

D-DAY 80TH ANNIVERSARY

JUNE 1-8 #DDAYRUCK

GORUCK 

We're honoring the 80th Anniversary of the historic D-Day Landings at Normandy. To align with D-Day this week-long anti-virtual challenge will take place June 1-8. To successfully finish this challenge you need to complete all 4 workouts and pick 2 of the Normandy-inspired rucks.

As you embark on your rucking journey, select your routes, delve into their history, and dedicate your efforts to the courageous soldiers of America's Greatest Generation who liberated France and Europe. These heroes rucked, often carrying 80 pounds or more, as they pursued their missions. Whether you're new to rucking or a seasoned veteran, we recommend loads ranging from 10 lb to 45 lb, depending on your level of experience and fitness.

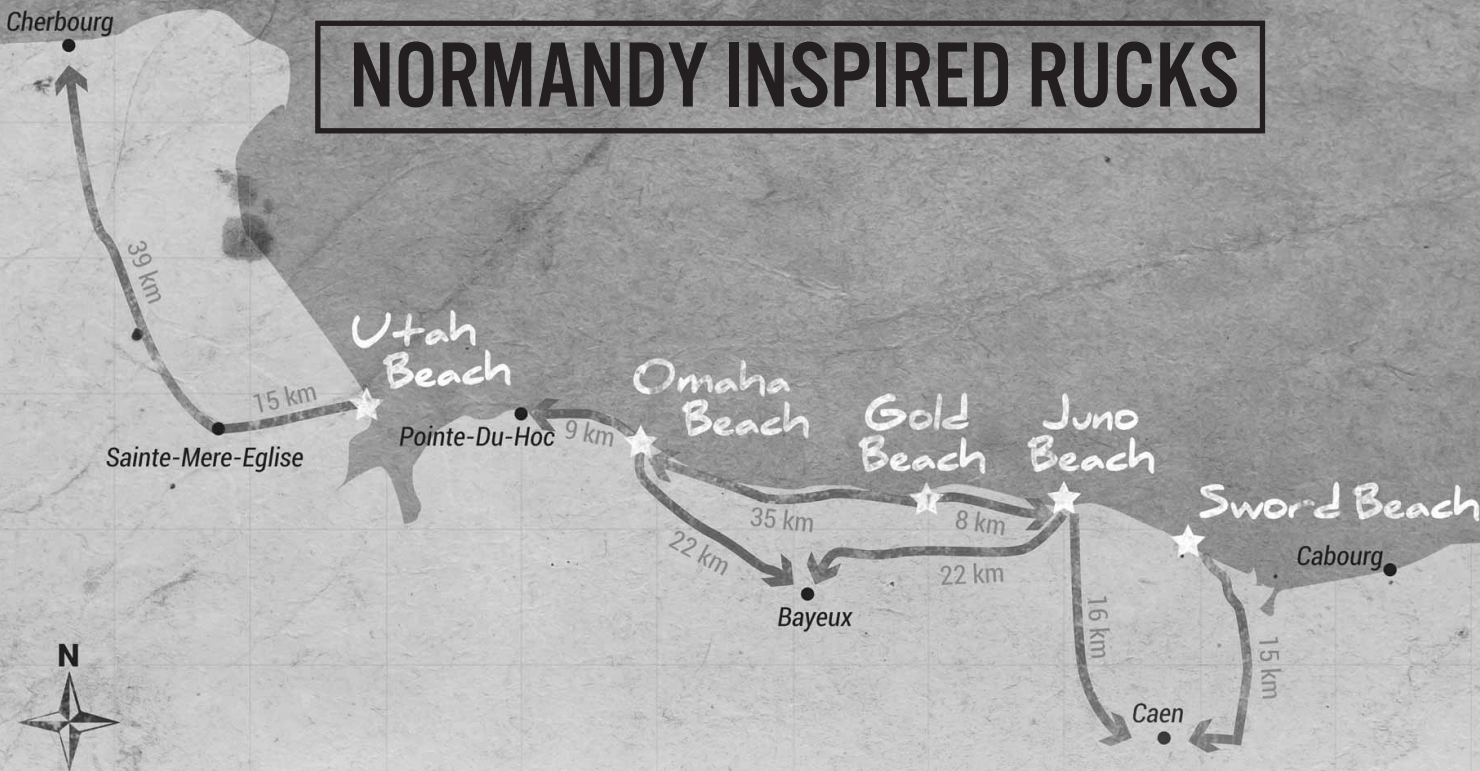
D-DAY RUCKING CHALLENGE

COMPLETE:
2 RUCKS + 4 WORKOUTS



Check out the Normandy Ruck inspiration and the workouts on the following pages.

NORMANDY INSPIRED RUCKS



SWORD BEACH RUCK

15 KM/9.3 MILES

Sword Beach stretches 8 kilometers and was the easternmost of the five landing sites on June 6, 1944. British, French, Polish, and Norwegian forces, after taking the beaches, moved towards the city of Caen where the battle would rage on until August. Eventually, Allied forces would take the city.

JUNO BEACH RUCK

16 KM/9.9 MILES

Juno Beach is between the British beaches Gold and Sword. The Canadian Army led the way with assistance from the British, French, Norwegian, and other Allied forces. From the beach, the 3rd Canadian Divisions' objectives were to take the Carpiquet Airfield and reach the Caen-Bayeux railway. That day, the Canadian Army ranged farther inland than any other landing force on D-Day.

OMAHA BEACH RUCK

9 KM/5.6 MILES

Omaha Beach spans the right bank of the Douve River estuary where 150-foot-tall cliffs line the shore. Americans led the way assisted by British, French, Canadian, and Norwegian forces. Unable to carry out their original objectives, US forces were redirected to Pointe du Hoc (9 km from Omaha Beach) where the survivors infiltrated enemy lines and were able to take two small German footholds.

GOLD BEACH RUCK

ROUTE 1: GOLD BEACH TO JUNO BEACH - 8 KM/5.1 MI

ROUTE 2: JUNO BEACH TO BAYEUX - 22 KM/13.6 MI

ROUTE 3: GOLD BEACH TO OMAHA BEACH - 35 KM/21.7 MI

ROUTE 4: OMAHA BEACH TO BAYEUX - 22 KM/13.6 MI

Gold Beach, the central landing position, was located between Porten-Bessin and La Rivière. British led the way while Dutch and Polish forces assisted. The objective was to secure the beach, move west to link up with Americans and other Allied forces at Omaha, take Bayeux, and move east to link up with Canadians and other allied forces at Juno. Facing strong resistance, Allied forces eventually took Bayeux the next day.

UTAH BEACH RUCK

ROUTE 1: UTAH BEACH TO SAINTE-MERE-EGLISE (15 KM/9.3 MILES)

ROUTE 2: SAINTE-MERE-EGLISE TO CHERBOURG (39 KM/24 MILES)

Utah Beach, the westernmost landing point, is on the Cotentin Peninsula, west of the mouths of the Douve and Vire rivers. Americans led the way alongside other Allied forces. The objective was to secure the beach on the Cotentin Peninsula and the port at Cherbourg. Late on the night of June 5th and early morning on June 6th, the 82nd and 101st Airborne dropped paratroopers behind enemy lines so that they could clear the way for the Allied forces approaching on land. Unfortunately, the paratroopers were scattered around the marsh lands on the peninsula, some near Sainte-Mere-Eglise, a German stronghold.

THE WORKOUTS

80TH ANNIVERSARY

June 2024 is the 80th Anniversary of D-Day, the invasion of Normandy by Allied forces during WWII.

FOR TIME:

1 MILE RUCK

80 RUCK SQUATS

80 PUSH-UPS (*Slick*)

80 RUCK DEADLIFTS

80 RUCK OVERHEAD SHOULDER PRESS

1 MILE RUCK

RUCK 30/20 LB

OPERATION OVERLORD

Operation Overlord was the codename for the invasion of Normandy by Allied forces during WWII on June 6, 1944.

2 ROUNDS:

44 SANDAG OVER SHOULDER

44 RUCK RUSSIAN TWISTS (*2 Count*)

44 MOUNTAIN CLIMBERS (*2 Count, Slick*)

RUCK 30/20 LB

SANDBAG 60/40 LB

101ST AIRBORNE

The 101st is recognized for its unmatched Air Assault capability, its ability to execute any combat or contingency mission anywhere in the world. The 101st Airborne Divisions of the US Army arrived on the ground in the invasion of Normandy on June 6, 1944. Dropped behind enemy lines, 13,100 paratroopers and later 3,937 glider troops landed scattered across the Cotentin peninsula. Although the drops were scattered, Airborne forces consolidated at various points and subsequently took the key city of Carentan on June 13, 1944. D-Day casualties for the 101st Airborne Division were calculated in August 1944 as 1,240.

FOR TIME:

400 METER RUCK

101 RUCK LUNGES (*Total*)

400 METER RUCK

101 RUCK SWINGS

400 METER RUCK

101 RUCK SQUATS

400 METER RUCK

RUCK 30/20 LB

82ND AIRBORNE

The 82nd Airborne Division of the US Army's objective was to protect the invasion zone's western extremity and to facilitate the "Utah" landing force's movement into the Cotentin Peninsula, the US 82nd Airborne Division descended on the peninsula by parachute and glider in the early hours of D-Day. In August 1944, casualties for the 82nd Airborne Division were calculated as 1,259.

8 ROUNDS FOR TIME:

8 SANDBAG FRONT TOSS

20 SANDBAG PLANK PULLS
(*10 per side*)

8 BURPEES WITH LATERAL HOP

200 METER SANDBAG SHOULDER CARRY

SANDBAG 60/40 LB