

ULTRATrax

14-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 14-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	3-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	4-mile ruck	Cross train
3	Rest	4-mile ruck	4-mile easy walk	4-mile rolling walk	Rest	6-mile ruck	Cross train
4	Rest	4-mile ruck	3-mile easy walk	3-mile rolling walk	Rest	7-mile ruck	Cross train
5	Rest	4-mile ruck	3-mile easy walk	3-mile rolling walk	Rest	8-mile ruck	Cross train
6	Rest	4-mile ruck	3-mile easy walk	4-mile rolling walk	Rest	9-mile ruck	Cross train
7	Rest	4-mile ruck	4-mile easy walk	4-mile rolling walk	Rest	9-mile ruck	Cross train
8	Rest	5-mile ruck	5-mile easy walk	5-mile rolling walk	Rest	10-mile ruck	Cross train
9	Rest	5-mile ruck	5-mile easy walk	5-mile rolling walk	Rest	7-mile ruck	Cross train
10	Rest	3-mile ruck	2-mile easy walk	2-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

14-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 14-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 Last 5 mins spend going up and down a hill	3-mile easy walk flat	2-mile rolling hill walk gentle hills	Rest	4-mile ruck Last 15 mins spend going up and down a hill	Cross train
2	Rest	3-mile ruck Last 10 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	4-mile ruck Last 20 mins spend going up and down a hill	Cross train
3	Rest	4-mile ruck Last 15 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	6-mile ruck Last 25 mins spend going up and down a hill	Cross train
4	Rest	4-mile ruck Last 15 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	7-mile ruck Last 30 mins spend going up and down a hill	Cross train
5	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	8-mile ruck Total of 40 mins going up and down a hill	Cross train
6	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 50 mins going up and down a hill	Cross train
7	Rest	4-mile ruck Last 25 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 60 mins going up and down a hill	Cross train
8	Rest	5-mile ruck Last 25 mins spend going up and down a hill	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	10-mile ruck Total of 70 mins going up and down a hill	Cross train
9	Rest	5-mile ruck	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	7-mile ruck	Cross train
10	Rest	3-mile ruck	2-mile easy walk flat	2-mile rolling walk 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
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ULTRATrax

14-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.

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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 Last 5 mins spend going up and down a hill	3-mile easy walk flat	2-mile rolling hill walk gentle hills	Rest	4-mile ruck Last 15 mins spend going up and down a hill	Cross train
2	Rest	3-mile ruck Last 10 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	4-mile ruck Last 20 mins spend going up and down a hill	Cross train
3	Rest	4-mile ruck Last 15 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	6-mile ruck Last 25 mins spend going up and down a hill	Cross train
4	Rest	4-mile ruck Last 15 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	7-mile ruck Last 30 mins spend going up and down a hill	Cross train
5	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	8-mile ruck Total of 40 mins going up and down a hill	Cross train
6	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 50 mins going up and down a hill	Cross train
7	Rest	4-mile ruck Last 25 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 60 mins going up and down a hill	Cross train
8	Rest	5-mile ruck Last 25 mins spend going up and down a hill	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	10-mile ruck Total of 70 mins going up and down a hill	Cross train
9	Rest	5-mile ruck	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	7-mile ruck	Cross train
10	Rest	3-mile ruck	2-mile easy walk flat	2-mile rolling walk 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
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ULTRATrax

14-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.

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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 Last 5 mins spend going up and down a hill	3-mile easy walk flat	2-mile rolling hill walk gentle hills	Rest	4-mile ruck Last 15 mins spend going up and down a hill	Cross train
2	Rest	3-mile ruck Last 10 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	4-mile ruck Last 20 mins spend going up and down a hill	Cross train
3	Rest	4-mile ruck Last 15 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	6-mile ruck Last 25 mins spend going up and down a hill	Cross train
4	Rest	4-mile ruck Last 15 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	7-mile ruck Last 30 mins spend going up and down a hill	Cross train
5	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	3-mile rolling walk gentle hills	Rest	8-mile ruck Total of 40 mins going up and down a hill	Cross train
6	Rest	4-mile ruck Last 20 mins spend going up and down a hill	3-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 50 mins going up and down a hill	Cross train
7	Rest	4-mile ruck Last 25 mins spend going up and down a hill	4-mile easy walk flat	4-mile rolling walk gentle hills	Rest	9-mile ruck Total of 60 mins going up and down a hill	Cross train
8	Rest	5-mile ruck Last 25 mins spend going up and down a hill	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	10-mile ruck Total of 70 mins going up and down a hill	Cross train
9	Rest	5-mile ruck	5-mile easy walk flat	5-mile rolling walk gentle hills	Rest	7-mile ruck	Cross train
10	Rest	3-mile ruck	2-mile easy walk flat	2-mile rolling walk 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
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