

NATIONAL AIRBORNE DAY // AUGUST 16

LGOP

LITTLE GROUPS OF PARATROOPERS**1940**

FULL EVENT GUIDE

Optional long-form workout package for gyms, chapters, affiliates, and Airborne community events.

Built as an annual commemorative WOD honoring all U.S. airborne forces from 1940-present. Scalable. Team-based. Hard enough to matter. Simple enough to repeat every year.

509**INTENT****HOST NOTES**

Use this guide to brief heat flow, scaling, number symbolism, event atmosphere, and the official LGOP closing.

82

PHASE 01

JUMP SCHOOL

Get warm. Move together. Establish the tone before the work starts.

WARM-UP

2 ROUNDS

10 Air Squats

10 Lunges

10 Pushups

10 PVC Pass Throughs

100m Easy Jog

THEN:

34 Jumping Jacks

10 Burpees

Team Stretch / Mobility

Optional: Airborne cadence during warm-up.



BUY-IN

STAND IN THE DOOR

1940m Team Run or Ruck. Team must start and finish together. This encourages movement as a stick. Ruck optional for advanced divisions.

MOVEMENT STANDARD

RULES OF THE STICK

No one finishes alone. No athlete gets left behind on the buy-in. The team moves, turns, and finishes as a unit before entering the main WOD.

- 1940 - Birth year of U.S. Army airborne forces.
- 34 - 34-foot jump tower / jump school progression reference.

PHASE 02

MAIN WOD

FOR TIME // SHARED TEAM WORK

Load and standards can be scaled by division. The intent is shared suffering, clean movement, and team accountability.

48 **Burpees**

Shared reps across the team.

250 **Air Squats**

Shared reps across the team.

34 **Synchro Lunges**

Team synchronized. Full team moves together.

82 **Kettlebell Swings**

Shared reps. Recommended RX: 53/35. Scale as needed.

101 **Push Press**

Shared reps. Recommended RX: 95/65. Scale as needed.

13 **Shuttle Carries**

Team choice based on equipment. Recommended: 80-150 lb sandbag.

509m **Team Carry**

Entire team moves together: litter, sandbag, buddy carry rotation, or sled drag.

COACH NOTE: Do not let this become chaos. Keep rep splits, movement order, and transitions briefed before the heat starts.

PHASE 03

FOLLOW ME

6-MINUTE TEAM AMRAP

Final rotation. Fast transitions. No drifting. One teammate working while the rest stay locked in.

FINALE

6-MIN AMRAP

Continuous rotation among teammates.

6 Pull-Ups

6 Box Jumps

6 Pushups

DROP ZONE

PURPOSE

Represents assembly and movement on the drop zone after combat jumps. The team has already moved, carried, lifted, and stayed together. The finale forces quick reorganization under fatigue.

RECOMMENDED

TIME CAP

30-35 minutes. Elite teams: 22-26 minutes expected. Scaled divisions: complete within cap.

STANDARD

The workout is hard by design. Scaling is not weakness. Bad movement is. Keep the standard, reduce the load, finish the mission.

AIRBORNE. ALL THE WAY.

EVENT CONTROL

SCALING

BUILD THE HEAT LIST SO EVERYONE CAN ENTER THE FORMATION.

The point is not to water it down. The point is to let veterans, active duty, families, masters athletes, and competitive teams all honor the day safely.

DIVISION STANDARD

VETERAN / MASTERS

- Reduce loading
- Ring rows instead of pull-ups
- Step-ups instead of jumps
- Walking instead of running if required

DIVISION STANDARD

FAMILY / COMMUNITY

- Light kettlebells
- PVC push press
- Reduced reps optional
- Team-assisted movements encouraged

DIVISION STANDARD

COMPETITIVE RX

- RX loading mandatory
- Strict movement standards
- Ruck buy-in mandatory
- No soft transitions

SUGGESTED EVENT DIVISIONS

// Open Team

// Masters 50+

// Active Duty

// Competitive RX

// Veteran Team

// Masters 60+

// Family / Community

MAKE IT FEEL REAL

THE FLOOR

THIS SHOULD FEEL LIKE AN AIRBORNE EVENT, NOT A GENERIC WORKOUT.

ATMOSPHERE

STRONGLY RECOMMENDED

- Unit guidons around competition floor
- Combat jump streamers displayed
- Historic airborne photos / screens
- Cadence or music between heats
- Announcer explains the numbers
- Memorial board for fallen paratroopers
- "Blood on the Risers" after final heat

EVENT MC

OFFICIAL LGOP CLOSING

Paratroopers never fight alone. From Sicily to Normandy. From Panama to Afghanistan. From the first volunteers in 1940 to today... Airborne forces have always assembled the same way: Little Groups of Paratroopers. AIRBORNE.

CROWD RESPONSE

ALL THE WAY!

DON'T OVERPRODUCE IT.

The tradition comes from the work, the story, and the people on the floor. Keep the ceremony sharp. Keep the briefing short. Let the workout carry the weight.

SYMBOLIC REP COUNT

WHY THE NUMBERS MATTER

Every core number should be briefed before the first heat. This is what separates LGOP from another hard workout.

1940 Birth of U.S. Army airborne forces.

48 Original parachute test platoon volunteers.

250 250-foot jump towers.

34 34-foot tower / jump school progression reference.

509 509th Parachute Infantry Battalion - first operational Airborne.

101 101st Airborne Division.

11 11th Airborne Division.

82 82nd Airborne Division.

13 Team carry marker - shared burden under load after the team assembles.

6 Finale marker - continuous rotation and small-team momentum under fatigue.

BRIEFING RULE: Use the history. Do not lecture. Thirty seconds before each heat is enough.

MAKE IT ANNUAL

BUILD THE TRADITION

The workout works because it gives the Airborne community a repeatable annual test with real history behind the suffering.

RECOMMENDED

SHIRT / PATCH CONCEPTS

FRONT: **LGOP**

BACK: **STAND IN THE DOOR.**

POSSIBLE IMAGERY

- WWII parachutist silhouette
- Static line hook
- Jump wings
- Parachute canopy
- Combat jump stars
- DZ assembly silhouette

LONG-TERM

WHY IT WORKS

- Honors all airborne generations
- Scalable across ages and abilities
- Creates real teamwork
- Has historical meaning
- Simple enough to repeat annually
- Avoids gimmicks
- Balances suffering with accessibility

OVER TIME, TEAMS WILL...

// Compare annual scores

// Create rivalries

// Memorialize teammates

// Bring younger generations

// Strengthen airborne identity and continuity

THIS IS HOW A WORKOUT BECOMES A FORMATION.

LITTLE GROUPS OF PARATROOPERS // ANNUAL AIRBORNE COMMUNITY WOD