

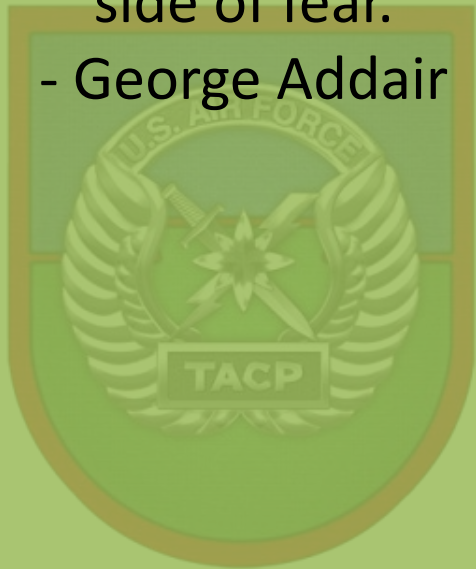


WORDS TO LIVE BY



Everything you ever wanted is on the other side of fear.

- George Addair



BADASS OF THE WEEK

A1C William Pitsenbarger
USAF Pararescue
Vietnam War

Pitsenbarger is the embodiment of what self sacrifice means. On his final mission he volunteered to be hoisted down through 100 ft of dense jungle to evacuate the wounded during an intense battle. He was able to evacuate 9 men and continued to refuse being returned to the pedro and safety. Finally the pedro was hit and unable to return to the battle until the next day. Throughout the night the battle raged on and Pitsenbarger continued to distribute ammo, tend to the wounded and return fire. His actions inspired the soldiers of that battle and continue to inspire soldiers to this day

Drowning In Beerbaum

Mon	<p><u>Warm Up:</u> 200 yd Free <u>Training:</u> 5 underwaters @ 1:30 min Free 5 x 100 @ 2:30 Heavy Treading</p>
Tues	<p><u>Warm Up:</u> 200 yd Free <u>Training:</u> Frees 5 X 200 @ 5:00 Frees 10 X 50 @ 1:00 min Treading</p>
Wed	<p><u>Warm Up:</u> 200 yd Free <u>Training:</u> (ABU Tops) 5 Underwaters @ 2:30 5 Underwaters @ 2:30 (Mask Down) Treading Crossovers with fins</p>
Thurs	<p><u>Warm Up:</u> 200 yd Free <u>Training:</u> Free 2 x 550 yds @ 13:00 Hypoxic Free Pyramid: Strokes per breath / rest PRN 2 – 4 – 6 – 8 – 10 – 8 – 6 – 4 – 2</p>
Fri	<p><u>Warm Up:</u> 200 yd Free <u>Training:</u> 5 Underwaters @ 1:30 min (No Push) Hypo Frees 5 X 50 1 turn breath @ rest PRN Breath Holds</p>

The Big Hart



Mon	Pushups: 10 / 20 / 30 / 40 / 40 / 30 / 20 / 10 Wide Pushups: 10 / 20 / 30 / 40 / 30 / 20 / 10 Pullups: 2 / 4 / 6 / 8 Wide Pullups: 2 / 4 / 6 / 8 Chin ups: 2 / 4 / 6 / 8 Narrow pullups: 2 / 4 / 6 / 8 Maxout Pushups @ 2:00 Maxout Pullups @ 2:00
Tues	<u>Track Workout:</u> Pyramid (200 rest 1:30, 400 rest 2:00, 600 rest 2:30, 800 rest 3:00, 1000 rest 3:30) Work back down
Wed	<u>50 Min AMRAP</u> Iron Mikes x 10 SBGUs 5 per side @ 60# SB Squats x 10 Tire Flip x 50 yds Farmers Carry x 200yds 8 count BBs x 10 Buddy Carry 100 yd (per buddy)
Thurs	<u>3 rounds</u> 10 min rowing 100 pushups 50 pullups
Fri	Ruck: Cornhill (6 mile) Abus / Boots 40#





Gilligan's Island of Suck

Warm Ups	800 meter relaxed Dynamic Stretches
Mon	Track Workout 8 x 400m @ 3:00 1 mile cooldown
Tues	Situps: 10 / 20 / 30 / 40 / 50 / 40 / 30 / 20 / 10 8 Count BBs 5 x 15 Deadlift: 4 x 8 @ 155 Bent Over BB rows: 4 x 8 Back Ext: 3 x 10 Maxout Situps @ 2:00
Wed	Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...
Thurs	<u>LT Run:</u> 45 min run (5 – 7 miles)
Fri	<u>Sports Friday:</u> Ultimate Frisbee
Sat	<u>Carlyle Lake:</u> Open Water swim/fin G&G's