

ULTRA TREK

10-Week 21 Mile Walking and Rucking Training Program

Even if you are an experienced athlete, you may choose this as a gentle complement to your favorite sport. This program will get you to the starting line--and finish line.

A few notes: this program is designed for all UltraTrek 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.

1	Rest	2-mile ruck	2-mile walk	2-mile walk	Rest	4-mile ruck	Cross Train
2	Rest	3-mile ruck	3-mile walk	3-mile walk	Rest	6-mile ruck	Cross Train
3	Rest	4-mile ruck	4-mile walk	4-mile walk	Rest	8-mile ruck	Cross Train
4	Rest	5-mile ruck	5-mile walk	5-mile walk	Rest	10-mile ruck	Cross Train
5	Rest	6-mile ruck	6-mile walk	6-mile walk	Rest	12-mile ruck	Cross Train
6	Rest	7-mile ruck	7-mile walk	7-mile walk	Rest	14-mile ruck	Cross Train
7	Rest	8-mile ruck	8-mile walk	8-mile walk	Rest	16-mile ruck	Cross Train
8	Rest	9-mile ruck	9-mile walk	9-mile walk	Rest	18-mile ruck	Cross Train
9	Rest	7-mile ruck	8-mile walk	8-mile walk	Rest	12-mile ruck	Cross Train
10	Rest	5-mile ruck	4-mile walk	4-mile walk	Rest	Easy 30-min walk	Event Day!