



HARD HITTER

NOVEMBER #RUCKINGCHALLENGE



GREEN BERET
FOUNDATION



GORUCK

GORUCK is excited to team up with Green Beret Foundation for our November Hard Hitters #RuckingChallenge. The Green Beret Foundation provides direct and continuous support to the Green Beret Community and its families. They facilitate the transition of Green Berets and their families whether that transition is from wounds sustained in combat, illness, injury or from numerous deployments and/or retirement.



LEVEL 1

Ruck 10 miles
during the
challenge



LEVEL 2

Ruck 25 miles
+
Choose 1 Hero
WOD



LEVEL 3

Ruck 50 miles
+
Choose 2 Hero
WODs



LEVEL 4

Ruck 100 miles
+
Complete All 3
Hero WODs



THE WILL BATTLE BUDDY HERO WOD

The Will - Battle Buddy Hero WOD was written in honor of SFC Will Lindsay of the 10th Special Forces Group (A) who was killed in action on March 22, 2019 in Afghanistan.

The workout consists of four movements, one for each of his daughters that he left behind, followed by a one mile ruck with a sandbag in honor of his wife, Sarah. There are 10 repetitions of each movement, which represents the 10th Special Forces group.



THE WOD

10 ROUNDS:

- 10 Ruck Squats
 - 10 American Ruck Twists
 - 10 Ruck Push-Ups
 - 10 Ruck High-Pulls
- Then Ruck 1 mile with Sandbag.
Ruck can be done at any point during your 10 rounds



300 WOD

The Hard Hitter events honor the life of Staff Sergeant (SSG) David B. Roten Jr., who served in the United States Army as a decorated Special Forces Weapons Sergeant. 300 was David's favorite workout. David was killed in action on November 27, 2014 in hostile territory supporting the U.S. Government. He lived and served with unwavering commitment, passion, and courage, always pushing himself beyond his limits to be the very best. The "Dave Roten Hard Hitter" award will hang in Bravo Company, 3rd Battalion, 10th Special Forces Group (Airborne) forever.



THE WOD

- 25 x Pull-Ups
- 50 x Deadlifts (with Sandbag or Ruck)
- 50 x Ruck Push-Ups
- 50 x Box Jumps or Ruck Step Ups
- 50 x Ruck Over Head Floor Wipers
- 50 x Ruck Clean & Press - alternate arms
- 25 x Pull-Ups

*Note to scale Pull-Ups, do 25 Bent Over Rows with Ruck.
Push-Ups & Pull-Ups can be done with or without your Ruck.*



ROBBIE MILLER WOD

This workout honors Staff Sgt. Robert J. Miller, a Green Beret who was posthumously awarded the Medal of Honor. SSG Miller, or “Robbie” to those who knew him, sacrificed his life for his teammates while assaulting towards an enemy ambush near Barikowt, Afghanistan on Jan. 25, 2008. Many of our Cadre served with Robbie in 3rd Special Forces Group.



THE WOD

12 rounds:

- 6 x Ring Pull-Ups
(No rings? Do straight bar Pull-Ups.)
- 6 x Burpees
- 6 x 4-Count Mountain Climbers
- 6 x Ruck Get Ups

Note to scale Pull-Ups, do 25 Bent Over Rows with Ruck.

