



The Dirty Scurve

WORDS TO LIVE BY



I only regret that I have
but one life to lose for my
country.

- Nathan Hale
(Revolutionary)



BADASSES OF THE WEEK

For Those Who Gave All

- American Revolution 4,435
- War of 1812 2,260
- Indian Wars 1,000
- Mexican War 1,733
- Civil War 140,414 (Both Sides)
- Spanish-American War 385
- World War I 53,402
- World War II 291,557
- Korean War 33,739
- Vietnam War 47,434
- Iranian Hostage Rescue Mission 8
- Lebanon Peacekeeping 265
- Operation Urgent Fury 19
- Operation Just Cause 23
- Persian Gulf War 383
- Operation Restore Hope 43
- Operation Uphold Democracy 4
- OEF 1,844
- Operation Iraqi Freedom 3,482
- Operation New Dawn 38

Drowning In Beerbaum

Mon	<p><u>Training:</u> 3 Underwaters @ 1:20 750m Freestyle TT <u>3 sets MEMORIAL PUSH-UPS</u></p>
Tues	<p><u>Training:</u> 2 Sets Underwaters 3 @ 1:20 Rest 4 min between sets Freestyle 10 X 100 @ 2:15 Tread</p>
Wed	<p><u>ABU Top/Bottom</u> Underwaters: 5 @ 3:00 Drownproof train: Travel 100 yds in ABUs Tread: 30/60/90/60/30 w/ 20 sec Rest</p>
Thurs	<p><u>Training:</u> 2 Sets Underwaters 3 @ 1:20 Rest 4 min between sets Freestyle 1000yds</p>
Fri	<p><u>Training:</u> <u>Underwaters: 6 @ 1:30</u> <u>Training: Personal Water Con Weakness Work</u></p>

The Big Hart



		<u>Fucktional Fitness</u>	
Mon		<u>5 Rounds:</u> Tire Flips X 10 Sprint 100m Farmers Carry 45# 100m	<u>Bearcrawl Ladder</u> 100/80/60/40/20 (Jog Back)
		<u>3 sets MEMORIAL PUSH-UPS</u>	
Tues		<u>20 Super Sets 2 min per Set:</u>	
		Triceps Pushups 10 Regular Situps 7 Pushups 10	Reverse Crunches 7 Wide Pushups 10 ½ Situps 7
		Pullups 16, 14, 12 Dips 25, 20, 15 8 Count BB 20, 15, 10	
Wed		<u>6 Rounds:</u> Up Downs (30 sec) Sprint 100m, Walk Back <u>8 counts</u> 20 rounds of 10 @ 2:00	
Thurs		Pyramid 1 – 10, 10 - 1	
		Pullups 1X Pushups 2X	Abs your choice 3X Dips 2X
		Flutter Kicks 100 Leg Lifts 100 8 Count BB 25	
Fri		<u>Ruck</u> 4 miles @ 70# < 55 min	



Gilligan's Island of Suck

<p>Mon</p>	<p align="center"><u>Medium Distance Run:</u> 45 – 55 minutes Lactate Threshold Pace (75 – 80% Speed) <u>3 sets MEMORIAL PUSH-UPS</u></p>	
<p>Tues</p>	<p align="center"><u>Track Workout:</u> 1 mile @ 7:00 <u>2 Rounds</u> 400m @ 1:30 400m @ 2:00 <u>4 Rounds</u> 200m @ 0:45 200m @ 1:00</p>	
<p>Wed</p>	<p align="center"><u>Leg Blasters</u> <u>5 Rounds</u> Squat 20 Lunges 20 PS Step Ups 20 PS</p>	<p align="center">Jump Squat 10 Iron Mikes 10 Box Jumps 10 100m out n back</p>
<p>Thurs</p>	<p align="center">Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...</p>	
<p>Fri</p>	<p align="center"><u>Track Workout</u> 4 X 1 mile @ 9 minute interval 4 X 400m @ 3 minute interval 1 mile @ 4 X 1 mile repeat average time</p>	