



WORDS TO LIVE BY

Who you are on a daily basis is who you are when you compete. If you want to be a champion, you have to have the mindset of a champion every day.

– Jerry Ignalls,
Olympic Weight Lifter

BADASS OF THE WEEK

Major Charles Whittlesey US Army WWI

Major Charles Whittlesey made his name as the uncompromising commander of the so-called "Lost Battalion". On October 2, 1918, Whittlesey led his men into hostile territory as part of an offensive in the Argonne Forest. Due to poor communication, his unit crossed the rough terrain too fast and was cut off by German forces. Whittlesey's nearly 600-strong force dug in. Despite being low on food, water and ammunition, they spent five days dodging sniper fire and repelling waves of Germans. At one point, their own troops began accidentally shelling their position, the major sent a carrier pigeon and managed to stop the friendly fire. The Americans were offered a chance to surrender, but Whittlesey held his ground and fought on. Allied reinforcements finally arrived and forced the enemy to retreat on October 8. By then, only 194 of the Americans were still standing, among them Whittlesey, who was awarded the MOH.

Drowning In Beerbaum

Mon	<p><u>Trial Day</u> 550 Time Trial Hypoxic Pyramid – 100 yds each 4 strokes per breathe, 6, 8, 10, 8, 6, 4 Tread 5 min Underwaters: 5 @ 1:30</p>
Tues	<p><u>Sprint Swim</u> Freestyle 50, 100, 150, 200, 250, 200, 150, 100, 50 Freestyle 10 x 50m @ 1:00 Underwaters: 10 @ 1:45</p>
Wed	<p><u>Fins and Confidence</u> Fin 10 x 100 @ 2:30 (90% effort) Weighted Treading 3 sets of 1:00 Flooded Mask Tread 3 sets of 2:00</p>
Thurs	<p><u>Endurance Swim</u> Underwaters 10 @ 1:45 Freestyle 1000m @ 80% AMRAP: (20 minutes with no mask) 100m hypo 6 strokes/breathe, 50 flutterkicks, 25 pushups</p>
Fri	<p><u>Ruck Day</u> Ruck 1.5 miles @ 70 lbs/ 100 8 Counts/ Ruck 1.5 miles @ 70 lbs</p>

The Big Hart **burn**

Mon

Pullups 100
Pushups 200
Situps 300
Squats 200
Max Pushups 2 min
Max Situps 2 min
Max Pullups 2 min

Tues

Uncle Ricky's Danger Dungeon: Level A
(Adjust Weight to Ability)

Wed

Fucktional Fitness (In ABUs):
Warmup: 50 8 Counts
3 Rounds: 25 Squats, 50 yd 1 legged bear crawl, 10 clapping pushups, 50 yd sled push or tire flip, 100 yd farmer carry @ 45 lbs
Cooldown: 100 flutter kicks

Thurs


Uncle Ricky's Danger Dungeon: Level B
(Adjust Weight to Ability)

Fri

Endurance:
Weighted Pullups: 5 x 9 @ 25 lbs
Weighted Deficit Pushups: 6 x 10 @ 25 lbs
150 8 Count BB
Row Ladder 800, 600, 400, 200, 400, 600, 800

Sat

Uncle Ricky's Danger Dungeon: Level C
(Adjust Weight to Ability)



Gilligan's Island of Suck

Mon	<u>Mid Distance</u> 5 miles @ < 35 min Stretch
Tues	<u>Track Workout</u> 10 x 400m @ 2:45 15 minute recovery jog Stretch
Wed	Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom
Thurs	<u>Endurance</u> Row 4 x 1000m @ 4:30 interval 3 Rounds: Pullup Dead Hang 1 min, Farmers Hold (No Walking) 35 lbs @ 1 min Rest 1 min
Fri	<u>Recovery Day</u> 30 min Jog or Bike or Row Relaxed Pace

UNCLE RICKY'S DANGER DUNGEON

Uncle Ricky's Danger Zone: Level A

Exercise	Weight	Rounds x Reps
Flat Bench	135	1 x 15-20
	155	1 x 12
	185	1 x 10
	205/225	6/4
Incline Static Press	50/60	3 x 5
	70/80	3 x 4
	80/90	3 x 3
Standing Cable Fly	25/30/side (High Pos)	15/12/10
	20/25 (Mid Pos)	12/12/10
	12/15 (Low Pos/ Low Pec)	10/10/10
Alt Med Ball Pushups		3 x 10 Per Side

Uncle Ricky's Danger Zone: Level B

Exercise	Weight	Rounds x Reps
Stiff Leg Dead Lift	135	20
	185	15/12
	225	10/8
Hang Clean	95-135	15/12
	135-185	10/12
Power Clean	95-130	3 x 10
Back Extensions	BW	3 x 20
Ball Slams	20	Tobatta 40s on/20s off
Barbell Roll Outs	Just Make Sure It Rolls	3 x 20

Uncle Ricky's Danger Zone: Level C

Exercise	Weight	Rounds/Reps
Box Squat	135	15
	185	12
	225	10
	205	12
Walking Lunge/Squat	95	5 x Tobatta 40on/20off
Thruster	95	15/12/10
	135	3 x 5
Deadlift	135/185	20/15
	205/225	12/10
	275/315	3 x 5
Hamstring Curl	80	15
	As Needed	15/12/10/12