

# The 12-Week Charlotte Half Marathon Ruck Training Plan

*Build endurance, strength, and breathing control for your best ruck yet.*

So you've decided to take on the **Charlotte Half Marathon Ruck**—13.1 miles with a loaded pack. Whether it's your first ruck event or you're looking to improve on past performance, the key to success isn't just about logging miles. It's about building a body that can carry weight efficiently, breathe under load, and stay resilient for the entire course.

This **12-week plan**, developed by the coaches at **Fluid Health & Fitness | RucFit Method**, blends endurance training with posture optimization, breathing mechanics, and load-tolerance strategies. The result? You'll move better, ruck longer, and recover faster—with less risk of injury.

Here's a breakdown of the key components that make up this plan, plus tips for pacing and progression so you can arrive at race day ready and confident.

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- Active Recovery & Rest Days
- Strength Training Days
- Cross-Training & Mobility
- Steady-State Ruck Days
- Interval Ruck Days
- Long Ruck Days

Ruc Fit is offering an exclusive 20% discount on the Ruc Pack for Charlotte Marathon Ruckers.

Use code NC2025 at checkout to claim your discount.

Visit [www.ruc.fit](http://www.ruc.fit)

Get your Ruc Pack [here](#).

Download the overview and detailed plan below.