
Subject: Semper Fi?

Posted by [DBB](#) on Wed, 12 Mar 2003 02:04:13 GMT

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JavaxcxWell, since I have my basic training this summer, I've been training heavy duty for it. REFINE YOUR SLEEP. Holy mcfuxx0r I cannot stress this enough. If you're fucking sleeping like 14 hours a day, you have a problem. (This is all advice given to me)

Currently, I can get by a full day on about 4 hours of sleep. Pretty crazy, eh? I don't do that very often, because it's quite bad for the body. I'd go for about 5-6 hours a night, tops. I've heard that they also like to pull surprise PT training at 3am occasionally. So be quick on your feet when you wake up.

Generally the rest of the days probably won't be as bad as the sleep issue. The sleep is what my pals have always told me is the most aggravating and mentally anguishing thing.

Some might say the yelling, screaming, and PT is bad... But if you are physically fit beyond the extent of high school athletes, chances are, you'll do fine.

****DO NOT**** go running around with big weights on your back. That's a sure fire way to assrape yourself out of the corps for good. If you really want to do that, just do it with smaller weights, like 20-40 lbs. And even the 40 is stretching it a bit. You have to be really careful about your back. If it dies, you're as good as useless. So don't strain yourself with that.

Pushups, heh. Try and be able to endure them. If you can do like 60-100 without problems, you'll probably be fine in the start off. It's all how you get off on the right foot. You'll be strained there, but at least you'll have an edge that others may not have.

Don't be a jackass. That's probably obvious, but unless you want problems, (eh Dante?) then don't wank off during mess hall, don't intentionally do your drill wrong... etc...

That's my two cents, I'm sure Jarhead and JeffLee can help you out considerably more, however. =>

I've never actually tried the sleep thing though (I usually slepe like 4 hours at night and well basically all 6 hours in school) But yah maybe I should cut back with running with the weights....hmm thanks for the advice on that one! I can easily do 75 pushups before working out but after my work out 50 is a struggle (weak shoulders) I seriously have a problem like listening to orders and I get yelled at countless times at work and need to be told like twice because my mind is on other stuff although when Im there I highly doubt my mind will be on anything else lol! Oh well thanks for the info man! Good luck this summer (btw where u going sc or ca?)
