

ULTRA TREK

10-Week 7 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 7-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.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1-mile ruck	1-mile walk	1-mile walk	Rest	2-mile ruck	Cross Train
2	Rest	1-mile ruck	1-mile walk	2-mile walk	Rest	2-mile ruck	Cross Train
3	Rest	1-mile ruck	1-mile walk	2-mile walk	Rest	3-mile ruck	Cross Train
4	Rest	2-mile ruck	2-mile walk	2-mile walk	Rest	3-mile ruck	Cross Train
5	Rest	2-mile ruck	2-mile walk	2-mile walk	Rest	4-mile ruck	Cross Train
6	Rest	2-mile ruck	2-mile walk	2-mile walk	Rest	4-mile ruck	Cross Train
7	Rest	2-mile ruck	2-mile walk	2-mile walk	Rest	5-mile ruck	Cross Train
8	Rest	3-mile ruck	3-mile walk	3-mile walk	Rest	5-mile ruck	Cross Train
9	Rest	3-mile ruck	3-mile walk	3-mile walk	Rest	3-mile ruck	Cross Train
10	Rest	2-mile ruck	1-mile walk	1-mile walk	Rest	Easy 30-min walk	Event Day!