



The Dirty Scurve

WORDS TO LIVE BY



IN TRAINING YOU LISTEN TO
YOUR BODY. IN
COMPETITION, YOU TELL
YOUR BODY TO SHUT UP.
- RICH FRONING JR



BADASS OF THE WEEK

Staff Sergeant

Leroy A. Petry

Staff Sergeant Leroy A. Petry distinguished himself by acts of gallantry and intrepidity at the risk of his life above and beyond the call of duty in action with an armed enemy in the vicinity of Paktya Province, Afghanistan, on May 26, 2008. As a Weapons Squad Leader with D Company, 2nd Battalion, 75th Ranger Regiment, Staff Sergeant Petry moved to clear the courtyard of a house that potentially contained high-value combatants. While crossing the courtyard, Staff Sergeant Petry and another Ranger were engaged and wounded by automatic weapons fire from enemy fighters. Still under enemy fire, and wounded in both legs, Staff Sergeant Petry led the other Ranger to cover. He then reported the situation and engaged the enemy with a hand grenade, providing suppression as another Ranger moved to his position. The enemy quickly responded by maneuvering closer and throwing grenades. The first grenade explosion knocked his two fellow Rangers to the ground and wounded both with shrapnel. A second grenade then landed only a few feet away from them. Instantly realizing the danger, Staff Sergeant Petry, unhesitatingly and with complete disregard for his safety, deliberately and selflessly moved forward, picked up the grenade, and in an effort to clear the immediate threat, threw the grenade away from his fellow Rangers. As he was releasing the grenade it detonated, amputating his right hand at the wrist and further injuring him with multiple shrapnel wounds. Although picking up and throwing the live grenade grievously wounded Staff Sergeant Petry, his gallant act undeniably saved his fellow Rangers from being severely wounded or killed. Despite the severity of his wounds, Staff Sergeant Petry continued to maintain the presence of mind to place a tourniquet on his right wrist before communicating the situation by radio in order to coordinate support for himself and his fellow wounded Rangers. Staff Sergeant Petry's extraordinary heroism and devotion to duty are in keeping with the highest traditions of military service, and reflect great credit upon himself, 75th Ranger Regiment, and the United States Army.



SCURVE PREP AM

<p>Mon</p>	<p><u>LIFTING</u> EMOM FOR 8 MIN BACK SQUAT/PRESS COMPLETE 4 REPS @ 60% ADDING WEIGHT EVERY ROUND</p>	<p><u>CALS</u> Regular Pull ups: 5x7 Wide Pullups: 5x7 Narrow: 5x7 Towel pull ups: 5x7</p>
<p>Tues</p>	<p>3 MILE RUCK 35 LBS WITH SLEDGE COMPLETE 10 PUSH UPS WITH RUCK EVERY 5 MIN</p>	
<p>Wed</p>	<p><u>Active Recovery</u> <u>Swim, Row, Hike, Jog, Yoga Etc.</u></p>	
<p>Thurs</p>	<p><u>LIFTING</u> EMOM FOR 8 MIN BENCH/DL COMPLETE 4 REPS @ 60% ADDING WEIGHT RVERY ROUND</p>	<p><u>CALS</u> Pushups: 5 x 30 @ 1:15 Diamond Pushups: 5 x 15 Core: 3 Rounds 50 Situps, 50 flutter kicks, 1:00 plank</p>
<p>Fri</p>	<p>Freestyle 5 x 100m @ 2:15 Freestyle 10 x 50m @ 1:00 Hypoxic Freestyle: 50 m with 2 strokes per breath, 4 strokes, 6, 8, 10, 8, 6, 4, 2</p>	
<p>Sat</p>	<p><u>RUCK/RUN</u> 6 MILE LSD AND/OR 5 MILE RUCK @ 70LBS</p>	



SCURVE PREP PM

MON	<p><u>FUNCTIONAL FITNESS</u> SANDBAG BEAR HUG CARRY 200 YARDS 5 SAND BAG GETS UPS SPRINT 400 METERS</p>
TUE	<p><u>DO SOMETHING YOU WANT TO WORK ON</u></p>
WED	<p><u>Active Recovery</u> <u>Swim, Row, Hike, Jog, Yoga Etc.</u></p>
THUR	<p><u>FARTLEK RUN</u> 25 MIN RUN AS FOLLOWS 10 SEC 100% SPRINT 50 SEC RELAXED COMPOSED JOG</p>
FRI	<p><u>DO SOMETHING YOU WANT TO WORK ON</u></p>
SAT	<p><u>REST THROW A FEW BEERS BACK AND HAVE SOME FUN</u></p>