

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

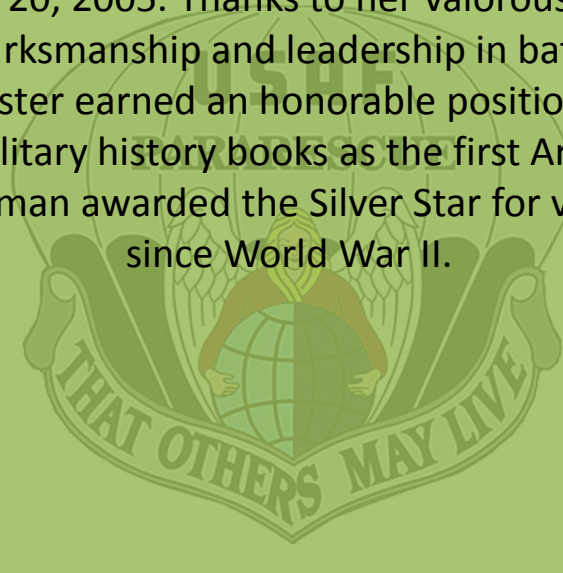


BADASS OF THE WEEK



Sgt. Leigh Ann Hester

A National Guard member of the 617th Military Police Company, played a critical role in wounding off a 50-insurgent attack 12 miles southeast of Baghdad on March 20, 2005. Thanks to her valorous marksmanship and leadership in battle, Hester earned an honorable position in military history books as the first Army woman awarded the Silver Star for valor since World War II.





SCURVE WORKOUT 1

<p>Mon</p>	<p><u>Lifting Day A</u> Refer to lifting sheet</p>	<p><u>Cals</u> Everything Weighted 15-25lbs Pull ups- 3x6 Wide- 3x6 Chin up- 3x6 Mnt Climbers- 3x4 each side</p> <p>10 Pull ups with no Weight</p>	<p><u>Cals</u> Everything Weighted 15-25lbs Push ups- 5x20 Wide- 5x15 Diamond- 5x15 Deficit- 5x15</p> <p>20 Push ups with no weight</p>	<p><u>Core</u> 5 Rounds 1 min Plank 25 Sit ups 25 Half Sit ups 1 min side plank 1 min side plank : 30 sec rest</p>
<p>Tues</p>	<p><u>Pool Sprints</u> Freestyle/ Treading ladder (treading is your rest) 500m, 400m, 300m, 200m, 100m 2 min tread between each sprint</p>			
<p>Wed</p>	<p><u>Sprints</u> 10 400 meter Sprints</p> <p>Goal is a 1:30 lap pace with a 1:30 min rest</p>	<p><u>GNG's in full uniform and Ruck on with 25-30lbs</u> 20 min of 400 Meter run with 30lb slam ball 6 Tire Flips 15 Ball Slam :30 sec Upper Leaning rest</p>		
<p>Thurs</p>	<p><u>Pool Distance</u> Freestyle 30 min Rest 3 min Fin 30 min</p>			
<p>Fri</p>	<p><u>Kettlebells</u> KBs 5x20 KB Press 5x15 KB Cleans 5x15 KB or Dumbbell Snatch 5x15</p>	<p><u>Cals</u> Pull up Ladder up until Muscle failure/ you will hold yourself up for 5 sec after each rep 3 min rest between exercises Pull ups, Wide, Chin ups, Mnt Climbers</p> <p>Push up ladder by 10 until Muscle failure/ you will hold the upper leaning rest for 5 sec after each rep Push ups, Wide, Diamond, Deficit</p> <p>100- 4 Count Flutter Kicks</p>		
<p>Sat</p>	<p><u>Ruck</u> 1 Hour Ruck with 60lbs + sledge hammer Sub 15 min mile is goal/ Goal is 4+ miles</p>			



Scurve Workout 2

<p>Mon</p>	<p style="text-align: center;"><u>Run</u> 2 mile run in full Uniform and boots Rest 10 min 2 mile run in full Uniform and boots</p> <p style="text-align: center;">Goal is to get the same time or better on the second 2 mile run</p>		<p style="text-align: center;"><u>GNG's</u> In Full Uniform 4rds 20 Squats 25 Meter Bear crawl 5 Sand Bag get ups eah side 70-80lbs 25 meter Lunge with sand bag on back 100 meter Sprint</p>
<p>Tue</p>	<p style="text-align: center;"><u>Kettlebells</u> For time but a 20 min time limit to complete: 30KBS 100m Farmers Carry 50 Goblet Squats 100m Farmers Carry 50 Press each side 100m Farmers Carry 30 KBS</p> <p style="text-align: center;">Use a 45-55lb KB</p>	<p style="text-align: center;"><u>Cals</u> Everything weighted 15-25lbs Pull ups- 6,5,4,3,2,1 Rest 1 min Chin ups- 6,5,4,3,2,1 Rest 1 min Wide- 6,5,4,3,2,1</p> <p style="text-align: center;">Rest 5 min Push ups- 25,20,15,10,5,4,3,2,1 Rest 1 min Wide- 20,15,10,5,4,3,2,1 Rest 1 min Diamonds- 15,10,5,4,3,2,1</p> <p style="text-align: center;"><u>(REST WILL BE PLANKS BETWEEN SETS/ BUT REST BETWEEN EXCERSICES)</u></p>	
<p>Wed</p>	<p style="text-align: center;"><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 style="text-align: center;"><u>Lifting Day B</u> <u>Refer to Lifting Sheet</u></p>	<p style="text-align: center;"><u>Cals</u> Complete 5 sets of the following except each set will have 10 less flutter kicks 35 Push ups 50 4-count Flutter Kicks 6 Pull ups Hold feet off the ground for 1 min 35 Push ups</p>	
<p>Fri</p>	<p style="text-align: center;"><u>Run</u> 8 mile LSD @ 80%</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