

Norwegian Foot March

WHO: Staff from the United States Army School of Music will host the event. This is available to all participants.

WHAT: Conduct a Norwegian Foot March, 30K foot march with a 24lb rucksack.

WHERE: Fort Story, VA (See Map Below under Parking).

WHEN: The Primary Date is Saturday February 17, 2024. The Alternate Date is Saturday February 18, 2024. In the event both dates are cancelled due to inclement weather, the primary/alternate date will be postponed to February 24 and 25, respectively.

WHY: To provide Soldiers with an opportunity to improve cardiovascular endurance, challenge themselves physically, and develop themselves professionally.

Who can enter Fort Story?

Fort Story is accessible to both participants and guests. You must have any one of these to enter:

- Anyone with a valid DoDID.
- NATO allies without at NATO CAC are required to fill out a Base Access Form.
- Civilians without a DoDID are required to fill out a Base Access Form.

Uniform/Clothing:

- Military: Approved duty military uniform, water, cell phone, 24lbs ruck (not to include water weight).
- Civilian: Civilian clothing with long trousers and boots with a minimum weight of 1.5 kg(3.3lbs).
- Rucksack: Minimum weight at 11kg/24lbs at both start and finish line. Rucksack/backpack of military grade. Civilian participants can use a civilian version of rucksack. Rucksack will be weighed both at the start and finish.

Timeline:

- 0700: Parking Opens
- 0730-0830: Participant Check-in; NCOIC weighs participant's rucksack and checks uniform/civilian attire
- 0900: Event Starts
- 1500: Event Complete; NCOIC weigh participant's rucksack, checks uniform/civilian attire

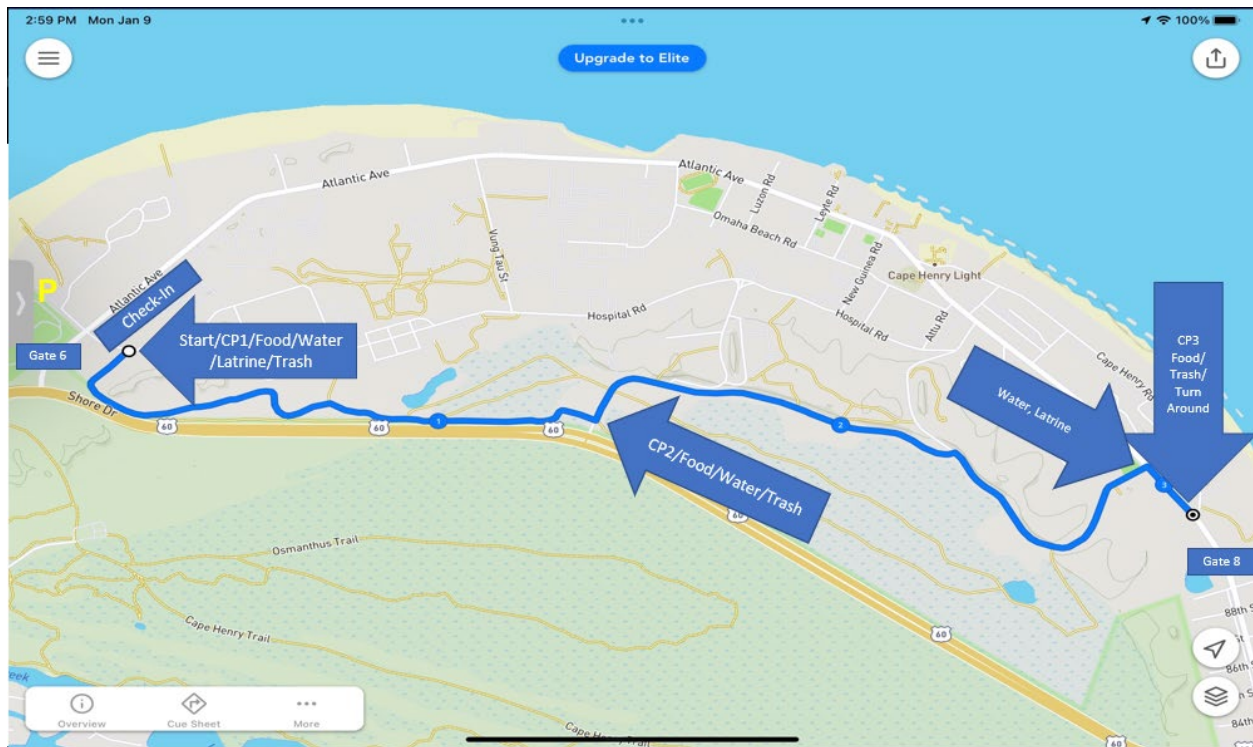
Parking

Parking lot opens at 0700.

- Enter Fort Story Gate 6 (West Gate)
- Turn left on Kwajalein Rd.
- NATO Allies and Civilians who filled out the Base Access Registration must enter gate 8, take Atlantic Avenue across post and turn right on Kwajalein Rd.
- Coordinates according to Google Map: (36.92293093526762, -76.03988060946908)



Route-Down and Back 3x



General Information:

- When event is complete, successful individuals will receive a Norwegian Foot March Badge. Their certificates will be signed by the Norwegian Defense Attaché, and mailed to the participants.
- US Army Soldiers are responsible for submitting the DA Form 4187 allowing them to wear the NFM Badge on their uniform and responsible for purchasing the badge.
- Questions about this event can be directed to USASOMNFM@army.mil
- If you would like to volunteer for a support role, please email USASOMNFM@army.mil.
- Please see suggested train up plan below.
- To earn the badge you need to finish at or under the time requirement for your age group. Please see Requirements chart below. One completion earns you the bronze badge, two completions the silver, and five completions the gold.

Packing Checklist:

- Proper uniform/clothing (see Uniform/Clothing above)
- Rucksack
- Cellphone
- Water source (e.g. water bottle, Camelbak, etc.)
- Food source (e.g. snacks, protein bars, etc.)

Training Plan

Norwegian Footmarch Training Plan

16 week training plan. 1 ruck per week in combat boots. Minimum 24lb load (recommended to train with 30 lb load). Pace breakdown included for reference during training. See NFM age/gender requirements for required event times.

Week	Mileage	Pace Breakdown (For 30k event)				
1	3					
2	4	Total Time	4h	4h35min	5h	5h45min
3	5	Halfway Pace	2h	2h17min30s	2h30min	2h52min30sec
4	6	per 5k Pace	40min	45min49sec	50min	57min30sec
5	5	per Mile pace	12m54s	14min46sec	16min7sec	18min32sec
6	8					
7	10	Total Time	4h15min	4h40min	5h15m	6h
8	12	Halfway Pace	2h7min30sec	2h10min	2h37min30sec	3h
9	8	per 5k Pace	42min 30 sec	46min39sec	52min30sec	60min
10	12	per Mile pace	13m42s	15min03sec	16min55sec	19min21sec
11	14					
12	10	Total Time	4h30min	4h50m	5h30m	
13	12	Halfway Pace	2h15min	2h25min	2h45min	
14	15	per 5k Pace	45min	48min19sec	55min	
15	12	per Mile pace	14m30s	15min35sec	17min44sec	
16	18.64					

Age Group	Requirements	
	Women	Men
18-34	4h50m	4h30m
35-42	5h	4h35m
43-49	5h15m	4h40m
50-54	5h30m	4h50m
55-59	5h45m	5h
60+	6h	5h15m