

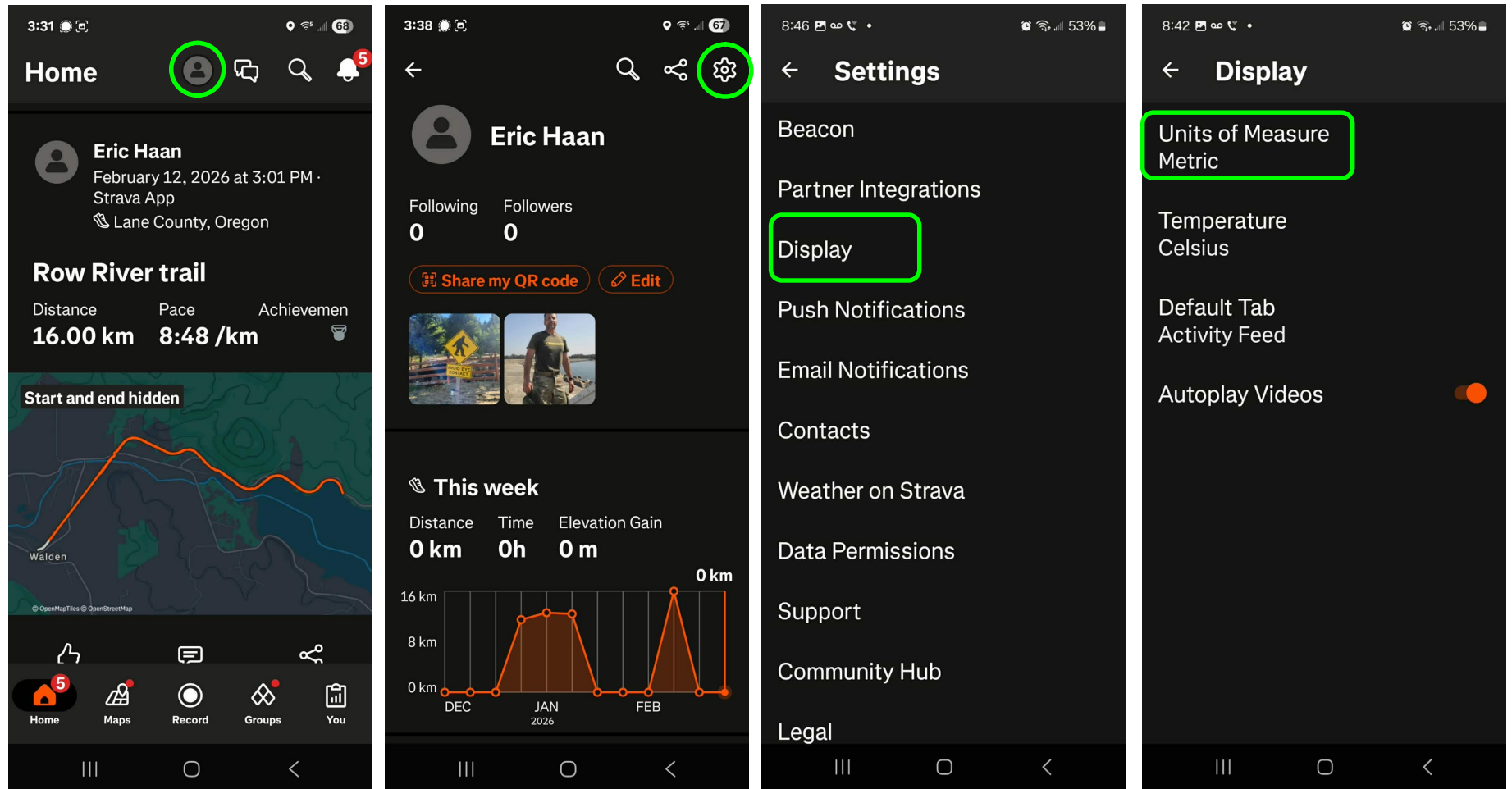
Norwegian Foot March Training Advice

- 1) The key to success is to ruck early and ruck often. The sooner you begin training for an NFM, the more time your body will have to strengthen and adapt, which also reduces the risk of injury. Build yourself up gradually. Each time, go a bit further and bit faster, and with an increasingly heavy pack until you are able to maintain a suitable pace with an 11kg pack for a long distance. Do not rely solely on other aerobic activities, such as running, hiking, and swimming to prepare your body for an NFM.
- 2) [Rails-to-trails](#) are good trails to train on as they are flat and often scenic.
- 3) Download a running app on your cell phone to monitor your time, pace, and distance. [Strava](#) is a popular app for ruck marching. The free version has all the features you need. The following slides have recommended settings for Strava.
- 3) Buy a pair of [Darn Tough Merino Wool socks](#), which are dedicated just to ruck marching. Although expensive, they are very helpful with preventing blisters.
- 4) Use a rucksack with a padded hip belt, which allows the weight of the pack to sit on your hips. For soldiers, this is the MOLLE pack. Position the bulk of the weight toward the top of the pack close to your shoulders.
- 5) Stretch thoroughly before rucking, make sure your toe nails are well trimmed, and move unneeded items from your pants pockets to your rucksack.
- 6) Watch Gritty Soldier Fitness videos and read his social media posts. He has a lot of good ruck marching advice:
<https://www.facebook.com/search/top?q=gritty%20soldier%20fitness>



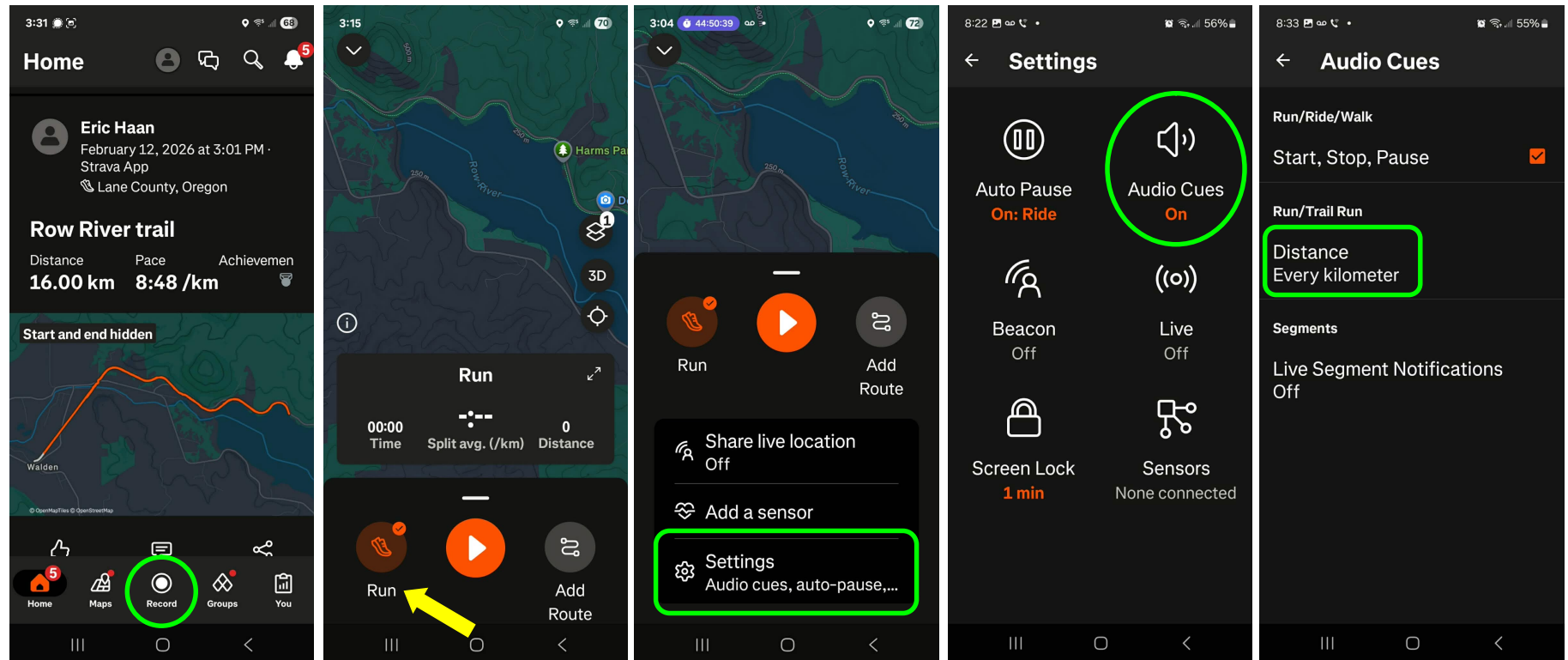
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Recommended Strava settings



Set units of measurement to “Metric”

Recommended Strava settings

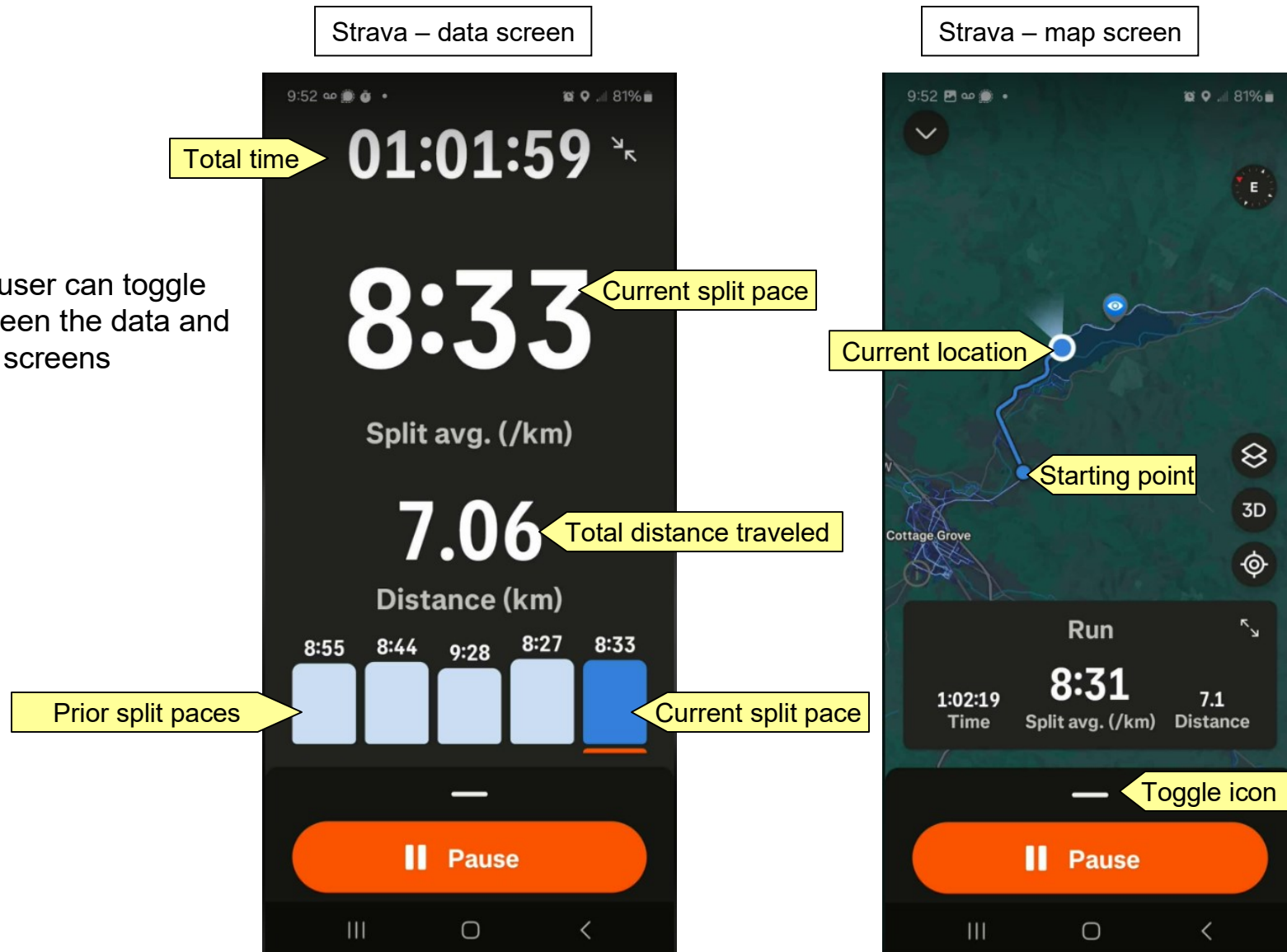


The “Run” setting has the most useful data display.

Setting the **Audio Cues Distance** setting to “Every kilometer” will have the app give you the following audio update of your progress every kilometer: “Distance __ km. Time __ minutes, __ seconds. Previous kilometer in __ minutes, __ seconds.”

Strava in action. Screen shots in the Run setting

The user can toggle between the data and map screens



Post event analysis screenshots

Strava provides a lot of useful data analysis at the end of your training event.
A pace of 8:57/km equals 4 hours 28 minutes 30 seconds over 30km.

