



WORDS TO LIVE BY

"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious."
-Vince Lombardi

BADASS OF THE WEEK

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

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| Mon | <p><u>Training:</u> Underwaters 5 @ 1:30 Reverse Underwaters 5 @ 2:30 Treading</p> |
| Tues | <p><u>Training:</u> Frees 4 X 250 @ 6:00 Frees 10 X 50 @ 1:00 min Hypoxic Underwaters: Do 2... rest PRN</p> |
| Wed | <p><u>Training:</u> (Any ABU combo) 5 Underwaters @ 2:30 5 Underwaters @ 2:30 (Mask Down) Lane Line Pulls with Mask Down Doom Ups</p> |
| Thurs | <p><u>Training:</u> Free 2 x 400 yds @ 10:00 Hypoxic 100m Free : Strokes per breath / rest PRN 4 - 6 - 8 - 10 - 8 - 6 - 4</p> |
| Fri | <p><u>Training:</u> 5 Underwaters @ 1:30 min (No Push) Hypoxic Frees: 3 X 50 w/no breath @ rest PRN Doom ups</p> |

The Big Hart



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| Mon | 2 Mile Time Trial Then.. Sprints: 4 x 400m @ 3:00 |
| Tues | 4 mile run Goal: < 28 min |
| Wed | 2 rounds: Tire Flip 100m Farmers Carry 200m @ 45# Buddy Carry 200m THEN... 3 Rounds: 25 squats 25 lunges PS 10 jump squats 10 iron mikes 200m sprint |
| Thurs | Weighted @ 25# (rest PRN) Pullups: 5 x 6 Chinups: 5 x 5 Wide Pullups: 5 x 4 Pushups: 5 x 20 Wide Pushups: 5 x 20 Unweighted... Maxout Pullups: 2:00 Maxout Pushups: 2:00 |
| Fri | <u>Ruck:</u> Metro to Belleville Gate: Abus/ Boots/ Helmets / 50# |





Gilligan's Island of Suck

| Warm Ups | Dynamic Stretches |
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| Mon | Pushups: 20/30/50/50/30/20 Pullups: 2/4/6/8/10 Chinups: 2/4/6/8/10 Wide: 2/4/6/8/10 |
| Tues | 2 Rounds: 30 x situps / 4-way situps / leg lifts / flutter kicks / 90 sec plank Med Ball slams 4 x 8 @ 20# Deadlift 3 x 12 @ 135# St. hi rows 4 x 12 @ 50# Back ext 3 x 10 |
| Wed | Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out... |
| Thurs | Run 3 miles @ AT Goal: <24 min |
| Fri | <u>Sports Friday: SOGBY/GATORBALL</u> |
| Sat | Scurve off - Possible Lake Day |