



Virtual Santa Ruck Participant Packet

'Tis the season for the 7th Annual Santa Ruck!

2020 has been a weird year, but that shouldn't stop us from giving back to our communities. Grab a few buddies, add some weight to your ruck, and complete the Virtual Santa Ruck Light Event to help donate to children's charities and hospitals!

- Intro Video: Featuring Cadre Heath
 - [Intro Video](#)
- Endex (Thank you Video): Featuring a Special Guest
 - [Endex Video](#)

Please be sure to watch each WOD video prior to the start of your event. Cadre DS breaks down each movement for you and demos the proper technique.

- WOD #1: "12 Days of Ruckmas"
 - [12 Days of Ruckmas Explanation Video](#)
- WOD #2: "Reindeer Games"
 - [Reindeer Games Explanation Video](#)
- WOD #3: "Christmas Cookie"
 - [Christmas Cookie Explanation Video](#)

Start Time:

- You will be responsible for coordinating your start time and start point.
- Let's not forget that the purpose of this event is to have fun together outdoors and raise funds for children's charities and hospitals.

Duration:

- This virtual event consists of 3 WODs and 5 miles. It should take anywhere between 3 to 4 hours depending on your pace. We recommend going at a pace that is challenging but doable for you or your group, but ultimately you decide.

Welcome Party WOD: 12 Days of Ruckmas

Performed like the song (1 Ruck Get Up, followed by 1 Ruck Get Up and 2 Ruck Squats, followed by 1 Ruck Get Up, 2 Ruck Squats, and 3 Push Ups, etc)

- 1 Ruck Get Up
- 2 Ruck Squats
- 3 Push Ups
- 4 Sit ups
- 5 Jumping jacks (Ruck off)
- 6 Flutterkicks (Ruck held)
- 7 Overhead Claps (Ruck on)
- 8 Ruck Twists
- 9 Ruck High Pulls
- 10 Mountain Climbers
- 11 Ruck Curls
- 12 Burpees
- *Best to do this as a large group in a circle and “sing the song” together.

**After you complete the 12 Days of Ruckmas, proceed with a 3 mile Ruck.

Mid-Event WOD: Reindeer Games

- 9 rounds for Time (1 round for each reindeer: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, and Rudolph)
 - 9 overhead ruck press
 - 9 Lunges (per leg)
 - 10m Bear/Reindeer Crawl

**After you complete the Reindeer Games, proceed with a 2 mile Ruck.

Endex WOD: Christmas Cookie

- 12 minute AMRAP (As Many Round /Reps As possible)
 - 25 Ruck Step Overs
 - 25 Ruck Standing Halfmoons

**After you complete the Christmas Cookie WOD, please be sure to watch the [Endex Video](#).

Tips and Tricks:

- KISS - all you really need is your ruck with some weight and water.
 - That said, if you really want to challenge yourself/team, bring along some coupons (cooler with endex drinks, sandbags, holiday themed weights, etc).
 - And flags are awesome if you have one and it makes sense for your group.
- Add a big speaker as a team weight! That way you can ruck and workout to some tunes!
- Plan your route to begin and start at the same place...unless you want bonus points for rucking back to your cars.
- Bring plenty of water to stay hydrated.
- Follow CDC Guidelines to avoid spreading any unwanted illness.
- Smile and have fun - you are doing good for yourself and others! Thanks for being a great part of our community and leading the way.