



## WORDS TO LIVE BY

Caution to a point is cowardice. Sometimes you'll jump, sometimes you'll fall, sometimes you'll fly.

- MSgt Mike Maroney  
(The Abyss)

## BADASS OF THE WEEK

Sgt John L Levitow  
USAF Loadmaster  
Vietnam War

On an aircraft flying a night mission a mortar round ripped a 2 foot wide hole through the wing and over 3,500 holes in the fuselage and forcing an activated flare from a crewman's hand. Suffering from over 40 fragment wounds in the back and legs, he staggered to his feet. Unable to grasp the rolling flare with his hands, he threw himself on the burning flare. Hugging the deadly device to his body, he dragged himself to the rear of the aircraft and hurled the flare through the open cargo door. At that instant the flare separated and ignited in the air, but clear of the aircraft. Pretty badass if you ask me.

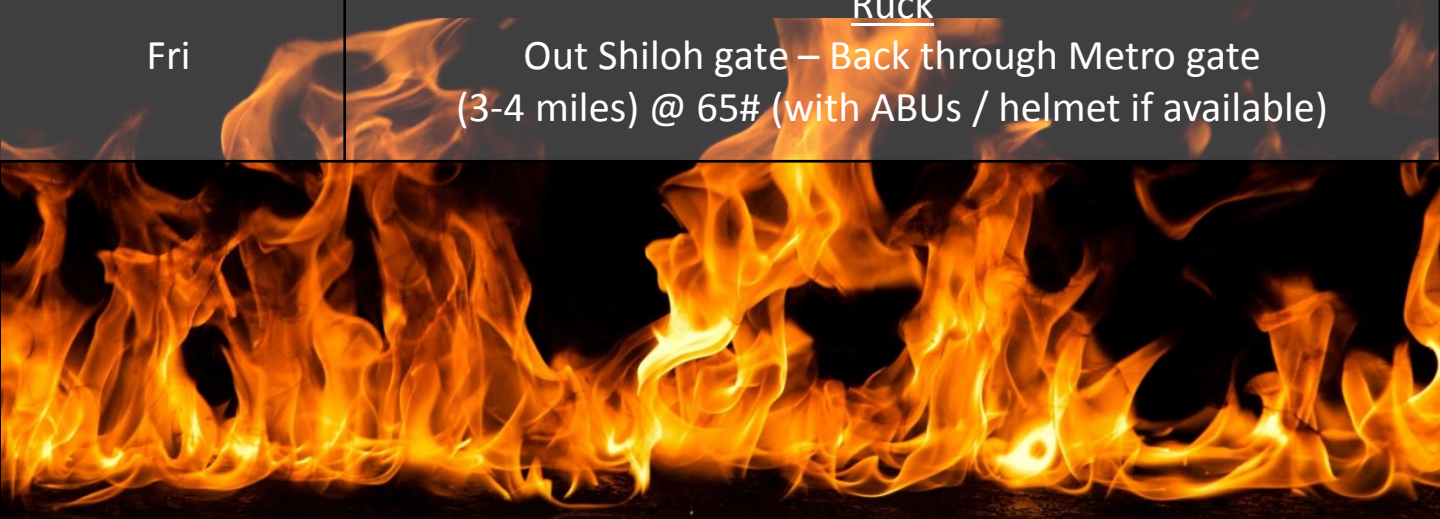
# Drowning In Beerbaum

Mon	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> 10 underwaters @ 1:45 min 550 yd Time Trial Heavy Treading (Holding Fins)</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 Harassment Treading</p>
Wed	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> (FULL ABUs – no booties) 5 Underwaters @ 2:30 min 5 Underwaters @ 2:30 min (Flooded Mask) Tread Pass the snorkel Drill</p>
Thurs	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> Free 1000 yds Hypo Frees 5 X 50 1 turn breath @ 2 min</p>
Fri	<p><u>Warm Up:</u> 200 yd Free</p> <p><u>Training:</u> 8 Underwaters @ 1:45 min (No Push) Pass the snorkel drill Breath Holds</p>

# The Big Hart



Mon	Pushups: 6 x 25 @ 1 min Wide Pushups: 6 x 25 @ 1 min Pullups: 2 / 4 / 6 / 8 / 10 / 8 / 6 / 4 / 2 rest PRN Chin ups: 1 / 2 / 3 / 4 / 5 / 4 / 3 / 2 / 1 rest PRN Maxout Pushups in 2:00 Maxout Pullups in 2:00
Tues	Warmup: 800m Relaxed / Dynamic Stretches <u>Sprints Day:</u> <b>Focus on form</b> 3 Sets (4 X 100m 1:30 rest) 2:30 rest per set Cool Down: 2 miles
Wed	<u>FUUUUCK!tional Fitness</u> <u>Repeat cycle for 45 min straight (Teams if possible)</u> 15 SBGU @ 60# (per side) 100 farmers carry 50 yd tire flip 50 yd bear crawl 100 yd buddy carry
Thurs	AT Run: 45 min (5-7 miles)
Fri	<u>Ruck</u> Out Shiloh gate – Back through Metro gate (3-4 miles) @ 65# (with ABUs / helmet if available)





# Gilligan's Island of Suck

Mon	<p><u>Warmup:</u> 800m Relaxed / Dynamic Stretch</p> <p><u>Track Workout:</u> 5 X 800m repeats @ 1 mile TT pace (Equal Rest)</p> <p><u>Cool Down:</u> 1 mile</p>
Tues	<p>@ <u>James Gym (Core/Back)</u></p> <p>Situps: 3 x 50 @ 2:30</p> <p>2 Sets: 20 Cross crunch/ 30 V-up/ 40 atomic crunch/ 50 Leg Raises</p> <p>3 sets (no rest): 40 flutter kicks / 1 min plank</p> <p>-----</p> <p>Deadlift: 3 x 12 @ 135#</p> <p>Back Work: Standing hi row: 3 x 12 @ 50#</p> <p>Back Ext: 3 x 12</p>
Wed	<p><u>SCURVE DAY</u></p> <p>Rest, Recover, Foam Roll, Stretch</p>
Thurs	<p><u>Warmup:</u> 800m relaxed / Dynamic Stretch</p> <p>Iron Mikes: 3 x 15/ Frog Jumps: 3 x 20yd/ Calf Raises: 4 x 30 PS</p> <p><u>60# Sandbag</u></p> <p>Squats: 3 x 12/ Lunges: 3 x 20yd/ Sprints 6 X 100m</p>
Fri	<p><u>Sports Friday: SOGBY</u></p> <p>Do you like soccer? How about Rugby? Why not mix that shit up and play some Sogby. When the ball is in hands you play rugby style, when its on the ground it's soccer. To switch you kick the ball off the ground to a teammate. Goal posts are tires.</p>
Sat @ 1000 (HAWC)	<p><u>LSD:</u> 1 hr run (6 – 8 miles)</p>