



24 Heroes Workout Schedule


When: Saturday May 20th - Sunday May 21st

Opening Ceremonies: Saturday May 20th @ 9:00 AM-10:00 AM

Time	Workout	Time	Workout
9:00-10:00 AM OPENING CEREMONIES 10:00-11:00 AM 1st WOD (Kiki) begins	“Kiki” AMRAP 26 7 Rope Climbs 9 Thrusters 95/65# 47 Calorie Row 9AM Keynote Speaker: Mika Camarena via Zoom Sponsored by: Coach Andy V	10:00-11:00 PM	“Luke” For time: 400 Meter Run 15 Clean and Jerks 155/105# 400 Meter Run 30 Toes to Bar 400 Meter Run 45 Wall Balls 20/14# 400 Meter Run 45 KB Swings 53/35# 400 Meter Run 30 Ring Dips 400 Meter Run 15 Steps Lunges 155/105# 400 Meter Run
11:00 AM-12:00 PM	“Nate” AMRAP 20 2 Muscle Ups 4 Handstand Push-ups 8 KB Swings (70/53#) Sponsored by: TILT Sobo 12pm	11:00 PM-12:00 AM	“Zembiec” 5 Rounds: 11 Back Squats (185/135#) 7 Strict Burpee Pull-ups 400 Meter Run
12:00-1:00 PM	“Peyton” AMRAP 20 10 Chest-to-Bar Pull-Ups 10 Dumbbell Thrusters (2x50/35 lb) Every 2 minutes, starting at 0:00, complete: 40 Double-Unders From 20:00, complete: 2 mile Run Speaker: Nicole and Matt Peyton 11:30-12:00PM Sponsor: Patrick Kent -	12:00-1:00 AM	“Andy” For time: 25 Thrusters 115/80# 50 Box Jumps 24/20” 75 Deadlifts 115/80# 1.5 Mile Run 75 Deadlifts 115/80# 50 Box Jumps 24/20” 25 Thrusters 115/80# https://youtu.be/37yMApIAeBE (video 6:53 total)

	<i>*Patrick will be donating \$10 per person that shows up to the workout</i>		
1:00-2:00 PM	<p>“Whip” AMRAP 21 11 Push-ups 5 Squat Cleans (155/105#) 10 Box Jumps (24/20”)</p> <p>Speaker: Dave and Sean Whipple via Zoom</p> <p>Sponsored by: TILT Sobo 5:30/6:30am</p>	1:00-2:00 AM	<p>“Badger” 3 rounds 30 reps of squat cleans (95 pounds) 30 pull-ups Run 800 meters</p>
2:00-3:00 PM	<p>“Glen” For Time: 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees</p> <p>Speaker: Charley Mitchell & Zach Riley via Zoom - GDMF Scholarship Recipients</p> <p>Sponsored by: Nicole Giglio</p>	2:00-3:00 AM	<p>“Omar” For Time 10 Thrusters 95/65# 15 Bar-facing burpees 20 Thrusters 95/65# 25 Bar-facing burpees 30 Thrusters 95/65# 35 Bar-facing burpees</p>
3:00-4:00 PM	<p>“Scooter” For Time: 400 Meter Farmers Carry (53/35#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/25#) 400m Farmers Carry (53/35#)</p>	3:00-4:00 AM	<p>“Viola” AMRAP 20 Run 400 meters 11 Power Snatches 95/65# 17 pull-ups 13 Power Cleans 95/65#</p>
4:00-5:00 PM	<p>“Jerry” 1 Mile Run 2,000 Meter Row 1 Mile Run</p>	4:00-5:00 AM	<p>“Emily” 10 Rounds: 30 Double-unders 15 Pull-ups 30 Air Squats 100 Meter sprint Rest 2 Minutes</p>

			Video: 'Archangel 2-6': The Story of Emily Perez (Begin @ 10:00 mark, to 20:10 mark)
5:00-6:00 PM	<p>“Dork” 6 Rounds: 60 Double Unders 30 Kettlebell Swings (53/35#) 15 Burpees</p> <p>Speaker: Kathy Crosby (mother of Michael Kennedy - “Dork”)</p> <p>Sponsored by: Brad Morse</p>	5:00-6:00 AM	<p>“Kerrie” 10 Rounds: 100 Meter Run 5 Burpees 20 Sit-Ups 15 Push-Ups 100 Meter Run Rest 2 minutes</p> <p>Wear a Weight Vest (20/14 lb)</p> <p>Moment of Silence WOD: entire WOD completed without any music or talking.</p>
6:00-7:00 PM	<p>“Sisson” AMRAP 20 1 Rope Climb 5 burpees 200-meter run</p> <p>Video:  Nole Edge The BLUF: Justin ... (end @ 5:21)</p>	6:00-7:00 AM	<p>“DG” AMRAP 10 8 Toes to bar 8 Dumbbell Thrusters 35/20# 12 steps DB Walking Lunges 35/20#</p>
7:00-8:00 PM	<p>“Tarentino” (45 Min Cap) Teams of 2 2,000 Meter Row 50 Clean and Jerks (155/105#) 2,000 Meter Row 100 Burpees 2,000 Meter Row 150 Wall Balls (20/14#)</p> <p>Sponsored by: TILT Sobo 4:30pm</p>	7:00-8:00 AM	<p>“Eva Strong” Teams of 2 5 Rounds: 24 Double-unders (each) 19 toes-to-bars (total) 2 Clean and Jerks 205/135# (total) 400 Meter Team Run</p> <p>Video - from CFHQ site</p> <p> In Honor of Eva Mireles</p> <p>Sponsored by: Angie Kantola</p>
8:00-9:00 PM	<p>“RJ” 5 Rounds: 800 Meter Run 5 Rope Climbs</p>	8:00-9:00 AM	<p>“Monti” 5 Rounds: 50 Box Step-ups (24/20”) 15 Cleans (135#/95#)</p>

	50 Push-ups		50 Box Step-ups 10 Snatches (135#/95#) Video: https://youtu.be/f2aWnxsZl2U (6:00 min total) Sponsored by: TILT Sobo 5:30pm
9:00-10:00 PM	“The Seven” 7 Rounds: 7 Handstand Push-ups 7 Thrusters (135/95#) 7 Knees to Elbows 7 Deadlifts (245/165#) 7 Burpees 7 Kettlebell Swings (70/53#) 7 Pull-ups	9:00-10:00 AM	“Murph” 1 Mile Run 100 Pull-ups 200 Push-ups 300 Air Squats 1 Mile Run *Wear a vest if you have one. Video:  Medal of Honor Presentation to Mi... (4:05 to 11:56) Sponsored by: Branden Edlefsen and Kevin Northrop