

## FEBRUARY MILE-A-DAY *#RUCKINGCHALLENGE*

The February Rucking Challenge is here. To earn your patch you must ruck 1 mile per day, for all 28 days straight. Each week, add more weight (you pick) to your rucksack. So choose your Week 1 weight wisely. Use the chart below as an easy way to track your mileage, weight, and time. Consistency is key, although we understand things happen. Miss a day and you have a circuit of penalty Ruck PT to do the next day in addition to making up the missed mile. Check out the workouts on the following page.

DATE	MILES	TIME	LBS	WEATHER
FEB. 1				
FEB. 2				
FEB. 3				
FEB. 4				
FEB. 5				
FEB. 6				
FEB. 7				
FEB. 8				
FEB. 9				
FEB. 10				
FEB. 11				
FEB. 12				
FEB. 13				
FEB. 14				

DATE	MILES	TIME	LBS	WEATHER
FEB. 15				
FEB. 16				
FEB. 17				
FEB. 18				
FEB. 19				
FEB. 20				
FEB. 21				
FEB. 22				
FEB. 23				
FEB. 24				
FEB. 25				
FEB. 26				
FEB. 27				
FEB. 28				

## FEBRUARY MILE-A-DAY #RUCKINGCHALLENGE

**Penalty PT:** Miss a day and you have a circuit of penalty Ruck PT to do the next day in addition to making up the missed mile. You're on the honor system here. Good luck and ruck on.

### WEEK 1: FEB. 1-7

#### SUPERMAN SQUATS

##### 4X PYRAMID SETS:

- 1 Superman, 1 Front Squat,
- 2 Supermans, 2 Front Squats
- 3 Supermans, 3 Front Squat
- ...Building up to 5 then all the way back down to 1 Superman, 1 Front Squat

\*3 min rest between sets

### WEEK 2: FEB. 8-14

#### PACK YOUR RUCKS

##### AMRAP IN 10 MIN:

- 50m Suitcase Carry  
(carry ruck at side; switch hands at 25 meters)
- Plank: 30 seconds  
(wear Ruck for an added challenge)

\*Repeat until 10 minutes is finished

### WEEK 3: FEB. 15-21

#### CRAB TOSS

##### AMRAP IN 10 MINUTES:

- 4 Push-Ups With Ruck on
- 4 Ruck Clean + Jerk
- 20m Crab Walk with Ruck on front

\*Repeat until 10 minutes is finished

### WEEK 4: FEB. 22-28

#### BRAWL AND CRAWL

##### AMRAP IN 20 MIN @ MODERATE PACE:

- 15m Bear Crawl
- 1 min Static Hold Ruck Overhead
- 1 min Rest
- 15m Crab Walk with Ruck on front
- 1 min straight arm plank
- 1 min Rest
- 15m Low Crawl
- 1 min max reps Sandbag Romanian Deadlift  
(Straight Leg Deadlift)
- 1 min Rest

\*Repeat until 20 minutes is finished

### TERMS TO KNOW:

**AMRAP:** Stands for "As Many Repetitions As Possible," meaning to do a circuit of exercises as many times as possible within a specific period of time

**PYRAMID SETS:** A pyramid groups exercises starting with 1 repetition for each movement then 2 repetitions for each movement, then 3 each, etc. The pyramid continues building until a max number is reached (5 reps) then decreases back down to 1 repetition each.