

Half Marathon Ruck Training Program

12-Week Optimized Performance Plan

Powered by Fluid Health & Fitness | RucFit Method

This 12-week program prepares you to complete the Charlotte Half Marathon Ruck **efficiently, safely, and confidently**. We will train **five days per week** to develop:

1. **Aerobic Capacity** – Building a strong cardiovascular base
2. **Movement Efficiency** – Improving posture, breathing, and walking mechanics
3. **Load Tolerance** – Increasing strength for sustained rucking
4. **Endurance Progression** – Gradually extending ruck distance and pace

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Ruck Weight Recommendation: Start with 15-20 lbs. Adjust load gradually as your mechanics and endurance improve.

Weekly Training Schedule

Day	Focus
Monday	Strength Training – Full Body Load Optimization
Tuesday	Cardio – Steady-State Ruck
Wednesday	Cardio – Interval Ruck

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Thursday Strength Training – Full Body Load Optimization

Friday Rest or Active Recovery

Saturday Cardio – Long Ruck

Sunday Rest

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Phase & Periodization Plan

Weeks	Focus	Strength Load	Cardio Intensity	Weekly Mileage Target
1–2	Awareness & Base Pace	Light	Zone 2 Steady Pace	6–8 mi
3–4	Stability & Consistency	Light–Moderate	Steady + Short Intervals	8–10 mi
5–6	Load & Resistance Intro	Moderate	Longer Intervals	10–12 mi

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7–8	Dynamic Load Handling	Moderate–High	Mixed Pace Ruck	12–14 mi
9–10	Endurance Under Load	High	Race Pace Practice	14–16 mi
11–12	Integration & Peak Week	High	Race Simulation	16–18 mi

Strength Training (Mon & Thu)

Goal: Improve load capacity, posture, and walking efficiency under ruck weight.

Prescription Variables:

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- **Sets:** 2–3
 - **Reps:** 8–12
 - **Rest:** 45–90 sec
 - **Tempo:** Controlled (2 sec down, 1 sec up)
 - **Load:** Use your ruck or dumbbells for resistance
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Weekly Strength Plan

Weeks 1–2 – Light Load / High Control

- Step-Up w/ Ruck
- Goblet Squat w/ Ruck

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- Bent Row w/ Ruck
- Overhead Press w/ Ruck
- Farmer Carry (20–30 sec)

Weeks 3–4 – Stability Integration

- Split Squat
- Single-Leg Bridge
- Step Press (lunge to OH press)
- Plank Pull-Through (with ruck)
- Ruck Carry (30–40 sec)

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Weeks 5–6 – Moderate Load

- Front Squat w/ Ruck
- Ruck Deadlift
- Push Press
- Renegade Row w/ Ruck
- Lateral Carry

Weeks 7–8 – Dynamic Load Handling

- Lateral Lunge w/ Ruck
- Clean to Press

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- Reverse Lunge to Step-Up
- Single-Arm Row
- Overhead Carry

Weeks 9–10 – High Load / Power Endurance

- Squat Curl Press
- Skater Step
- Forward-Back Crawl w/ Ruck
- Push-Up to Row
- Ruck Farmer Carry (40–50 sec)

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Weeks 11–12 – Race-Ready Integration

- Ruck Thruster
 - Bounds or Skips
 - Split Lunge Press
 - Plank Drag (ruck)
 - Mixed Carry (OH + farmer)
-

Cardio Training (Tue, Wed, Sat)

Tuesday – Steady-State Ruck

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- Zone 2 (conversational pace)
- Start: 2–3 mi → Peak: 4–6 mi

Wednesday – Interval Ruck

- Brisk pace intervals with recovery walks
- Start: 4×3 min fast / 2 min easy → Peak: 6×5 min fast / 1 min easy

Saturday – Long Ruck

- Progressive distance increase
- Start: 3–4 mi → Peak: 8–10 mi
- Maintain sustainable pace (Zone 2–3)

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Weekly Mileage Progression

Week	Tue	Wed	Sat	Weekly Total
1	2	2	3	7 mi
2	2	2	4	8 mi
3	3	2.5	4	9.5 mi
4	3	3	4.5	10.5 mi

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5	3.5	3	5	11.5 mi
6	3.5	3.5	5.5	12.5 mi
7	4	3.5	6	13.5 mi
8	4	4	6.5	14.5 mi
9	4.5	4	7	15.5 mi
10	4.5	4.5	7.5	16.5 mi

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11 5 4.5 8 17.5 mi

12 5 5 8.5 18.5 mi

Key Success Tips

- Keep posture tall, hips under shoulders
- Shorten stride for efficiency
- Maintain steady breathing rhythm under load
- Increase ruck weight gradually as mechanics improve

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- Hydrate and manage foot care to prevent blisters

By race day, you will have:

- A **strong aerobic base**
- **Optimized movement mechanics** under load
- The **strength and endurance** to ruck the full distance without breakdown

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