


Strength	Half Marathon Ruck Training Program							
Cardio	Powered by Fluid Health & Fitness   Ruc Fit Method							
Rest								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Awareness & Base Pace								
Week 1	Step-Up w/ Ruck Goblet Squat w/ Ruck Bent Row w/ Ruck Overhead Press w/ Ruck Farmer Carry	Steady-State Ruck 2 miles	Interval Ruck 2 mile	Step-Up w/ Ruck Goblet Squat w/ Ruck Bent Row w/ Ruck Overhead Press w/ Ruck Farmer Carry	Rest	Long Ruck 3 miles	Rest	
Week 2		Steady-State Ruck 2 miles	Interval Ruck 2 mile		Rest	Long Ruck 4 miles	Rest	
Stability & Consistency								
Week 3	Split Squat Single-Leg Bridge Step Press Plank Pull-Through Ruck Carry	Steady-State Ruck 3 miles	Interval Ruck 2.5 mile	Split Squat Single-Leg Bridge Step Press Plank Pull-Through Ruck Carry	Rest	Long Ruck 4 miles	Rest	
Week 4		Steady-State Ruck 3 miles	Interval Ruck 3 mile		Rest	Long Ruck 4.5 miles	Rest	
Load & Resistance Intro								
Week 5	Front Squat w/ Ruck Ruck Deadlift Push Press Renegade Row w/ Ruck Lateral Carry	Steady-State Ruck 3.5 miles	Interval Ruck 3 mile	Front Squat w/ Ruck Ruck Deadlift Push Press Renegade Row w/ Ruck Lateral Carry	Rest	Long Ruck 5 miles	Rest	
Week 6		Steady-State Ruck 3.5 miles	Interval Ruck 3.5 mile		Rest	Long Ruck 5.5 miles	Rest	
Dynamic Load Handling								
Week 7	Lateral Lunge w/ Ruck Clean to Press Reverse Lunge to Step-Up Single-Arm Row Overhead Carry	Steady-State Ruck 4 miles	Interval Ruck 3.5 mile	Lateral Lunge w/ Ruck Clean to Press Reverse Lunge to Step-Up Single-Arm Row Overhead Carry	Rest	Long Ruck 6 miles	Rest	
Week 8		Steady-State Ruck 4 miles	Interval Ruck 4 mile		Rest	Long Ruck 6.5 miles	Rest	
Endurance Under Load								
Week 9	Squat Curl Press Skater Step Forward-Back Crawl Push-Up to Row Ruck Farmer Carry	Steady-State Ruck 4.5 miles	Interval Ruck 4 mile	Squat Curl Press Skater Step Forward-Back Crawl Push-Up to Row Ruck Farmer Carry	Rest	Long Ruck 7 miles	Rest	
Week 10		Steady-State Ruck 4.5 miles	Interval Ruck 4.5 mile		Rest	Long Ruck 7.5 miles	Rest	
Integration & Peak Week								
Week 11	Ruck Thruster Bounds or Skips Split Lunge Press Plank Drag (Ruck) Mixed Carry	Steady-State Ruck 5 miles	Interval Ruck 4.5 mile	Ruck Thruster Bounds or Skips Split Lunge Press Plank Drag (ruck) Mixed Carry	Rest	Long Ruck 8 miles	Rest	
Week 12		Steady-State Ruck 5 miles	Interval Ruck 5 mile		Rest	Long Ruck 8.5 miles	Rest	