# ULTRATRAX
## 21-Mile Training Program

10-week training schedule

UCR 1–2

Even if you are an experienced athlete, you may choose this as a gentle complement to your favorite sport.

This program is designed for UltraTrax 21-mile participants but is modifiable to account for the variations in ruck pack weights. For example, for 'ruck' days listed below (Tuesday/Saturday), train with the weight that you intend to carry on the day of the event. If you're not competing with a weight, then simply walk the recommended distance, without a pack, on ruck days.

### Elevation Guidance

UCR 1-2 courses have very limited elevation gain, so training on hills can be helpful from an endurance perspective, but not necessary to complete the challenge. For these courses, total mileage and time on feet are the most important factors that will determine success.

| Week | Mon | Tuesday | Wednesday | Thursday | Fri | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | Rest | 2-mile ruck | 2-mile easy walk | 2-mile rolling walk | Rest | 4-mile ruck | Cross train |
| 2 | Rest | 3-mile ruck | 3-mile easy walk | 3-mile rolling walk | Rest | 6-mile ruck | Cross train |
| 3 | Rest | 4-mile ruck | 4-mile easy walk | 4-mile rolling walk | Rest | 8-mile ruck | Cross train |
| 4 | Rest | 5-mile ruck | 5-mile easy walk | 5-mile rolling walk | Rest | 10-mile ruck | Cross train |
| 5 | Rest | 6-mile ruck | 6-mile easy walk | 6-mile rolling walk | Rest | 12-mile ruck | Cross train |
| 6 | Rest | 7-mile ruck | 7-mile easy walk | 7-mile rolling walk | Rest | 14-mile ruck | Cross train |
| 7 | Rest | 8-mile ruck | 8-mile easy walk | 8-mile rolling walk | Rest | 16-mile ruck | Cross train |
| 8 | Rest | 9-mile ruck | 9-mile easy walk | 9-mile rolling walk | Rest | 18-mile ruck | Cross train |
| 9 | Rest | 7-mile ruck | 8-mile easy walk | 8-mile rolling walk | Rest | 12-mile ruck | Cross train |
| 10 | Rest | 5-mile ruck | 4-mile easy walk | 4-mile rolling walk | Rest | Easy 30-min flat walk | **Event Day!** |

### UltraTrax Challenge Rating

Rated per 7-mile loop, from flat terrain (1) to the ultimate UltraTrax challenge (10).
This program prepares you for UCR of 1-2.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|

# ULTRATRAX
## 21-Mile Training Program

10-week training schedule

UCR 3-4

Even if you are an experienced athlete, you may choose this as a gentle complement to your favorite sport.

This program is designed for UltraTrax 21-mile participants but is modifiable to account for the variations in ruck pack weights. For example, for 'ruck' days listed below (Tuesday/Saturday), train with the weight that you intend to carry on the day of the event. If you're not competing with a weight, then simply walk the recommended distance, without a pack, on ruck days.

### Elevation Guidance

**Tuesday / Saturday Sessions:**
If you're completing these sessions on a treadmill, complete the hill sections on a 3%-4% for the first two minutes, 5%-6% for the next two minutes, then 7-8% on the final minute. Return to a base incline of 1-2%.
Outside: pick a hill for the last section of the workout. Alternate between going up and down for the time allocated below.

| Week | Mon | Tuesday | Wednesday | Thursday | Fri | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | Rest | 2-mile ruck<br>Last 5 mins spend going up and down a hill | 2-mile easy walk<br>flat | 2-mile rolling walk<br>gentle hills | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | Cross train |
| 2 | Rest | 3-mile ruck<br>Last 10 mins spend going up and down a hill | 3-mile easy walk<br>flat | 3-mile rolling walk<br>gentle hills | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | Cross train |
| 3 | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | Cross train |
| 4 | Rest | 5-mile ruck<br>Last 20 mins spend going up and down a hill | 5-mile easy walk<br>flat | 5-mile rolling walk<br>gentle hills | Rest | 10-mile ruck<br>Total of 45 mins going up and down a hill | Cross train |
| 5 | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | 6-mile easy walk<br>flat | 6-mile rolling walk<br>gentle hills | Rest | 12-mile ruck<br>Total of 60 mins going up and down a hill | Cross train |
| 6 | Rest | 7-mile ruck<br>Last 30 mins spend going up and down a hill | 7-mile easy walk<br>flat | 7-mile rolling walk<br>gentle hills | Rest | 14-mile ruck<br>Total of 75 mins going up and down a hill | Cross train |
| 7 | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 16-mile ruck<br>Total of 90 mins going up and down a hill | Cross train |
| 8 | Rest | 9-mile ruck<br>Total of 40 mins going up and down a hill | 9-mile easy walk<br>flat | 9-mile rolling walk<br>gentle hills | Rest | 18-mile ruck<br>Total of 105 mins going up and down a hill | Cross train |
| 9 | Rest | 7-mile ruck | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 12-mile ruck | Cross train |
| 10 | Rest | 5-mile ruck | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | Easy 30-min flat walk | **Event Day!** |

### UltraTrax Challenge Rating

Rated per 7-mile loop, from flat terrain (1) to the ultimate UltraTrax challenge (10).
This program prepares you for UCR of 3-4.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|

# ULTRATRAX
## 21-Mile Training Program

10-week training schedule

UCR 5-6

Even if you are an experienced athlete, you may choose this as a gentle complement to your favorite sport.

This program is designed for UltraTrax 21-mile participants but is modifiable to account for the variations in ruck pack weights. For example, for 'ruck' days listed below (Tuesday/Saturday), train with the weight that you intend to carry on the day of the event. If you're not competing with a weight, then simply walk the recommended distance, without a pack, on ruck days.

### Elevation Guidance

**Tuesday / Saturday Sessions:**
If you're completing these sessions on a treadmill, complete the hill sections on a 4%-5% for the first two minutes, 6%-7% for the next two minutes, then 8-9% on the final minute and repeat until the total time is reached.
Return to a base incline of 1-2%.
Outside: pick a hill for the last section of the workout. Alternate between going up and down for the time allocated below.

| Week | Mon | Tuesday | Wednesday | Thursday | Fri | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | Rest | 2-mile ruck<br>Last 5 mins spend going up and down a hill | 2-mile easy walk<br>flat | 2-mile rolling walk<br>gentle hills | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | Cross train |
| 2 | Rest | 3-mile ruck<br>Last 10 mins spend going up and down a hill | 3-mile easy walk<br>flat | 3-mile rolling walk<br>gentle hills | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | Cross train |
| 3 | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | Cross train |
| 4 | Rest | 5-mile ruck<br>Last 20 mins spend going up and down a hill | 5-mile easy walk<br>flat | 5-mile rolling walk<br>gentle hills | Rest | 10-mile ruck<br>Total of 45 mins going up and down a hill | Cross train |
| 5 | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | 6-mile easy walk<br>flat | 6-mile rolling walk<br>gentle hills | Rest | 12-mile ruck<br>Total of 60 mins going up and down a hill | Cross train |
| 6 | Rest | 7-mile ruck<br>Last 30 mins spend going up and down a hill | 7-mile easy walk<br>flat | 7-mile rolling walk<br>gentle hills | Rest | 14-mile ruck<br>Total of 75 mins going up and down a hill | Cross train |
| 7 | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 16-mile ruck<br>Total of 90 mins going up and down a hill | Cross train |
| 8 | Rest | 9-mile ruck<br>Total of 40 mins going up and down a hill | 9-mile easy walk<br>flat | 9-mile rolling walk<br>gentle hills | Rest | 18-mile ruck<br>Total of 105 mins going up and down a hill | Cross train |
| 9 | Rest | 7-mile ruck | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 12-mile ruck | Cross train |
| 10 | Rest | 5-mile ruck | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | Easy 30-min flat walk | **Event Day!** |

### UltraTrax Challenge Rating

Rated per 7-mile loop, from flat terrain (1) to the ultimate UltraTrax challenge (10).
This program prepares you for UCR of 5-6.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|

# ULTRATRAX
## 21-Mile Training Program

10-week training schedule

UCR 7-8

Even if you are an experienced athlete, you may choose this as a gentle complement to your favorite sport.

This program is designed for UltraTrax 21-mile participants but is modifiable to account for the variations in ruck pack weights. For example, for 'ruck' days listed below (Tuesday/Saturday), train with the weight that you intend to carry on the day of the event. If you're not competing with a weight, then simply walk the recommended distance, without a pack, on ruck days.

### Elevation Guidance

**Tuesday / Saturday Sessions:**
If you're completing these sessions on a treadmill, complete the hill sections on a 6%-8% for the first minute, 8%-10% for the next two minutes, then 10-12% on the final minute and repeat until the total time is reached.
Return to a base incline of 1-2%.
Outside: pick a hill for the last section of the workout. Alternate between going up and down for the time allocated below.

| Week | Mon | Tuesday | Wednesday | Thursday | Fri | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 1 | Rest | 2-mile ruck<br>Last 5 mins spend going up and down a hill | 2-mile easy walk<br>flat | 2-mile rolling walk<br>gentle hills | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | Cross train |
| 2 | Rest | 3-mile ruck<br>Last 10 mins spend going up and down a hill | 3-mile easy walk<br>flat | 3-mile rolling walk<br>gentle hills | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | Cross train |
| 3 | Rest | 4-mile ruck<br>Last 15 mins spend going up and down a hill | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | Cross train |
| 4 | Rest | 5-mile ruck<br>Last 20 mins spend going up and down a hill | 5-mile easy walk<br>flat | 5-mile rolling walk<br>gentle hills | Rest | 10-mile ruck<br>Total of 45 mins going up and down a hill | Cross train |
| 5 | Rest | 6-mile ruck<br>Last 25 mins spend going up and down a hill | 6-mile easy walk<br>flat | 6-mile rolling walk<br>gentle hills | Rest | 12-mile ruck<br>Total of 60 mins going up and down a hill | Cross train |
| 6 | Rest | 7-mile ruck<br>Last 30 mins spend going up and down a hill | 7-mile easy walk<br>flat | 7-mile rolling walk<br>gentle hills | Rest | 14-mile ruck<br>Total of 75 mins going up and down a hill | Cross train |
| 7 | Rest | 8-mile ruck<br>Last 35 mins spend going up and down a hill | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 16-mile ruck<br>Total of 90 mins going up and down a hill | Cross train |
| 8 | Rest | 9-mile ruck<br>Total of 40 mins going up and down a hill | 9-mile easy walk<br>flat | 9-mile rolling walk<br>gentle hills | Rest | 18-mile ruck<br>Total of 105 mins going up and down a hill | Cross train |
| 9 | Rest | 7-mile ruck | 8-mile easy walk<br>flat | 8-mile rolling walk<br>gentle hills | Rest | 12-mile ruck | Cross train |
| 10 | Rest | 5-mile ruck | 4-mile easy walk<br>flat | 4-mile rolling walk<br>gentle hills | Rest | Easy 30-min flat walk | **Event Day!** |

### UltraTrax Challenge Rating

Rated per 7-mile loop, from flat terrain (1) to the ultimate UltraTrax challenge (10).
This program prepares you for UCR of 7-8.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|