

Training Program for Norwegian Foot March

Program #1:

1. Ruck Marches:

- **Frequency:** 2-3 times per week.
- **Distance:** Start with shorter distances (3-5 miles) and gradually increase to 10-12 miles.
- **Weight:** Carry a ruck of at least 25 pounds (the official weight for the march is 24.25 lbs). Consider increasing the weight to 30 lbs for added challenge.
- **Pace:** Maintain a consistent pace, aiming for 5 miles per hour.
- **Variations:** Include short, fast rucks with a lighter load and longer, slower rucks with a heavier load.

2. Distance Running:

- **Frequency:** 2-3 times per week.
- **Distance:** Gradually increase mileage each week, aiming to build up to 20 miles per week.
- **Pace:** Focus on building endurance at a moderate pace.
- **Variations:** Include some interval training to improve speed and cardiovascular fitness.

3. Strength Training:

- **Frequency:** 2-3 times per week.
- **Focus:** Strengthen lower body, core, and back.
- **Exercises:** Squats, lunges, deadlifts, planks, and other exercises that target these muscle groups.

4. Foot Resilience:

- **Boot-in:** Wear your combat boots during training to acclimate your feet to the weight and friction.
- **Sock Strategy:** Experiment with different sock combinations to find what works best for you.

- **Blister Prevention:** Use moleskin or other blister prevention methods.

5. Nutrition and Hydration:

- **Hydration:**

Drink plenty of fluids throughout the day, especially during and after training.

- **Nutrition:**

Eat a balanced diet to fuel your training and provide energy for the march.

- **Electrolytes:**

Consider taking electrolyte supplements to replace lost minerals during long marches.

6. Pace and Strategy:

- **Pace:** Practice pacing yourself during training to ensure you can maintain a consistent pace for the duration of the march.
- **Rest:** Allow for adequate rest and recovery between training sessions.
- **Mental Preparation:** Develop a strong mental game plan to help you push through the challenge of the march.