


— GET FIT FOR —

NORMANDY

26.2 MILE RUCK TRAINING PLAN



“THINK NOT ONLY
UPON THEIR PASSING,
REMEMBER THE GLORY
OF THEIR SPIRIT”

CREATED BY
THOMAS DELAUER & CHRIS HINSHAW

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RUCK SCHEDULE



**Your rate of perceived exertion (RPE) refers to how hard you think you're pushing yourself during exercise. It's subjective, which means that you decide how hard you feel you're working during physical activity.*

WEEK 1

SUNDAY OR MONDAY

START

TUESDAY

THURSDAY

RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
6 MI OR 90 MIN (30/20LBS)

WEEK 2

SUNDAY OR MONDAY

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

RUN INTERVALS
(RPE8)

SATURDAY

ENDURANCE RUCK:
AM RUCK: 5 MI OR 75 MIN (30/20LBS)
PM RUCK: 2 MI IN <30 MIN (25/15LBS)

WEEK 3

SUNDAY OR MONDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

CADENCE RUCK OR RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
7 MI OR 1 HR 45 MIN (30/20LBS)

WEEK 4

SUNDAY OR MONDAY

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
AM RUCK: 90 MIN (30/20LBS)
PM RUCK: 3 MI IN <45 MIN (25/15LBS)

WEEK 5

SUNDAY OR MONDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

RUN INTERVALS
(RPE8)

SATURDAY

ENDURANCE RUCK:
8 MI OR 2 HRS (30/20LBS)

WEEK 6

SUNDAY OR MONDAY

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

CADENCE RUCK OR RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
AM RUCK: 90 MIN RACE SIMULATION
PM RUCK: 4 MI IN <60 MIN (25/15LBS)

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RUCK SCHEDULE

**Your rate of perceived exertion (RPE) refers to how hard you think you're pushing yourself during exercise. It's subjective, which means that you decide how hard you feel you're working during physical activity.*

WEEK 7

SUNDAY OR MONDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

SATURDAY

ENDURANCE RUCK:
10 MI OR 2.5 HRS (30/20LBS)

WEEK 8

SUNDAY OR MONDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

CADENCE RUCK OR RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
8 MI OR 2 HRS (30/20LBS)

WEEK 9

SUNDAY OR MONDAY

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

SATURDAY

ENDURANCE RUCK:
AM RUCK: 8 MI OR 2HRS (30/20LBS)
PM RUCK: 3 MI IN <45 MIN (25/15LBS)

WEEK 10

SUNDAY OR MONDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

TUESDAY

HEAVY RUCK OR CADENCE RUCK

THURSDAY

CADENCE RUCK OR RUN INTERVALS
(RPE6)

SATURDAY

ENDURANCE RUCK:
8 MI OR 2HRS (30/20LBS)

WEEK 11

SUNDAY OR MONDAY

TUESDAY

OPTIONAL RECOVERY RUCK:
60 MIN (20/10LBS)
KEEP HR: <(180-AGE-5)

THURSDAY

HEAVY RUCK OR CADENCE RUCK

SATURDAY

GORUCK RACE

HEAVY RUCK OPTIONS

Workouts progress in level of intensity.
Choose whichever you feel best fits your fitness level.



HEAVY RUCK WARMUP & COOL DOWN

WARM UP

10 MIN RUCK AT RPE2-3
(20/10LBS)

COOL DOWN

10 MIN RUCK AT RPE2
(20/10LBS) IS OPTIONAL

WORKOUT #1

2 SETS:
HEAVY RUCK (>35/25LBS) 7-MIN
REST UP TO: 90-SEC

—
REST UP TO: 1-MIN

2 SETS:
HEAVY RUCK (>35/25LBS) 7-MIN
REST UP TO: 90-SEC
HEAVY RUCK TIME: 28-MIN
WORKOUT TIME: 35-MIN

WORKOUT #2

6 SETS:
HEAVY RUCK (>35/25LBS) 5-MIN
REST UP TO: 1-MIN

HEAVY RUCK TIME: 30-MIN
WORKOUT TIME: 36-MIN

WORKOUT #3

3 SETS:
HEAVY RUCK (>35/25LBS) 8-MIN
REST UP TO: 90-SEC

HEAVY RUCK TIME: 24-MIN
WORKOUT TIME: 29-MIN

WORKOUT #4

5 SETS:
HEAVY RUCK (>35/25LBS) 6-MIN
REST UP TO: 1-MIN

HEAVY RUCK TIME: 30-MIN
WORKOUT TIME: 35-MIN

WORKOUT #5

4 SETS:
HEAVY RUCK (>35/25LBS) 7-MIN
REST UP TO: 1-MIN

HEAVY RUCK TIME: 28-MIN
WORKOUT TIME: 32-MIN

WORKOUT #6

2 SETS:
HEAVY RUCK (>35/25LBS) 12-MIN
REST UP TO: 90-SEC

HEAVY RUCK TIME: 24-MIN
WORKOUT TIME: 27-MIN

WORKOUT #7

3 SETS:
HEAVY RUCK (>35/25LBS) 10-MIN
REST UP TO: 2-MIN

HEAVY RUCK TIME: 30-MIN
WORKOUT TIME: 36-MIN

WORKOUT #8

2 SETS:
HEAVY RUCK (>35/25LBS) 15-MIN
REST UP TO: 1-MIN

HEAVY RUCK TIME: 30-MIN
WORKOUT TIME: 32-MIN

CADENCE RUCK OPTIONS

Workouts progress in level of intensity.
Choose whichever you feel best fits your fitness level.



CADENCE RUCK WARMUP & COOL DOWN

During your 10min warm-up, count the number of steps you take for 1-minute. Do this 3-4 times during your warm-up. This is your average rucking cadence. Your target fast cadence is your slow cadence plus 5%. Example: If your average cadence was 130, then your fast cadence is 130×1.05 or 136-137.

WARM UP

10MIN RUCK AT RPE2-3
(20/10LBS)

COOL DOWN

10MIN RUCK AT RPE2
(20/10LBS) IS OPTIONAL

WORKOUT #1

1 SET | 14 ROUNDS:
FAST CADENCE (20/10LBS): 60-SEC
EASY CADENCE (20/10LBS): 60-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 14-MIN
MOVE TIME: 28-MIN
WORKOUT TOTAL 28-MIN

WORKOUT #2

1 SET | 10 ROUNDS:
FAST CADENCE (20/10LBS): 90-SEC
EASY CADENCE (20/10LBS): 90-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 15-MIN
MOVE TIME: 30-MIN
WORKOUT TOTAL 30-MIN

WORKOUT #3

1 SET | 8 ROUNDS:
FAST CADENCE (20/10LBS): 2-MIN
EASY CADENCE (20/10LBS): 90-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 16-MIN
MOVE TIME: 28-MIN
WORKOUT TOTAL 28-MIN

WORKOUT #4

1 SET | 4 ROUNDS:
FAST CADENCE (20/10LBS): 4-MIN
EASY CADENCE (20/10LBS): 3-MIN

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 16-MIN
MOVE TIME: 28-MIN
WORKOUT TOTAL 28-MIN

WORKOUT #5

1 SET | 12 ROUNDS:
FAST CADENCE (20/10LBS): 90-SEC
EASY CADENCE (20/10LBS): 60-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 18-MIN
MOVE TIME: 30-MIN
WORKOUT TOTAL 30-MIN

WORKOUT #6

1 SET | 6 ROUNDS:
FAST CADENCE (20/10LBS): 3-MIN
EASY CADENCE (20/10LBS): 2-MIN

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 18-MIN
MOVE TIME: 30-MIN
WORKOUT TOTAL 30-MIN

WORKOUT #7

1 SET | 4 ROUNDS:
FAST CADENCE (20/10LBS): 5-MIN
EASY CADENCE (20/10LBS): 3-MIN

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 20-MIN
MOVE TIME: 32-MIN
WORKOUT TOTAL 32-MIN

WORKOUT #8

2 SETS | 10 ROUNDS:
FAST CADENCE (20/10LBS): 60-SEC
EASY CADENCE (20/10LBS): 30-SEC
REST BETWEEN SETS: 1-MIN

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 20-MIN
MOVE TIME: 30-MIN
WORKOUT TOTAL 31-MIN

WORKOUT #9

1 SET | 10 ROUNDS:
FAST CADENCE (20/10LBS): 2-MIN
EASY CADENCE (20/10LBS): 60-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 20-MIN
MOVE TIME: 30-MIN
WORKOUT TOTAL 30-MIN

WORKOUT #10

1 SET | 8 ROUNDS:
FAST CADENCE (20/10LBS): 3-MIN
EASY CADENCE (20/10LBS): 90-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 24-MIN
MOVE TIME: 36-MIN
WORKOUT TOTAL 36-MIN

WORKOUT #11

1 SET | 5 ROUNDS:
FAST CADENCE (20/10LBS): 5-MIN
EASY CADENCE (20/10LBS): 2-MIN

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 25-MIN
MOVE TIME: 35-MIN
WORKOUT TOTAL 35-MIN

WORKOUT #12

1 SET | 6 ROUNDS:
FAST CADENCE (20/10LBS): 4-MIN
EASY CADENCE (20/10LBS): 90-SEC

SUMMARY:
FAST CADENCE (20/10LBS)
TIME: 24-MIN
MOVE TIME: 33-MIN
WORKOUT TOTAL 33-MIN

RUN INTERVALS RPE6 OPTIONS

Workouts progress in level of intensity.
Choose whichever you feel best fits your fitness level.



RUN INTERVALS RPE6 WARMUP & COOL DOWN

WARM UP

200M WALK
200M JOG

COOL DOWN

4 SETS:
50M CONTROLLED SPRINTS
50M WALK

WORKOUT #1

8 SETS:
RUN (RPE6): 60-SEC
WALK (RPE1-2): 15-SEC
REST 1-MIN
8 SETS:
RUN (RPE6): 60-SEC
WALK (RPE1-2): 15-SEC
REST 1-MIN
8 SETS:
RUN (RPE6): 60-SEC
WALK (RPE1-2): 15-SEC
RUN TIME: 24-MIN
WORKOUT TIME: 31-MIN

WORKOUT #2

6 SETS:
RUN (RPE6): 4-MIN
WALK (RPE1-2): 1-MIN
RUN TIME: 24-MIN
WORKOUT TIME: 30-MIN

WORKOUT #3

6 SETS:
RUN (RPE6): 2-MIN
WALK (RPE1-2): 30-SEC
REST 2-MIN
6 SETS:
RUN (RPE6): 2-MIN
WALK (RPE1-2): 30-SEC
RUN TIME: 24-MIN
WORKOUT TIME: 32-MIN

WORKOUT #4

3 SETS:
RUN (RPE6): 8-MIN
WALK (RPE1-2): 2-MIN
RUN TIME: 24-MIN
WORKOUT TIME: 30-MIN

WORKOUT #5

2 SETS:
RUN (RPE6): 7-MIN
WALK (RPE1-2): 90-SEC
REST 1-MIN
2 SETS:
RUN (RPE6): 7-MIN
WALK (RPE1-2): 90-SEC
RUN TIME: 28-MIN
WORKOUT TIME: 35-MIN

WORKOUT #6

6 SETS:
RUN (RPE6): 5-MIN
WALK (RPE1-2): 1-MIN
RUN TIME: 30-MIN
WORKOUT TIME: 36-MIN

WORKOUT #7

9 SETS:
RUN (RPE6): 90-SEC
WALK (RPE1-2): 15-SEC
REST 90-SEC
9 SETS:
RUN (RPE6): 90-SEC
WALK (RPE1-2): 15-SEC
RUN TIME: 27-MIN
WORKOUT TIME: 33-MIN

WORKOUT #8

5 SETS:
RUN (RPE6): 6-MIN
WALK (RPE1-2): 1-MIN
RUN TIME: 30-MIN
WORKOUT TIME: 35-MIN

WORKOUT #9

4 SETS:
RUN (RPE6): 3-MIN
WALK (RPE1-2): 30-SEC
REST 1-MIN
4 SETS:
RUN (RPE6): 3-MIN
WALK (RPE1-2): 30-SEC
RUN TIME: 24-MIN
WORKOUT TIME: 29-MIN

WORKOUT #10

7 SETS:
RUN (RPE6): 2-MIN
WALK (RPE1-2): 15-SEC
REST 90-SEC
7 SETS:
RUN (RPE6): 2-MIN
WALK (RPE1-2): 15-SEC
RUN TIME: 28-MIN
WORKOUT TIME: 33-MIN

WORKOUT #11

4 SETS:
RUN (RPE6): 4-MIN
WALK (RPE1-2): 30-SEC
REST 1-MIN
4 SETS:
RUN (RPE6): 4-MIN
WALK (RPE1-2): 30-SEC
RUN TIME: 32-MIN
WORKOUT TIME: 37-MIN

WORKOUT #12

5 SETS:
RUN (RPE6): 3-MIN
WALK (RPE1-2): 15-SEC
REST 90-SEC
5 SETS:
RUN (RPE6): 3-MIN
WALK (RPE1-2): 15-SEC
RUN TIME: 30-MIN
WORKOUT TIME: 34-MIN

RUN INTERVALS RPE8 OPTIONS

Workouts progress in level of intensity.
Choose whichever you feel best fits your fitness level.



RUN INTERVALS RPE6 WARMUP & COOL DOWN

WARM UP

200M WALK
200M JOG

COOL DOWN

4 SETS:
50M CONTROLLED SPRINTS
50M WALK

WORKOUT #1

8 SETS:
RUN 45-SEC AT RPE8
RUN 45-SEC AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

12 SETS:
RUN 150M AT RPE8
RUN 75M AT RPE3
NO REST B/T REPS OR SETS

WORKOUT #2

6 SETS:
RUN 75-SEC AT RPE8
RUN 75-SEC AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

5 SETS:
RUN 300M AT RPE8
RUN 150M AT RPE3
NO REST B/T REPS OR SETS

WORKOUT #3

8 SETS:
RUN 1-MIN AT RPE8
RUN 1-MIN AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

8 SETS:
RUN 200M AT RPE8
RUN 100M AT RPE3
NO REST B/T REPS OR SETS

WORKOUT #4

6 SETS:
RUN 90-SEC AT RPE8
RUN 90-SEC AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

6 SETS:
RUN 300M AT RPE8
RUN 150M AT RPE3
NO REST B/T REPS OR SET

WORKOUT #5

10 SETS:
RUN 1-MIN AT RPE8
RUN 1-MIN AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

10 SETS:
RUN 200M AT RPE8
RUN 100M AT RPE3
NO REST B/T REPS OR SETS

WORKOUT #6

5 SETS:
RUN 2-MIN AT RPE8
RUN 2-MIN AT RPE3
NO REST B/T REPS OR SETS
OR (ATHLETE CHOICE)

5 SETS:
RUN 400M AT RPE8
RUN 200M AT RPE3
NO REST B/T REPS OR SETS

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THOMAS DELAUER

Thomas DeLauer is a trusted performance and nutrition optimization coach that works with Tier One Special Forces Operators (Army SF) as well as professional athletes. His wide breadth of experience in helping athletes and operators has continued to help him refine his nutrition and performance philosophy which he continues to share on his YouTube Channel of over 3.6 Million subscribers. He prides himself on his ability to distill complex nutrition and exercise science in a way that everyone can understand.



CHRIS HINSHAW

Chris Hinshaw is widely considered one of the top endurance coaches globally, leveraging his extensive athletic background and scientific insights to elevate performance in athletes of all experience levels—from general fitness enthusiasts to dedicated first responders and the highest-performing individuals on the planet. Hinshaw is internationally recognized for his innovative and personalized approach to training that has redefined human performance. His platform, aerobiccapacity.com, offers groundbreaking training, while his educational courses and masterclasses impart his holistic, performance-driven methodologies.

