



The Dirty Scurve

WORDS TO LIVE BY



I am not afraid...
I was born to do this
-Joan of Arc



BADASS OF THE WEEK

Corporal Alvin York US Army WWI

Originally from Tennessee he was drafted and sent to fight the Germans in WWI. After a year of service he was attached to a group of 17 men in order to take out a German machine gun encampment that was protecting a railway. As they approached the gunners spotted them and killed 9 of the Americans. The rest of the group ran away from the 32 heavy machine gunners leaving York by himself in a hail of gun fire. After killing 20 of the Germans 5 more tried to take him from the side and died. After seeing all of this being done by one man the German Lt in command surrendered with his remaining 133 men.

Drowning In Beerbaum

Mon	<u>Fucking Stretch, Ice, and Recover</u>
Tues	<u>Swim Day</u> Underwaters: 10 @ 2:00 Freestyle: 3 x 200m (with fins) Crossovers: 10 @ 1:15 (25 yd)
Wed	<u>ABU Top/Booties</u> Mask and Snorkel: 2 x 20m Buddy Breathing: 2 rounds @ 3:00 medium harassment Travel (Hands and Feet Bound Swim): 3 x 50m Bobbing
Thurs	<u>Swim Day</u> Underwaters: 5 @ 1:45 Freestyle: 750m Pass the Snorkel Drill
Fri	<u>FUN DAY/ WEAKNESS WORK</u> Make your weaknesses your strengths

The Big Hart



Mon	<u>Fucking Stretch, Ice, and Recover</u>												
Tues	<u>FUCKTIONAL FITNESS</u> 3 rounds Lunges 45# 20 reps per side Kettlebell Swings 45# 25 reps Kettlebell Carries 45# 400m SBGU @ 60# 10 reps per side												
Wed	<u>Long Run</u> 5 miles: Goal < 40 min												
Thurs	<u>Crash Course 3 Rounds</u> Each exercise once before repeating <table><tr><td><u>Pushups</u></td><td><u>Core</u></td><td></td></tr><tr><td>Wide 40</td><td>Sit Ups 50</td><td>V Ups 25</td></tr><tr><td>Regular 40</td><td>1/2 Crunches 50</td><td>Leg Lifts 50</td></tr><tr><td>Narrow 40</td><td>Flutter Kicks 50</td><td></td></tr></table>	<u>Pushups</u>	<u>Core</u>		Wide 40	Sit Ups 50	V Ups 25	Regular 40	1/2 Crunches 50	Leg Lifts 50	Narrow 40	Flutter Kicks 50	
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Wide 40	Sit Ups 50	V Ups 25											
Regular 40	1/2 Crunches 50	Leg Lifts 50											
Narrow 40	Flutter Kicks 50												
Fri	<u>Easy Run</u> 4 miles relaxed Pace Stretch Damn It! For 15 minutes												





Gilligan's Island of Suck

Mon	<u>Fucking Stretch, Ice, and Recover</u>
Tues	<u>Track Sprints</u> 1 mile warmup 6 x 400m sprints @ 3:00 Stretch Damn It! For 15 minutes
Wed	Rest and be a Stretchy Scurve
Thurs	<u>Track</u> 800m + warmups <u>5 Rounds</u> 800m @ 3:30 3 min recovery jog Stretch Damn It! For 15 minutes
Fri	<u>Sports Day</u> Ultimate Frisbee or Gatorball