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- Never Run Or Jog With Your Pack. Strive To Increase Your Walking Pace. - Never Step Landing Heel first. Land flat Footed, With Your Foot Under Your Body - Ruck With A Pronounced Forward Lean. "Fall Forward" Into The Next Step. Step From Your Hips, Not Your Quads. - Strive To Increase Your Step Cadence. Take Faster, Smaller, Steps Jan 22th, 2024

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