

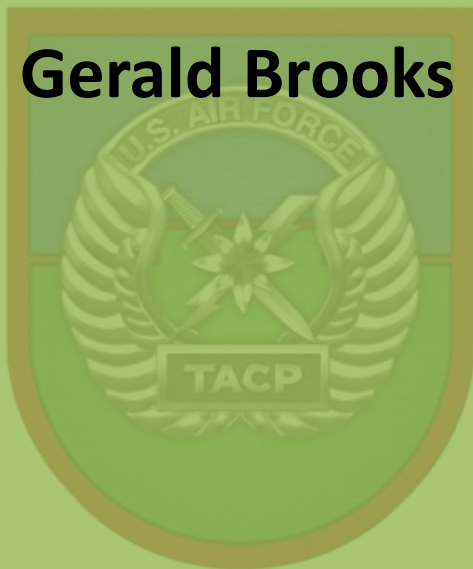
The Dirty Scurve

WORDS TO LIVE BY



“When you become a leader you give up the right to think about yourself.”

Gerald Brooks




BADASS OF THE WEEK

Colonel Lewis L. Millett

How much did Millett hate America's enemies? In 1941, while training in the Army Air Corps, he heard President Roosevelt declare that America wouldn't go to war in Europe, so he deserted and joined the Canadian army to fight Nazis.

While waiting in England to fight, the U.S. Army caught up, and he was allowed a transfer back to his native military, with which he fought in North Africa. While there, he was awarded the Silver Star for driving a burning ammunition-filled halftrack away from his fellow soldiers, then leaping away to safety just before it exploded.

Millett then got promoted into the officer corps — despite the court-martial for desertion — and eventually served in Korea as a company commander, where he earned the Medal of Honor and the Distinguished Service Cross



SCURVE WORKOUT 1

<p>Mon</p>	<p><u>Lifting Day A</u> Refer to lifting sheet</p>	<p><u>Cals</u> Everything Weighted 25-35lbs Pull ups- 5x4 Wide- 3x4 Chin up- 3x4 Mnt Climbers- 3x3 each side</p> <p>12 Pull ups with no Weight</p>	<p><u>Cals</u> Everything Weighted 25-35lbs Push ups- 6x15 Wide- 5x10 Diamond- 5x10 Deficit- 5x10</p> <p>25 Push ups with no weight</p>	<p><u>Core</u> Sit ups- 5x35 Dead Bug- 5x1 min Flutter Kicks- 5x25 4-count Plank- 5x1min</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 rounds: Tread 1 min hands up/ :30sec 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 laps at 1:30 pace with a 1:30 rest</p> <p>Goal is sub 1:30 lap</p>		<p><u>GNG's in full uniform</u> 28 min of: 8 Tire strikes each side 4 Sandbag GU each side 300m Sandbag carry 40 yard Bear crawl</p>	
<p>Thurs</p>	<p><u>Pool Distance</u> 800m freestyle 1000m fin</p>		<p><u>Treading</u> 3 rounds: Tread with fins 1 min Hands up, :30 sec hands down (use weight as needed)</p>	
<p>Fri</p>	<p><u>Kettlebells</u> KBs 5x25 KB Press 5x20 KB Cleans 5x20 KB Windmills 5x8 KB Goblet Squats 5x20</p>		<p><u>Cals</u> 15 rounds 5 pull ups 10 push ups 15 air squats</p> <p>Rest 3-5 min</p> <p>Accumulate 8 min of planks</p>	
<p>Sat</p>	<p><u>Ruck</u> 4 miles with 60 lbs + sledge hammer Sub 15 min mile is goal</p>			



Scurve Workout 2

<p>Mon</p>	<p><u>Run</u></p> <p>3 miles Fartlek run: 10 sec sprint 50 sec moderate run</p>		<p><u>GNG's</u> In Full Uniform @ 25lb Ruck <u>26 min</u> 6 Tire Flip 200 meter Sandbag carry :30 sec Plank 25 yard Bear crawl</p>	
<p>Tue</p>	<p><u>Kettlebells</u> For time: 50 KBS 40 KB Cleans each side 30 KB Goblet squats 20 KB Deadlift 10 KBS</p>		<p><u>Cals</u> Complete Pull ups/Wide/Chin ups 2-4-6-8-6-4-2 Rest 5 min Push ups/Wide/Diamond 10-20-30-40-50-40-30-20-10</p>	<p>Cals 4 rounds Sit ups- 25 Half sit up- 25 Plank- 1 min Side plank- 1 min Side plank- 1 min</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> Everything weighted 25-35lbs Pull ups- 8,6,4,2,1 Rest 1 min Chin ups- 8,6,4,2,1 Rest 1 min Wide- 8,6,4,2,1 Rest 5 min Push ups- 50,40,20,10 Rest 1 min Wide- 40,30,20 Rest 1 min Diamonds- 30,20,10 Rest 3-5 min Complete 200 4-count Flutter Kicks</p>		
<p>Fri</p>	<p><u>Run</u> 9 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