



WORDS TO LIVE BY



Limits, like fears, are often just an illusion.

- Michael Jordan



BADASSES OF THE WEEK

Captain Albert "Hard" Jacka Australian Imperial Force WWI

On the morning of 7 August 1916, Jacka had just returned to his dug-out when two Germans rolled a bomb into the doorway, killing two of his men. Emerging from the dug-out, Jacka came upon a large number of Germans rounding up some forty Australians as prisoners. Rallying the few survivors, they charged the enemy. Hand-to-hand fighting ensued, as the Australian prisoners turned on their captors. Every member of the platoon was wounded, including Jacka who was wounded seven times. Fifty Germans were captured and the line was retaken; Jacka was personally credited with killing between twelve and twenty Germans during the engagement."

Drowning In Beerbaum

Mon	<p><u>Water Con Day</u> Reverse Underwaters: 5 @ 2:00 Mask and Snorkel: 3 @ 20m Buddy Breathing: 2 Rounds @ 3:00 medium harassment</p>
Tues	<p><u>Swim Day</u> Underwaters: 5 @ 1:45 (5 min rest between) Freestyle: 5 x 200m (with fins) Finning: 5 x 150m @ 3:30 Crossovers: 10 @ 1:15 (25 yd)</p>
Wed	<p><u>ABU Top/Booties</u> 10 up practice (Top Only) Underwaters: 6 @ 3:00 Buddy Breathing: 2 rounds @ 3:00 mild harassment</p>
Thurs	<p><u>Swim Day</u> Underwaters: 5 @ 2:00 Freestyle: 1000m Mask and Snorkel: 2 @ 20m Pass the Snorkel Drill</p>
Fri	<p><u>Fun Day</u> Drownproofing Drills 25m Brick Crawls</p>

The Big Hart



Mon	<p><u>Run Day</u> 4 miles: Goal < 28 min</p>			
Tues	<p><u>FUCKTIONAL FITNESS</u> 3 rounds Tire Flips 200m Farmers Carry Lunges 45# 800m Kettlebell Swings 45# 400m Kettlebell Carries 45# 400m SBGU @ 60# 10 reps per side</p>			
Wed	<p><u>Long Run</u> 7 miles: Goal < 60 min</p>			
Thurs	<p><u>Calisthenics</u> 3 Rounds 25 Reps Everything</p> <table border="0"><tr><td><u>Pushups</u> Wide Regular Narrow</td><td><u>Core</u> Sit ups Flutter Kicks Half Crunches</td><td><u>Legs</u> Squat Lunge Calf Raises</td></tr></table>	<u>Pushups</u> Wide Regular Narrow	<u>Core</u> Sit ups Flutter Kicks Half Crunches	<u>Legs</u> Squat Lunge Calf Raises
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Fri	<p><u>Ruck</u> 5 miles @ 50# < 60 min</p>			





Gilligan's Island of Suck

Mon	<p style="text-align: center;"><u>Calisthenics</u> 3 Rounds</p> <table border="0" style="width: 100%; text-align: center;"> <thead> <tr> <th data-bbox="354 768 685 811"><u>Pullups</u></th> <th data-bbox="785 768 971 811"><u>Core</u></th> <th data-bbox="1156 768 1313 811"><u>Pushups</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="354 821 685 859">1/3 of max for reps</td> <td data-bbox="785 821 971 859">1 minute</td> <td data-bbox="1071 821 1399 859">1/3 of max for reps</td> </tr> <tr> <td data-bbox="471 869 571 908">Wide</td> <td data-bbox="785 869 985 908">Front Plank</td> <td data-bbox="1185 869 1285 908">Wide</td> </tr> <tr> <td data-bbox="449 917 592 956">Regular</td> <td data-bbox="785 917 985 956">Sides Plank</td> <td data-bbox="1170 917 1299 956">Regular</td> </tr> <tr> <td data-bbox="471 966 571 1004">Close</td> <td data-bbox="763 966 1006 1004">Reverse Plank</td> <td data-bbox="1185 966 1285 1004">Close</td> </tr> <tr> <td data-bbox="449 1014 592 1052">Chin up</td> <td data-bbox="806 1014 963 1052">Leg hold</td> <td data-bbox="1156 1014 1313 1052">Diamond</td> </tr> </tbody> </table>	<u>Pullups</u>	<u>Core</u>	<u>Pushups</u>	1/3 of max for reps	1 minute	1/3 of max for reps	Wide	Front Plank	Wide	Regular	Sides Plank	Regular	Close	Reverse Plank	Close	Chin up	Leg hold	Diamond
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Tues	<p style="text-align: center;"><u>Track Sprints</u> 1 mile warmup 3 sets of 3 x 100m sprints @ 1:45 (3:00 rest between sets) 2 x 200m sprints 1 x 400m sprint</p>																		
Wed	<p style="text-align: center;">Rest and be a Stretchy Scurve</p>																		
Thurs	<p style="text-align: center;"><u>Track</u> 800m warmup 4 x 1 mile: Goal < 6:15 1 x 400m sprint: Goal < 1:20 Stretch Damn It! For 15 minutes</p>																		
Fri	<p style="text-align: center;"><u>Easy Run</u> 30 minute run easy time</p>																		