

“Memorial Workout: “Suez Canal”

In Eternal Honor of Egypt’s Daughters of Resistance

To the women of Egypt — the unwavering hearts behind the shield of the nation — we raise our voices in reverence. In every battle fought upon Egyptian soil, from the pharaohs to modern-day warriors, our women have stood not behind, but beside the men — healing the wounded, sheltering the fallen, carrying arms, guarding homes, and igniting the fires of defiance. Whether in the fields of Port Said, the alleys of Cairo, or the deserts of Sinai, Egyptian women defied silence and submission. They marched, they resisted, they endured, and they rose — not as victims of war, but as architects of resilience.

One Egyptian queen, adorned not merely in gold but in wisdom, dignity, and defiance, is worth more than a thousand daughters of foreign empires. For where invaders brought cruelty masked in might, Egyptian women stood with grace forged in fire — not only to protect life, but to give it meaning. They were not made by conquest, but born from legacy. Their strength is not borrowed, but inherited from the Nile, from the throne of Nefertari, the intellect of Hatshepsut, the courage of Cleopatra, and the silence-breaking cries of every mother, sister, and martyr. Let the world know: to harm Egypt is to awaken the lioness in her women — and no empire in history has withstood her roar.

Concept:

In Honor of Egypt’s Heroic Resistance Against the Tripartite Aggression – October 1956
“They came to take it. We ran to defend it.”

Historical Reflection — October 29, 1956 - Workout Purpose:

In **October 1956**, after the bold nationalization of the **Suez Canal**, Egypt faced an aggressive tripartite attack from **Britain, France, and Zionist forces (ZOF)** aiming to reassert colonial dominance. But from **the alleys of Port Said** to the hearts of a united people, **resistance ignited**. Civilians, youth, soldiers, and elders stood side by side, transforming the city into a symbol of unwavering national pride.

Under the leadership of **President Gamal Abdel Nasser**, and backed by global support, Egypt **defied the odds**, retained control of the canal, and sent the aggressors packing.

The **Suez Crisis** was more than a conflict — it was a **national awakening**, proving that **sovereignty is not given — it is defended**.





Main Workout Breakdown Format For Time **60 Minute Time Cap**

Workout Type: Community Hero Event

Format: *Endurance / Patriotic Unity Run*

Time Cap: *Not required — community-based pace*

▲ (Rx) Version:

- **10 Kilometer Run (6.2 Miles)**
 -  *With 20 lbs Weighted Vest (Men)*
 -  *With 10 lbs Weighted Vest (Women)*
 -  *Egyptian Flag carried at the front or shared in the group*
 -  *This is a community workout — done in formation, symbolizing national unity*

Workout Symbolism

- **10K Run** — Reflects the **long, determined resistance** across the neighborhoods and canals of Port Said during the Tripartite Aggression.
- **Weighted Vest** — Symbolizes the **burden carried by civilians and fighters alike** as bombs fell and nations threatened sovereignty.
- **Egyptian Flag Carried** — A tribute to the **symbol of independence that could not be taken**, despite invasion by three foreign powers.

This workout is not about speed — it's about **endurance, unity, and pride**.

Scaled Version

- **Distance:** 5K walk or jog for youth, elders, and beginners
 - **No Vest Required**
 - **Optional: Egyptian flag sticker or band carried instead of full flag**
 - **Group Support:** Walk in groups, offer water stations and breaks to make it accessible to all fitness levels.
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Final Words

This memorial workout honors not just a victory, but a people — **resilient, proud, and unbreakable**.

Raise your flag. Carry the burden. Run with purpose. We honor 120,000 Egyptian who where died because of forced labors digging the Canal, we never forget about them and will never

AncientFit Memorial Event

forget.

Egypt stood then. Egypt stands forever.

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