



10-Week 28 Mile Walking and Rucking Training Program

Even if you are an experienced athlete, you may choose this as a gentle and challenging 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 UltraTrax 28-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	4-mile ruck	3-mile walk	3-mile walk	Rest	8-mile ruck	Cross Train
2	Rest	5-mile ruck	4-mile walk	4-mile walk	Rest	10-mile ruck	Cross Train
3	Rest	6-mile ruck	5-mile walk	5-mile walk	Rest	12-mile ruck	Cross Train
4	Rest	7-mile ruck	6-mile walk	6-mile walk	Rest	14-mile ruck	Cross Train
5	Rest	8-mile ruck	7-mile walk	7-mile walk	Rest	16-mile ruck	Cross Train
6	Rest	9-mile ruck	8-mile walk	8-mile walk	Rest	18-mile ruck	Cross Train
7	Rest	10-mile ruck	8-mile walk	9-mile walk	Rest	20-mile ruck	Cross Train
8	Rest	10-mile ruck	10-mile walk	10-mile walk	Rest	22-mile ruck	Cross Train
9	Rest	11-mile ruck	10-mile walk	11-mile walk	Rest	14-mile ruck	Cross Train
10	Rest	7-mile ruck	3-mile walk	3-mile walk	Rest	Easy 30-min walk	Event Day!