



WORDS TO LIVE BY

BADASS OF THE WEEK

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent.

- Arnold

Schwarzenegger.

Milk is for babies. When you grow up you have to drink beer.

- Arnold

Schwarzenegger.

L/Cpl Matthew Croucher

British Royal Marine

Helmland Province, Iraq 2008

L/Cpl Croucher was part of a 40 man commando company that was investigating a suspected Taliban bomb-making factory when he set off the trip-wire for a grenade booty trap. After setting it off he knew he had to pay for it rather than his teammates and decided to dive on it. After yelling grenade he flopped on it with a pack containing a 66mm rocket, a large lithium ion battery, and a med kit. The grenade went off throwing Croucher into the air. He only suffered a nose bleed while his group received a few cuts and bruises. He has kept his shredded pack as a reminder of how he beat the reaper.

Drowning In Beerbaum

Mon	<p><u>Training:</u> 6 Underwaters @ 1:30 min Free 5 x 100 @ 2:30 5 x 20m Mask and Snorkel Recovery 2 min Rest</p>
Tues	<p><u>Training:</u> Frees 4 X 250 @ 6:00 Frees 10 X 50 @ 1:00 min 3 X 3 min Treading 1 min Rest</p>
Wed	<p><u>Training:</u> (Any ABU Combo) 5 Underwaters @ 2:30 5 Underwaters @ 2:30 (Mask Down) 50m Laneline Travels</p>
Thurs	<p><u>Training:</u> Free 4 x 250 yds @ 6:00 Hypoxic 150m Free : Strokes per breath / rest PRN 4 – 6 – 8 – 10 – 12 – 10 – 8 – 6 – 4</p>
Fri	<p><u>Training:</u> Personal Water Con Weakness Work</p>

The Big Hart



Mon

3 Miles Run < 21 min
4 x 100m @ 3:00 min

Tues

Heavy Ruck:
3 Miles @ 70#
ABUs / Boots

Wed

Track Workout:
2 Sets 3 X 800m (5 min interval) 3 min rest
between sets
1 Set 3 X 400m (3 min interval)

Thurs

4 Miles Run < 29 min

Fri

Short Run/ Sprints
30 min Aerobic Threshold pace (65% speed)
3 X 200m @ 1:30 interval





Gilligan's Island of Suck

<p>Mon</p>	<p><u>Pull-ups</u> <u>Chin-ups</u> <u>Close Grip</u> <u>Wide Grip</u> <u>Corn Cob Pull-ups</u></p> <p>2,4,6,8 Each Variation @ 30 sec intervals</p>	<p><u>Push-ups</u> (5, 10, 15, 20, 25, 25, 20, 15, 10, 5) @ 30 sec</p> <p><u>Sit-ups</u> (10, 20, 30, 40, 50, 50, 40, 30, 20, 10) @ 30 sec</p> <p><u>8 Count BB</u> 20 @ 2 min</p>	<p><u>MAX OUT</u> 2 minutes</p> <p>Pull-ups Sit-ups Push-ups</p>									
<p>Tues</p>	<p><u>Long Distance:</u> 50 - 65 min Aerobic Threshold pace (65-70% speed)</p>											
<p>Wed</p>	<p><u>Crash Course:</u></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Pushups 50</td> <td style="width: 33%;">Sit-ups 50</td> <td style="width: 33%;">Flutter Kicks (4 Count) 50</td> </tr> <tr> <td>Dive Bombers 25</td> <td>Half Sit-ups 50</td> <td>Leg Lifts 50</td> </tr> <tr> <td>Jacked Feet 10</td> <td>Side Crunches 50</td> <td>V-ups 15</td> </tr> </table>			Pushups 50	Sit-ups 50	Flutter Kicks (4 Count) 50	Dive Bombers 25	Half Sit-ups 50	Leg Lifts 50	Jacked Feet 10	Side Crunches 50	V-ups 15
Pushups 50	Sit-ups 50	Flutter Kicks (4 Count) 50										
Dive Bombers 25	Half Sit-ups 50	Leg Lifts 50										
Jacked Feet 10	Side Crunches 50	V-ups 15										
<p>Thurs</p>	<p>Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...</p>											
<p>Fri</p>	<p>Foam Roll / Epsom Salt / Tiger Tail / Stretch Scurve your heart out...</p>											