



Rucking for beginners

Rucking is an excellent cardiovascular exercise and builds strength and stamina. It simply means to walk while carrying weight. All you need is a backpack to hold some weight and a safe place to walk. Here's how to get started:

- **Plan a walking path.** Depending on your fitness level, beginners should plan to walk 2 miles or less. Over time, up your mileage as your strength and endurance increase.
- **Choose a sack.** You don't need a special rucksack. Any pack can work, but backpacks with a hip belt will be most comfortable as you carry more weight.
- **Start with light weights.** Adding 10-15% of your body weight is a good starting point. You can use any weight, such as gym weight plates, heavy books, or water bottles.
- **Wear comfortable walking shoes.** And don't forget to hydrate!
- **Aim for 2-3 weekly rucking sessions.** You should begin to see gains in strength and endurance.

