



The Dirty Scurve

WORDS TO LIVE BY

People sleep peaceably in their beds at night only because rough men stand ready to do violence on their behalf

-George Orwell

BADASS OF THE WEEK

Maj Audie Murphy

US Army

Died May 28th 1971

This week we celebrate a man who brought the title of badass to the United States during WWII. His best friend was killed by surrendering Germans. Murphy's response was to kill the soldiers, take their grenades and machine gun then continue killing all of the Germans in nearby positions. In another battle he took over a 50 cal. on a burning tank destroyer in order to hold off 250 German infantrymen and 6 tanks as he continued to call in artillery strikes. When asked how close the Germans were he yelled, "Just hold the phone and I'll let you talk to one of the bastards!"

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> 8 Underwaters @ 1:45 min interval 550 yd Time Trial 3 min Treading</p>
Tues	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> Frees 10 X 100 @ 2:30 Frees 10 X 50 @ 1:00 Hypo Free 5 x 100 / 6 strokes @ 2:30</p>
Wed	<p><u>Warm Up:</u> 4 X (100 Free, 10 squats, 20 flutters, Instep stretch)</p> <p><u>Training:</u> 10 Underwaters @ 2:15 (ABU Tops) 5 Underwaters @ 2:15 (Flooded Mask) Tread x 10 min (Passing Fins) Crossovers X 8 @ 1:30</p>
Thurs	<p><u>Warm Up:</u> 200 Free</p> <p><u>Training:</u> Free 1000 yds Hypo Free 8 X 50 / 8 strokes @ 1:30 Tread with 2 fins up</p>
Fri	<p><u>Warm Up:</u> 250 Free</p> <p><u>Training:</u> 8 Underwaters @ 1:45 min (No Push) Hypo Frees 5 X 50 1 turn breath @ 2 min Breath Holds 1/2/3 min</p>

The Midday

Mon	<p><u>Cals:</u> Pull ups 2,4,6,8 / Chin ups 2,4,6,8 -/Wide Pull ups 2,4,6,8 Push ups 6x 20 @ 1min Rest 2 min Maxout Push ups 2 min</p>
Tues	<p><u>Ruck:</u> Shiloh Gate (3 miles) w/ 35 lbs</p>
Wed	<p><u>Cals:</u> 25 X Sandbag get ups w/ 40 lbs 8 X 20 yd Front Bearcrawl (Jog Back) @ 1 min 8 Counts 10 X 10 @ 1 min</p>
Thurs	<p><u>Ruck:</u> Patriot Loop (3 – 4 miles) @ 60 lbs</p>
Fri	<p><u>Leg Blaster</u> 6 X 100m Sprints Air Squats 3 X 10 Lunge 3 X 20m Calf Raises 4 X 20 per side</p> <p><u>Sandbag</u> Squats 3 X 8 Lunges 3 X 20m Calf Raises 3 X 10 per side</p>





Gilligan's Island of Suck

Warm Ups	800 meter relaxed Dynamic Stretches
Mon	1 mile time trial <u>Crash Course Abs</u> 3 X 50 reps(Push ups, Sit ups, Crossover Sit ups each side, Half Sit ups, Flutter Kicks, V ups 25)
Tues	<u>Track Workout:</u> 3 Sets(4 X 100 @ 1 min rest, 4 x 200 @ 1 min rest) @ 3 min rest 2 Miles AT Pace @ Equal rest 3 X 400 VO2 pace @ Equal rest
Wed	6 miles Aerobic Threshold Run 3 X 1 min Plank (Front, Side, 45 degrees Leg lift hold)
Thurs	4 Mile Lactic Threshold Run 100 Wide push-ups, 100 Tricep push-ups, 50 Diamond push-ups, 3 x 10 chin-ups
Fri	25 min relaxed run chit chat pace 3 X 1:30 min Planks (Front, Side, 45 degrees Leg lift hold)
Sat @	Ruck out to Scott Lake (3 - 4 miles) w/45 lbs Smoke Sesh Ruck back