



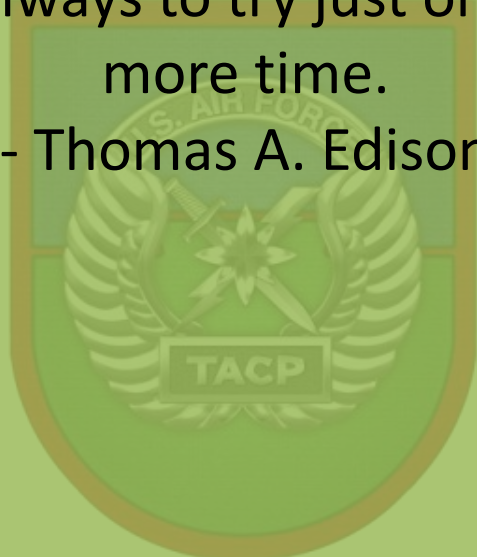
WORDS TO LIVE BY

BADASS OF THE WEEK



Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

- Thomas A. Edison



Corporal Ernest "Smokey" Smith Canadian Army WWII

In October 1944 Smith and his small platoon were sent to secure an important beachhead in Italy. Once they had captured it the Germans dispatched three panther tanks and a horde of infantry on the position. Smith grabbed his anti-tank bazooka and took out one of the tanks from less than 10 meters away. After that he immediately used his tommy gun to take out 4 of the Germans advancing on his position causing the others to withdraw. He then carried a wounded comrade to safety. His actions inspired the rest of his platoon to hold off the Germans against all odds, outnumbered and out-gunned.

Drowning In Beerbaum

Mon	<p><u>Training:</u> 6 Underwaters @ 1:30 min Free 5 x 100 @ 2:30 Heavy Treading</p>
Tues	<p><u>Training:</u> Frees 4 X 250 @ 6:00 Frees 10 X 50 @ 1:00 min Laneline Travels</p>
Wed	<p><u>Training:</u> (ABU Tops + Booties) 5 Underwaters @ 2:30 5 Underwaters @ 2:30 (Mask Down) Treading</p>
Thurs	<p><u>Training:</u> Free 2 x 400 yds @ 10:00 Hypoxic Free Pyramid: Strokes per breath / rest PRN 4 – 6 – 8 – 8 – 6 – 4</p>
Fri	<p><u>Training:</u> 5 Underwaters @ 1:30 min (No Push) Hypo Frees 5 X 50 w/no breath @ rest PRN Breath Holds</p>

The Big Hart



Mon	<p>Pushups: 10 / 20 / 30 / 40 / 40 / 30 / 20 / 10 Diamond Pushups: 5 X 10 @ 1:00 Pullups: 2 / 4 / 6 / 8 / 10 Wide Pullups: 2 / 4 / 6 / 8 / 10 Chin ups: 2 / 4 / 6 / 8 / 10</p> <p>Maxout Pushups @ 2:00 Maxout Pullups @ 2:00</p>
Tues	<p><u>3 rounds:</u> <u>5 min per exercise</u> SBGUs @ 60# Tire Flips 8 count BBs</p>
Wed	<p><u>Deck of Cards</u> Hearts – Push ups Spades – Sit ups Diamond – Iron Mikes Clubs - Swimmers</p>
Thurs	<p><u>Warmup:</u> 8 count BBs x 20 / Clapping Pushups 3 x 8 <u>Training</u> 15 rounds @ 2:00 5 Pullups 10 Pullups 15 Situps</p>
Fri	<p><u>Ruck:</u> Metro to Belleville Gate: Abus/ Boots/ Helmets / 50#</p>





Gilligan's Island of Suck

Warm Ups	800 meter relaxed Dynamic Stretches
Mon	<u>Track Workout</u> 4 x 800m @ 5:00 1 mile cooldown
Tues	<u>AT Run:</u> 45 min run (5 – 7 miles)
Wed	Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...
Thurs	<u>Track Workout:</u> 3 Sets (4 X 100m 1:30 rest) 3 min rest FORM FOCUSED
Fri	<u>Sports Friday:</u> SOGBY/GATORBALL
Sat	5 Mile Ruck #45 G&G's