

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 1

Start this plan with a baseline test to give you a good idea of your current state of fitness. At the end of week 5, we retest to assess the progress you have made. By the end of week 6, you are ready to rock. Be sure to make the tough PT easier by adding friends. And some ACRT never hurts either. Good luck and good ruckin'.

DAY 1	<p>Army Physical Fitness Test (APFT): Baseline Push-Ups, max reps in 2 min Rest 2 min Sit-Ups, max reps in 2 min Rest 2 mile timed Run</p>
DAY 2	<p>Body Weight PT 4 Sets AFAP 400m Run 50 Squats 40 Walking Lunges Rest 3 min Rest as needed</p> <p>Metabolic Circuit Set up 50m course Do 3-4 sets Sprint down and back x 2 50m Bear Crawl 20 x 4 count Flutter Kicks FLR x 1 min</p>
DAY 3	<p>Ruckout Ruck 1-2 miles with 20-30#</p>

DAY 3	<p>Metabolic Circuit with Weight Training Close Grip Bench Press ~65-75% BWT, 1 min Squats, 1 min Step-Ups, 2 min Jog, 3 min Strict Military Press, 1 min Lunges, 1 min/leg Push-Ups, 1 min Jog, 3 min Push Press play, 1 min Burpees play, 1 min Run, 3 min</p> <p>For the Military Press and the Push Press use an unloaded barbell or light dumbbells.</p>
DAY 4	<p>R&R</p>
DAY 5	<p>Interval Runs 4 x 400m Run Rest 2 min between each 400m 8 x 200m Run Rest 90 sec between each 200m</p>
DAY 6	<p>Cross-training Bike/Row/Swim for 30-40 min at low to moderate intensity</p> <p>GRC Simulation – Log PT Sandbag reps, 80-100 of shoulder-to-shoulders play. Left to right, right to left = 1 rep. Do in as few sets as possible. For every break, drop the sandbag and do a 50m Bear Crawl.</p> <p>Suggested sandbag weight Male 30-50# Female 20-30#</p>
DAY 7	<p>R&R</p>

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 2

You got your feet wet last week. Now it's time to dive in because changes are, if there is water on your Challenge course, you'll be getting soaked. This week gives you a taste of what's to come with a GORUCK Challenge (GRC) simulation aka Log PT. We'll leave it at that. Gotta love the log.

DAY 1	Body Weight PT 5 Sets of Strict Pull-Ups – max reps Squats x 20 Push-Ups x 15 Lunges x 10/leg	DAY 4	R&R
	Core Work Plank Series 3 sets of Side-lying Bridge, 45-60 sec/ side Take 30 sec rest between sides Take 2 min rest between sets		Ruckout Ruck 30 min with 20-30# – max distance
	Running Run 30 min – max distance	Do the following with ruck on 3-5 sets of 25 meter Bear Crawl 25 meter Low Crawl 25 meter Crab Walk 25 meter Lunge Walk	
DAY 2	Ruckout Ruck 30 min with 20-30# – max distance	DAY 5	Cross Training Sub 45:00 of Bike/Row/Swim if your legs are smoked
Mobility Work	GRC Simulation – Log PT Using a sandbag, do 80-100 reps of shoulder-to-shoulders Left to right, right to left = 1 rep Do this in as few sets as possible For every break, drop the sandbag and do 1 min of FLR		
DAY 3	Body Weight PT/Core Work 5 sets of 400m Run 15 x Flutter Kicks 20 x Walking Lunge Steps 400m Run 20 x Squats 20 x Push-Ups FLR – 3 x 60 sec Rest 2 min between sets	DAY 6	Sandbag weight Male 30-50# Female 20-30#
	Running 2 mile timed Run		Running 3 mile Run
		DAY 7	R&R

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 3

Things are starting to get real in this week. You may feel sore (good pain) from the previous two weeks and you still have two tough training weeks ahead. Do the PT. Take care of your body and mind afterwards. It's that simple. And for us, it usually involves ACRT with friends.

DAY 1	<p>Ruckout 2 miles with 30-40#</p> <p>Body Weight PT/Metabolic Circuit 2 Sets AFAP of Strict Pull-Ups x max reps Sit-Ups x 1 min Push-Ups x max reps Rest as needed then 2 sets of 800m Run Push Press x 50 w/ BB or 20-30# DB Side-lying Bridge x 60 sec/side Rest as needed then 2 Sets of 1.5 mile Bike Burpees x 20 Squats x 25 Body Row x 15</p>
DAY 2	<p>Metabolic Circuit 4 sets AFAP of Run 5 min fast DB Goblet Squats x 20 DB Situps x 15 (DB on chest) DB Goblet Alternating Reverse Lunges x 10/leg</p> <p>Males: 30-35# DB Females: 15-20# DB</p> <p>Rest as needed then</p>

DAY 2+	<p>Body Weight PT 3 sets of Squats x 1 min Step-Ups x 1 min Squat Jumps x 20 Bike x 7 min</p>
DAY 3	<p>Metabolic Circuit 2 sets of Strict Pull-Ups x max reps Dips x max reps Sit-ups x max reps in 2 min Bench Press x 50% BWT in 1 min or max Push-Ups Flutterkicks x 50 Burpees play x 25 Body Row play x 20</p> <p>Interval Runs Sprint Build-Ups 40m x 5 100m x 5 400m x 5</p>
DAY 4	<p>R&R</p>
DAY 5	<p>Ruckout 1 hour ruck with 25-30#</p> <p>Core Work Two sets of FLR x 60 sec Supine Bridge hold x 60 sec Side-lying Bridge x 60 sec/side</p> <p>Cross-training Bike/Run/Walk for 30-45 min</p>
DAY 6	<p>Ruckout 5 mile ruck with 30#</p>
DAY 7	<p>R&R</p>

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 4

GORUCK believes that most things are best done with friends and that always includes PT sessions for some extra good livin'. This week you'll find a Buddy Workout, a Ruckout and more Log PT. And yes that means we love you.

DAY 1	<p>Ruckout Ruck 30 min with 25-30# – Goal is 2 miles</p> <p>Body Weight PT/Metabolic Work 6-8 Sets AFAP Run 100m 10 Pull-Ups Run 100m 15 Push-Ups Run 100m 20 Squats Run 100m 20 Walking Lunge Steps</p>
DAY 2	<p>Metabolic Circuit</p> <p>EMOM 10 KB Swings 5 Burpees</p> <p>If you don't have a KB you can sub with a DB. Choose weight that is challenging but safe. Males do not exceed 53# and females do not exceed 35#</p> <p>Running Run 3-5 miles at goal pace</p>

DAY 3	<p>Body Weight PT Four sets of Bike x 1 mile Squats x 1 min Flutter Kicks x 50 Lunges 15/leg Sit-ups x 1 min Rest as needed then</p> <p>Metabolic Work 3 sets of FLR x 60-90 sec Rest 60 sec Body Row x 15 Rest 60 sec Dips x max reps Rest 2 min</p>
DAY 4	<p>R&R</p>
DAY 5	<p>GRC Simulation – Log PT Sandbag reps, 80-100 of shoulder-to-shoulders Left to right, right to left = 1 rep Suggested sandbag weight Male 30-50# Female 20-30# Rest 6+ hours then</p> <p>Ruckout Ruck 5-6 miles with 30-40#</p>
DAY 6	<p>Buddy Workout - "The Bear Hunt" P1 does Bear Crawl for 50m. P2 sprints 40m in opposite direction and sprints back to try to catch the Bear. P2 will then buddy carry P1 back to the start line. P1 and P2 switch roles. Do 6 total rounds.</p>
DAY 7	<p>R&R</p>

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 5

This week has another APFT so you can measure the progress made since the beginning of the 6 Week Plan. PT sessions have ramped up over the past month and you should be getting a dose of good livin' this week. Time to get tough and get the most out of this last hard week of training. Embrace the suck.

<p style="text-align: center;">DAY 1</p>	<p>Body Weight PT 10 sets AFAP of 5 x Strict Pull-Ups 7 x Dips 9 x Push-Ups 12 x Squats Rest 6+ hours then</p> <p>Ruckout Ruck 4-5 miles with 30-40#</p>	<p style="text-align: center;">DAY 3</p>	<p>Ruckout Ruck 3 miles with 40-50# Rest 6+ hours then</p> <p>Metabolic Circuit 4 Sets of 15 x Lunges/leg 30 x Flutter Kicks 20 x DB Push Press (30-40#) 15 x Step-Ups/leg 20 x Burpees 2 min Jump Rope</p>
<p style="text-align: center;">DAY 2</p>	<p>Interval Runs 3 sets of 1 mile Run Walk ¼ mile Rest 5 x 400m Run Rest 2 min</p>	<p style="text-align: center;">DAY 4</p>	<p>R&R</p>
		<p style="text-align: center;">DAY 5</p>	<p>Cross-training Bike/Run/Swim x 20 min</p>
		<p style="text-align: center;">DAY 6</p>	<p>APFT - Compare to Week 1 Push-Ups x 2 min Rest 2 min Sit-Ups x 2 min Rest 10 min Run 5 miles for time</p>
		<p style="text-align: center;">DAY 7</p>	<p>R&R</p>

GORUCK TRAINING

THE 6 WEEK PLAN: WEEK 6

Welcome to some hard-earned tapering, folks. This is the week leading up to your Challenge or Light. You want to scale things back so you arrive to your Start Point fresh and ready for some good livin'. Physically, you are ready. Now it's time to visualize carrying that log, getting into that icy water or beating the heat, and helping the guy next to you go a little bit farther.

DAY 1	<p>Running 3 mile easy Run Rest, then</p> <p>Weight Lift/Body Weight PT 3 Sets slow and easy of 10 x Bench Press ~ 50% BWT 15 x Squats 10 x Body Rows 10 x Lunges/leg</p>	DAY 3	<p>Ruckout Ruck 45 min with no weight Spend 30 minutes stretching, foam rolling, etc.</p>
	<p>Cardiovascular Work - Low to Moderate Intensity Bike 20-30 min</p> <p>Weight Lift/Body Weight PT 6-8 sets of 5 x Strict Pull-Ups 10 x Burpees 5 x Step-Ups/leg 10 x Barbell Push Press (no weight on bar or light DB's)</p>		<p>R&R Stretch, mobilize, foam roll, etc. Hydrate at least 64oz of water Proper Nutrition Plenty of Sleep</p>
DAY 2		DAY 5	<p>GORUCK Challenge or Light You're ready. Good luck and good ruck.</p>
		DAY 6	<p>R&R</p>
		DAY 7	<p>R&R</p>