

LGOP

LITTLE GROUPS OF PARATROOPERS

A commemorative annual Airborne community WOD honoring all U.S. airborne forces from 1940-present.

In celebration of National Airborne Day, this workout honors anyone who has ever jumped out of an airplane in service of their country.



STAND IN THE DOOR
ASSEMBLE ON THE DZ
AIRBORNE. ALL THE WAY.

2 ROUNDS // TEAMS OF 2-4 // FOR TIME

THE WORKOUT

Split reps unless marked otherwise. Team runs start and finish together.

01 1940m Team Run
All athletes move as one stick.

02 250 Air Squats
Split reps across the team.

03 48 Burpees
Split reps across the team.

04 509m Plate Run
One plate moves with the team. 45/35 lb.

05 101 Push Press
Split reps. 115/75 lb.

06 11 Pull-Ups Each
Every athlete completes 11.

07 82 Power Cleans
Split reps across the team.

Scale loading and movements as needed. Coaches retain final authority on safety and movement standards.

NUMBER KEY

Every number points back to Airborne history.

1940 Birth of U.S. Army airborne forces

48 Original parachute test platoon volunteers

250 250-foot jump towers

509 509th Parachute Infantry Battalion - first operational Airborne

101 101st Airborne Division

11 11th Airborne Division

82 82nd Airborne Division

LEARN MORE / HOST THE WOD
82ndAirborneAssociation.org/LGOP