



The Dirty Scurve

WORDS TO LIVE BY

Many of life's failures are experienced by people who did not realize how close they were to success when they gave up

-Thomas A. Edison

BADASS OF THE WEEK

A2C Duane D. Hackney

USAF Pararescueman

Vietnam War

This man showed how a badass proves his selflessness on 6 February 1967. After a failed first attempt Hackney located and extracted the survivor on the second attempt. During the departure a 37MM flak tore into the helicopter causing extensive damage. Hackney took off his parachute and put it on the survivor. As he was putting on another parachute a second 37MM flak hit the helicopter causing an explosion that threw Hackney from the helicopter stunned. Waking mid-fall he deployed the unbuckled chute and landed safely to be extracted by another helicopter.

Drowning In Beerbaum

Mon	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> 10 underwaters @ 1:45 min 550 yd Time Trial 10 min Treading holding fins/weight (rest as need)</p>
Tues	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> Frees 10 X 100 @ 2:15 min Frees 10 X 50 @ 1:00 min Tread for 5 min – rest PRN (PRN = as needed)</p>
Wed	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> (ABU Tops + booties) 5 Underwaters @ 2:30 5 Underwaters @ 2:30 (Flooded Mask) Tread with booties on</p>
Thurs	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> Free 1000 yds Buddy Breathing if possible / Underwaters if not</p>
Fri	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> 8 Underwaters @ 1:45 min (No Push) Hypo Frees 5 X 50 1 turn breath @ rest PRN Breath Holds</p>

The Midday

Mon	Warmup: 800m Relaxed / Dynamic Stretch 1 mile time trial <u>Crash Course Abs</u> 3 X 50 reps of each Push ups, Sit ups, Crossover Sit ups each side, Half Sit ups, Flutter Kicks, V ups (25)
Tues	<u>4 rounds</u> 40 crunches 30 atomic crunches 20 V ups 1 min plank 40 L side crunches 40 sec L side plank 40 R side crunches 40 sec R side plank ----- Situps: 3 x 50
Wed	<u>2 Rounds</u> Jacked Feet x 10 25 x Sandbag get ups BearCrawl 2 X 50 yd Jog back 50 pushups 20 pullups ----- 8 counts: 8 x 15 @ 2:00
Thurs	40 min AT Run Short Gate Route: (Shiloh Gate – Metro – Hawc)
Fri	Ruck Short Gate Route



Gilligan's Island of Suck

Warm Ups	800 meter relaxed Dynamic Stretches
Mon	Pushups: 6 x 20 @ 1 min Wide Pushups: 6 x 20 @ 1 min Pullups: 2 / 4 / 6 / 8 / 10 / 8 / 6 / 4 / 2 rest PRN Wide Pullups: 1 / 2 / 3 / 4 / 5 / 4 / 3 / 2 / 1 rest PRN
Tues	<u>Track Workout:</u> Pyramid (200 rest 1:30, 400 rest 2:00, 600 rest 2:30, 800 rest 3:00, 1000 rest 3:30) <u>Leg Blaster</u> Iron Mikes 2 X 10 (4 count) Frog Jumps 3 x 20m Calf Raises 4 X 25 per side <u>Sand Bag</u> Squats 3 X 10 Lunges 3 X 20m Calf Raises 3 X 15 per side
Wed	Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...
Thurs	5 x 30 Pushups 10 x 6 Pullups 5 x 20 Wide Pushups 5 x 6 Chin Ups 8 Counts x 200 Rest PRN