



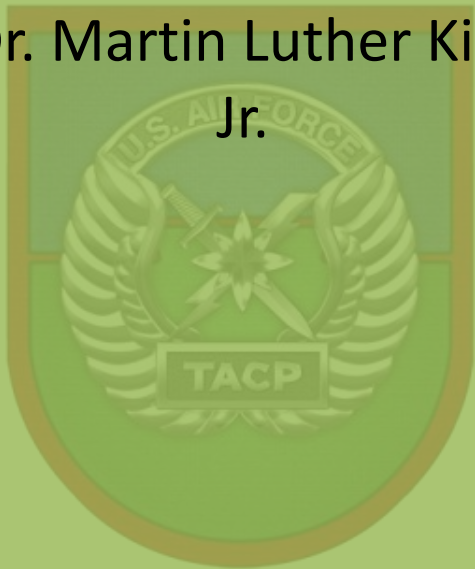
The Dirty Scurve

WORDS TO LIVE BY



A man who won't die for something is not fit to live.

- Dr. Martin Luther King, Jr.



BADASS OF THE WEEK

SrA Jason Cunningham

USAF Pararescue

OEF March 4 2002

A chinook had taken fire and a SEAL fell out during the escape. After several rescue attempts the Chinook, Razor 1, with a QRF and medical personnel took damage and crashed into the chaos. As it continued to take fire and the QRF worked to defend its position Cunningham found the helicopter was no longer safe and exposed himself 7 times to enemy fire in order to move the injured. They were forced to move 3 more times. On the final movement Cunningham was hit 3 times. With such a firefight medical support was unavailable and seven hours later, all the while helping others, he had succumb to his wounds.

Drowning In Beerbaum

| | |
|-------|---|
| Mon | <p><u>Training:</u> 5 Underwaters @ 1:30 min Free 5 x 100 @ 75% effort Stretching</p> |
| Tues | <p><u>PAST Day</u></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 4 x 250 yds @ 6:00 Hypoxic 50m Free : Strokes per breath / rest PRN 4 – 6 – 8 – 10 – 12 – 10 – 8 – 6 – 4</p> |
| Fri | <p><u>Training:</u> Personal WaterCon Weakness Work</p> |

The Big Hart



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|---|--|---|--|
| Mon | 20 minute Light Jog | | |
| Tues | <u>PAST Day</u> | | |
| Wed | <u>Fucktional Fitness:</u> <table><tr><td><u>3 Rounds:</u> Tire Flip 100m Farmers Carry 200m @ 45# SBGUs 10 per side @ 60#</td><td><u>2 Rounds:</u> 30 Calf Raises per side 20 Lunges per side 10 Jump Squats Sprint 200m</td></tr></table> | <u>3 Rounds:</u> Tire Flip 100m Farmers Carry 200m @ 45# SBGUs 10 per side @ 60# | <u>2 Rounds:</u> 30 Calf Raises per side 20 Lunges per side 10 Jump Squats Sprint 200m |
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| Fri | <u>Ruck:</u> 6 Miles ABUs / Boots / 50# | | |





Gilligan's Island of Suck

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|---|--|---|---|--|
| <p>Mon</p> | <p>Dynamic Stretch</p> <table border="0"> <tr> <td data-bbox="325 710 691 1020"> <p>2 x 20 Pushups 2 x 10 Wide Pushups 2 x 5 Dive Bombers 2 x 5 Diamonds</p> </td> <td data-bbox="691 710 1042 1020"> <p>2 x 15 Flutter Kicks 2 x 25 Sit Ups 3 x 10 Swimmers 2 x 1min Side Planks</p> </td> <td data-bbox="1042 710 1428 1020"> <p>2 x 10 Squats 2 x 15 Calf Raises 10 PS Lunges</p> </td> </tr> </table> <p>Long Stretching</p> | <p>2 x 20 Pushups 2 x 10 Wide Pushups 2 x 5 Dive Bombers 2 x 5 Diamonds</p> | <p>2 x 15 Flutter Kicks 2 x 25 Sit Ups 3 x 10 Swimmers 2 x 1min Side Planks</p> | <p>2 x 10 Squats 2 x 15 Calf Raises 10 PS Lunges</p> |
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| <p>Tues</p> | <p><u>PAST Day</u></p> | | | |
| <p>Wed</p> | <p>Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...</p> | | | |
| <p>Thurs</p> | <p><u>Track Workout:</u> 3 Sets (4 X 100m 1:30 rest) 3 min rest FORM FOCUSED</p> | | | |
| <p>Fri</p> | <p><u>Sports Friday:</u> SOGBY/GATORBALL</p> | | | |
| <p>Sat</p> | <p>Possible Lake Day</p> | | | |