:</u> 200 Free</p> <p><u>Training:</u> 10 Underwaters @ 2 min 500m Free Time Trial 10x50 Sprint @ 1:30</p>
Fri	<p><u>Warm Up:</u> 250 Free</p> <p><u>Training:</u> 8 Underwaters @ 2 min (No Push) 30-40 min Buddy Breathing</p>



# Gilligan's Island of Suck

Warm Ups	800 meter relaxed Dynamic Stretches
Mon	2 mile time trial 4 x 50 pushups 4 x 25 V-ups,
Tues	30 min Lactic Threshold Run 50X (Pull-ups, Knees to Elbows, Push-ups, Flutter Kicks, Dips, Swimmers, Squats)
Wed	12 Hill Sprints 3 x 10 Jacked Feet, 3 x 20 Iron Mikes, 3 x 10 Pull-ups, 100 m Lunges, 100 m Long Jumps
Thurs	45 min Aerobic Threshold Run 100 Wide push-ups, 100 Tricep push-ups, 50 Diamond push-ups, 3 x 10 chin-ups
Fri	5 Rounds 20 squats 20 lunges 10 jump squats 10 iron mikes 100 meters sprint out and back
Sat	3 mile ruck run out w/45 lbs GNGs ruck back