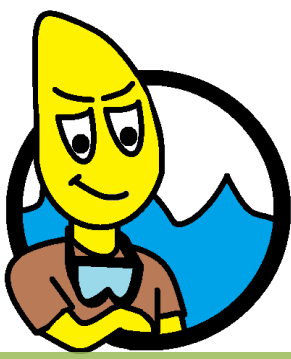


Mar 27 –
April 1



The Dirty Scurve

WORDS TO LIVE BY



I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'

Muhammad Ali



BADASS OF THE WEEK

Lt. Brian Chontosh

"Without hesitation, First Lieutenant Chontosh ordered the driver to advance directly at the enemy position enabling his .50 caliber machine gunner to silence the enemy. He then directed his driver into the enemy trench, where he exited his vehicle and began to clear the trench with an M16A2 service rifle and 9 millimeter pistol. His ammunition depleted, First Lieutenant Chontosh, with complete disregard for his safety, twice picked up discarded enemy rifles and continued his ferocious attack. When a Marine following him found an enemy rocket propelled grenade launcher, First Lieutenant Chontosh used it to destroy yet another group of enemy soldiers. When his audacious attack ended, he had cleared over 200 meters of the enemy trench, killing more than 20 enemy soldiers and wounding several others. By his outstanding display of decisive leadership, unlimited courage in the face of heavy enemy fire, and utmost devotion to duty, First Lieutenant Chontosh reflected great credit upon himself and upheld the highest traditions of the Marine Corps and the United States Naval Service."



SCURVE WORKOUT 1

<p>Mon</p>	<p>Lifting Day A Refer to lifting sheet</p>	<p>Cals Add 1 rep every min until unable to complete set reps, rest for 2 min and complete with next exercise: Pull up, Wide Pull up, Chin up and Close Grip Add 10 reps every min until unable to complete set reps, rest 2 min and complete with next exercise: Push ups, Wide, Diamond</p>	<p>Core 4 Rounds 1 min Plank 1 min Side Plank 1 min Side Plank 1 min Dead bug 1 min Flutter Kick :30 sec rest</p>
<p>Tues</p>	<p>Pool Sprints Freestyle 4 x 250 @ 1:00 rest Fin 4 x 250 @ 1:00 rest</p>	<p>Treading 5 rounds 30 Seconds: Holding brick/weight 1 minute: hands in water</p>	<p>Brick Recovery 4 rounds – No rest -Recover brick from pool bottom -Tread 15 seconds with brick then drop -Tread 1 min hands up</p>
<p>Wed</p>	<p>Sprints 5 - 100m sprints 4 - 200m sprints 3 - 300m sprints 2 - 400m sprints 2 - 600m sprints 2 - 800m sprints</p>	<p>GNG's in ABU's and boots 6 Rounds 5 sandbag get ups each side 40m one legged bear crawl 400m sandbag carry 100m sprint Rest 1 min</p>	
<p>Thurs</p>	<p>Pool Distance <u>2 rounds – rest 2 min after every 500m</u> Freestyle 500m for time Fin 500m for time</p>	<p>Treading Tread hands up for 10 min Put hands in water as needed for rest, but stop the clock while your hands are down</p>	
<p>Fri</p>	<p>Kettlebells 15 min of: 10 KB Swings 10 KB Cleans 10 KB Press 100m run 100m Farmers Carry</p>	<p>Cals Deck of Cards: Get A deck of cards and every card you flip will be the number of reps you will complete for the designated exercise: Diamond- Push up Harts- Sit ups Spades- Squat Clubs- Diamond Push ups Jack- Burpee Queen- 8 Count Body Builders King- Mnt Climbers</p>	
<p>Sat</p>	<p>Ruck 4 Miles with 65lbs + sledge hammer Sub 15 min mile is goal</p>		



Scurve Workout 2

<p>Mon</p>	<p><u>Run</u> Complete 1.5 mile for time Rest 5 min and repeat</p> <p>Goal is to get the same time or better as the first one</p>		<p><u>GNG's</u> 3 rds: 6 Tire Flip 50m Frog Hops 400m Run with 20 - 30lb med ball/kb on shoulder :30 sec Front leaning rest</p>
<p>Tue</p>	<p><u>Kettlebells</u> 20,18,16,14,12,10,8,6,4,2 KB Swings KB Press KB Turkish Get ups Goblet Squat</p> <p>Use 45-55lb KB but if need to scale for the Turkish get ups then do so</p>		<p><u>Cals</u> Pull ups- 9,8,7,6,5,4,3,2,1 Rest 1 min Close Grip- 6,5,4,3,2,1 Rest 1 min Mountain Climbers each side- 5,4,3,2,1 Rest 5 min Push ups- 60,50,40,30,20,10 Rest 1 min Diamond- 30,20,10</p>
<p>Wed</p>	<p><u>Active Recovery</u> 40-45 min rowing @ 2:45 pace or 30 min run relaxed and/or foam roll and stretch</p>		
<p>Thur</p>	<p><u>Lifting Day B</u> <u>Refer to Lifting Sheet</u></p>	<p><u>Cals</u> 4x5 Pull up 4x5 Wide 4x5 Chin up 4x3 Mnt Climbers each side</p> <p>5x10 Deficit Push ups 5x20 Push ups 5x10 Clapping push ups 5x15 Diamond Push ups</p> <p><u>Core</u> 4 Rounds 20 Bicycle Crunches 20 Sit ups 20Half Sit ups 1 min Plank 20 4-Count Flutter Kicks</p>	
<p>Fri</p>	<p><u>Run</u> 7 mile LSD @ 75%</p>		



Lifting Cycle 1

Week 1	Day A Squat 5x5 @ 50% of 1RM Bench Press 5x5 @ 50% of 1RM Dead Lift 5x5 @ 50% of 1RM	Day B Front Squat 5x5 @ 50% of 1RM Press 5x5 @ 50% of 1RM Power Clean 5x5 @ 50% of 1RM
Week 2	Day A Squat 5x5 @ 60% of 1RM Bench Press 5x5 @ 60% of 1RM Dead Lift 5x5 @ 60% of 1RM	Day B Front Squat 5x5 @ 60% of 1RM Press 5x5 @ 60% of 1RM Power Clean 5x5 @ 60% of 1RM
Week 3	Day A Squat 5x5 @ 70% of 1RM Bench Press 5x5 @ 70% of 1RM Dead Lift 5x5 @ 70% of 1RM	Day B Front Squat 5x5 @ 70% of 1RM Press 5x5 @ 70% of 1RM Power Clean 5x5 @ 70% of 1RM
Week 4	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
Week 5	Day A Squat 5x5 @ 80% of 1RM Bench Press 5x5 @ 80% of 1RM Dead Lift 5x5 @ 80% of 1RM	Day B Front Squat 5x5 @ 80% of 1RM Press 5x5 @ 80% of 1RM Power Clean 5x5 @ 80% of 1RM
Week 6	Day A Squat 5x5 @ 85% of 1RM Bench Press 5x5 @ 85% of 1RM Dead Lift 5x5 @ 85% of 1RM	Day B Front Squat 5x5 @ 85% of 1RM Press 5x5 @ 85% of 1RM Power Clean 5x5 @ 85% of 1RM
De-load Week	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
1RM week	Day A Find new 1RM for Squat, Bench Press and Deadlift	Day B Find 1RM for Front Squat, Press and Power Clean