

The Dirty Scurve

WORDS TO LIVE BY



Today I will do what others won't, so tomorrow I can accomplish what others can't

Jerry Rice

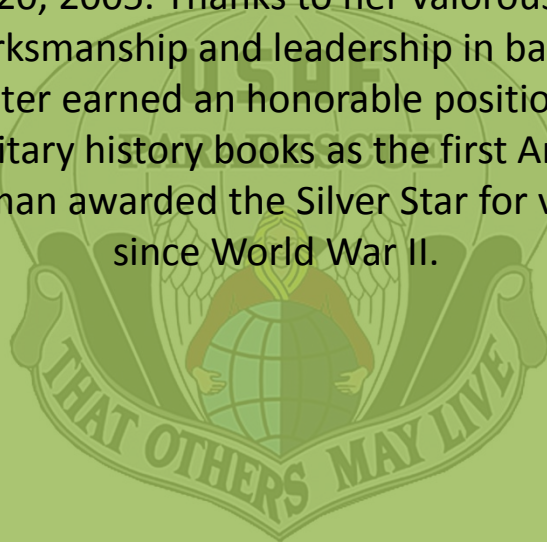


BADASS OF THE WEEK



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

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|---------------------|---|---|---|--|
| <p>Mon</p> | <p><u>Lifting Day A</u> Refer to lifting sheet</p> | <p><u>Cals</u> Everything Weighted 25-35lbs Pull ups- 3x4 Wide- 3x4 Chin up- 3x4 Mnt Climbers- 3x3 each side</p> <p>10 Pull ups with no Weight</p> | <p><u>Cals</u> Everything Weighted 25-35lbs Push ups- 5x15 Wide- 5x10 Diamond- 5x10 Deficit- 5x10</p> <p>20 Push ups with no weight</p> | <p><u>Core</u> 4 rds 10 Strict Toe's to Bar 1 min Plank 25 Sit ups 1 min Side plank 1 min Side plank 25 Half sit ups</p> |
| <p>Tues</p> | <p><u>Pool Sprints</u> 5x100m freestyle with :10 sec rest 5x100m fin with :10 sec rest</p> | <p><u>Treading</u> 3 rds: tread 1 min hands up/ :30 sec hands down 2 rounds: tread :30 sec hands up/ :30 sec hands down</p> | <p><u>Mask Recovery</u> Complete 2 times: Drop mask to bottom of pool and tread 2 min then go down and clear mask</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</u> 5 rounds 25 yards Sled push 8 Sandbag over the shoulder toss 15 yards Lung 8 Sandbag over the shoulder toss 15 Squats</p> <p>Sandbags should be 80-120lbs or what is heavy for you Sled should be moderate weight</p> | | |
| <p>Thurs</p> | <p><u>Pool Distance</u> 800m freestyle Rest 2 min 1000m fin</p> | | | |
| <p>Fri</p> | <p><u>Kettlebells</u> KBs 5x20 KB Press 5x15 KB Cleans 5x15 KB Windmills 5x8 KB Goblet Squats 5x15</p> | | <p><u>Cals</u> Complete: 100 pull ups 200 push ups 300 air squats rest 5 min</p> <p>Accumulate 5 min of Planks</p> | |
| <p>Sat</p> | <p><u>Ruck</u> 4 miles with 70lbs + sledge hammer Sub 15 min mile is goal (Complete 15 8-count before and after ruck)</p> | | | |



Scurve Workout 2

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|--------------------|---|---|
| <p>Mon</p> | <p><u>Run</u> 5k for time</p> | <p><u>GNG's</u> <u>In Full Uniform</u> 5 rounds 6 each side Sandbag getups 300 meter sandbag carry 300 meter run Use 70-80lb Sandbag</p> |
| <p>Tue</p> | <p><u>Kettlebells</u> 5 rds 20 KB Swings 15 KB Overhead squat 10 each side KB Press 5 each side KB Walking Lunges Time Cap is 12 min</p> | <p><u>Cals</u> Complete 3 sets: 8 Pull ups 30 Sit ups 30 Push ups Rest 2 min Complete 3 sets 8 Close grip pull ups 30 Half sit ups 30 Diamond push ups Rest 1 min Complete 3 sets 8 Wide pull ups 1 min Plank 30 Wide push ups</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</u> <u>Sheet</u></p> | <p><u>Cals</u> Everything weighted 25-35lbs Pull ups- 2,4,6,4,2 Rest 1 min Chin ups- 2,4,6,4,2 Rest 1 min Wide- 2,4,6,4,2 Rest 5 min Push ups- 5,10,15,20,15,10,5 Rest 1 min Wide- 5,10,15,15,10,5 Rest 1 min Diamonds- 5,10,15,15,10,5 Rest 1 min Defecit- 5,10,15,15,10,5 <u>(REST WILL BE PLANKS BETWEEN SETS/ BUT REST BETWEEN EXCERSICES)</u></p> |
| <p>Fri</p> | <p><u>Run</u> 7 mile LSD @ 80%</p> | |



Lifting Cycle 1

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|--------------|---|---|
| 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 |