FolarraStudio

Rucking Log

load · walk · endure

UNDATED · PRINTABLE · WORKOUTS, PROGRESS & GOALS

This Log Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goals and Plan pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Log distance, weight and pace for every ruck and build up slowly.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My training word

Why I train

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Training Goals

where you are heading

Goal

Why it matters

Starting point

Reward

Weekly Plan

the week ahead

WEEK OF _____ FOCUS _____

DAY	WORKOUT	DONE
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Workout Log

every session

DATE	ROUTE	MILES	WEIGHT	TIME	PACE

Personal Records

new bests

DATE	DISTANCE	WEIGHT	TIME	ROUTE

Exercise Library

moves you know

EXERCISE	LEVEL	CUES
Flat ruck		
Hill ruck		
Long ruck		
Speed ruck		
Stair climb		
Farmer carry		
Squats		
Lunges		

Favorite Routes

where you ruck

ROUTE	MILES	TERRAIN	NOTES

Ruck Gear

pack check

Pack

- [ ] Ruck
- [ ] Plates
- [ ] Water
- [ ] Snack

You

- [ ] Shoes
- [ ] Socks
- [ ] Layers
- [ ] Phone

Workout Calendar

color each day you train

MONTH _____ GOAL _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Monthly Review

how it went

Wins

Hardest part

What changed

Next month

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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