

# IRONHIKE

**Mohawk Mountain — Cornwall, CT**

**12-Week Advanced Training Plan**

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*Targets: OMS — Olympus Mons (84-hour), ATB — Answer the Bell Basic (24-hour), ATB Full (84-hour)*

## 12-Week Advanced Training Plan

**Target Events:** OMS — Olympus Mons (84-hour), ATB — Answer the Bell Basic (24-hour), ATB Full (84-hour)

**Weekly Cadence:** 6 active days, 1 strength/mobility day (lightens up periodically for recovery)

**Core Strategy:** IronHike is an elevation-based endurance series — your event is measured in feet of climbing, not just miles, so this plan is built around vertical gain first. High-intensity uphill intervals, weighted-pack volume, and long fatigued-state simulation days build the extreme vertical capacity and extended time-on-feet needed for an 84-hour or backyard-ultra format. Every session can be hiked, run, or a mix of both — use whichever lets you sustain the prescribed time or distance, but prioritize the climbing.

### Training Away From the Venue

You don't need to be at Mohawk Mountain to run this plan. Find a hill or trail near you with sustained, continuous climbing — a ski slope, a long park hill, a stadium ramp, even a parking garage exit road works. Each "rep" in this plan targets about 595 ft of climbing over roughly 1.25 mi; find a local climb of a similar size and repeat it the number of times listed to hit the day's total distance and elevation gain. If your local hill is shorter or longer, adjust the number of reps so the total gain and distance roughly match.

### WEEK 1

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                      |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 45 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                               |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                               |
| Wednesday | 80 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                           |
| Thursday  | 60 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                          |
| Friday    | 50 min base run or power hike.                                                                                                                                                                                                                                                                  |
| Saturday  | The Long Block: 6 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 7.5 mi / 3,570 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 3 reps of the same local hill climb on fatigued legs (roughly 3.75 mi / 1,785 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                              |

### WEEK 2

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                       |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 50 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                                |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                                |
| Wednesday | 85 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                            |
| Thursday  | 65 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                           |
| Friday    | 55 min base run or power hike.                                                                                                                                                                                                                                                                   |
| Saturday  | The Long Block: 7 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 8.75 mi / 4,165 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 4 reps of the same local hill climb on fatigued legs (roughly 5 mi / 2,380 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                                  |

### WEEK 3

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                     |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 55 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                              |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                              |
| Wednesday | 90 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                          |
| Thursday  | 70 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                         |
| Friday    | 60 min base run or power hike.                                                                                                                                                                                                                                                                 |
| Saturday  | The Long Block: 8 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 10 mi / 4,760 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |

| Day    | Activity / Workout Details                                                                                                                                                                         |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday | The Long Block, Part 2: 5 reps of the same local hill climb on fatigued legs (roughly 6.25 mi / 2,975 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both. |

## WEEK 4

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 35 min easy recovery walk.                                                                                                                                                                                                                                                                    |
| Tuesday   | Easy Intervals: 10 min warm-up, 2 x 10 min moderate effort on a local hill, 10 min cool-down.                                                                                                                                                                                                 |
| Wednesday | 50 min easy tempo hike or run + 20 min light strength.                                                                                                                                                                                                                                        |
| Thursday  | 40 min light pack hike (10 lbs).                                                                                                                                                                                                                                                              |
| Friday    | 35 min easy run or walk.                                                                                                                                                                                                                                                                      |
| Saturday  | The Long Block: 4 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 5 mi / 2,380 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 2 reps of the same local hill climb on fatigued legs (roughly 2.5 mi / 1,190 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                             |

## WEEK 5

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                       |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 45 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                                |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                                |
| Wednesday | 80 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                            |
| Thursday  | 60 min weighted pack hike (15-20 lbs) across multiple local hill reps.                                                                                                                                                                                                                           |
| Friday    | 50 min base run or power hike.                                                                                                                                                                                                                                                                   |
| Saturday  | The Long Block: 7 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 8.75 mi / 4,165 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 4 reps of the same local hill climb on fatigued legs (roughly 5 mi / 2,380 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                                  |

## WEEK 6

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                     |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 50 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                              |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                              |
| Wednesday | 85 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                          |
| Thursday  | 65 min weighted pack hike (15-20 lbs) across multiple local hill reps.                                                                                                                                                                                                                         |
| Friday    | 55 min base run or power hike.                                                                                                                                                                                                                                                                 |
| Saturday  | The Long Block: 8 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 10 mi / 4,760 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 5 reps of the same local hill climb on fatigued legs (roughly 6.25 mi / 2,975 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                             |

## WEEK 7

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                        |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 55 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                                 |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                                 |
| Wednesday | 90 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                             |
| Thursday  | 70 min weighted pack hike (15-20 lbs) across multiple local hill reps.                                                                                                                                                                                                                            |
| Friday    | 60 min base run or power hike.                                                                                                                                                                                                                                                                    |
| Saturday  | The Long Block: 9 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 11.25 mi / 5,355 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 6 reps of the same local hill climb on fatigued legs (roughly 7.5 mi / 3,570 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                                 |

## WEEK 8

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 35 min easy recovery walk.                                                                                                                                                                                                                                                                    |
| Tuesday   | Easy Intervals: 10 min warm-up, 2 x 10 min moderate effort on a local hill, 10 min cool-down.                                                                                                                                                                                                 |
| Wednesday | 50 min easy tempo hike or run + 20 min light strength.                                                                                                                                                                                                                                        |
| Thursday  | 40 min light pack hike (10 lbs).                                                                                                                                                                                                                                                              |
| Friday    | 35 min easy run or walk.                                                                                                                                                                                                                                                                      |
| Saturday  | The Long Block: 4 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 5 mi / 2,380 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 2 reps of the same local hill climb on fatigued legs (roughly 2.5 mi / 1,190 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                             |

## WEEK 9

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                     |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 45 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                              |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                              |
| Wednesday | 80 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                          |
| Thursday  | 60 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                         |
| Friday    | 50 min base run or power hike.                                                                                                                                                                                                                                                                 |
| Saturday  | The Long Block: 8 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 10 mi / 4,760 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 5 reps of the same local hill climb on fatigued legs (roughly 6.25 mi / 2,975 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                             |

## WEEK 10

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                        |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 50 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                                 |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                                 |
| Wednesday | 85 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                             |
| Thursday  | 65 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                            |
| Friday    | 55 min base run or power hike.                                                                                                                                                                                                                                                                    |
| Saturday  | The Long Block: 9 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 11.25 mi / 5,355 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 6 reps of the same local hill climb on fatigued legs (roughly 7.5 mi / 3,570 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                                 |

## WEEK 11

| Day       | Activity / Workout Details                                                                                                                                                                                                                                                                        |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 55 min easy recovery hike or jog + mobility work.                                                                                                                                                                                                                                                 |
| Tuesday   | Uphill Intervals: 15 min warm-up, 3 x 15 min hard sustained effort on a local hill (easy descent between sets), 15 min cool-down.                                                                                                                                                                 |
| Wednesday | 90 min comfortably-hard tempo hike or run + 25 min core/leg strength.                                                                                                                                                                                                                             |
| Thursday  | 70 min weighted pack hike (15–20 lbs) across multiple local hill reps.                                                                                                                                                                                                                            |
| Friday    | 60 min base run or power hike.                                                                                                                                                                                                                                                                    |
| Saturday  | The Long Block: 10 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 12.5 mi / 5,950 ft, continuous, with regular 15-min complete stops to simulate Base Camp / ATB waiting-window transitions — hike, run, or a mix of both. |
| Sunday    | The Long Block, Part 2: 7 reps of the same local hill climb on fatigued legs (roughly 8.75 mi / 4,165 ft), focused on pole efficiency and continuous caloric intake — hike, run, or a mix of both.                                                                                                |

## WEEK 12

| Day     | Activity / Workout Details          |
|---------|-------------------------------------|
| Monday  | 30 min easy walk.                   |
| Tuesday | 20 min easy jog or walk, legs only. |

| Day              | Activity / Workout Details                                                                                                                                                              |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wednesday</b> | 20 min easy walk.                                                                                                                                                                       |
| <b>Thursday</b>  | Rest, or a 20 min shakeout walk. Review gear list and race-day plan.                                                                                                                    |
| <b>Friday</b>    | 20 min shakeout jog or walk.                                                                                                                                                            |
| <b>Saturday</b>  | Shakeout: 1 easy rep of a local hill climb (about 595 ft over roughly 1.25 mi, or your usual training climb), relaxed pace. Gear and movement check only — save your legs for race day. |
| <b>Sunday</b>    | Rest. Hydrate, eat well, and finalize event-day logistics.                                                                                                                              |

## Joining the Plan Late?

This plan builds volume progressively over 12 weeks, with lighter recovery weeks built in periodically and an easy final week heading into race day. If your event is closer than 12 weeks away, don't try to cram earlier weeks in — join at the week below that matches your timeline.

| Weeks until your event | Start at                                                                     |
|------------------------|------------------------------------------------------------------------------|
| 12+ weeks out          | Week 1 — begin the full plan                                                 |
| 8–11 weeks out         | Week 3 — skip the earliest low-volume weeks                                  |
| 5–7 weeks out          | Week 6 — join mid-plan                                                       |
| 3–4 weeks out          | Week 9 — join the final push directly                                        |
| 1–2 weeks out          | Week 12 only — do not attempt to compress earlier weeks into your final week |

*Note: Compressing multiple weeks of training into a shorter window increases injury risk rather than improving fitness. When in doubt, join later at a lower relative volume rather than skipping ahead into a week your body hasn't built toward.*

## MEDICAL & LIABILITY DISCLAIMER

These training plans are provided by IronHike Endurance Productions, LLC ("IronHike") for general informational and educational purposes only. They do not constitute medical advice, a medical clearance, or a personalized coaching program, and they are not a substitute for professional medical guidance.

**Consult Your Physician:** Before beginning this or any exercise, training, or nutrition program, consult your physician or a qualified healthcare provider — particularly if you have any pre-existing medical condition, injury, cardiovascular concern, or any other health issue that could affect your ability to safely participate in strenuous physical activity, including sustained multi-hour or multi-day exertion, altitude or elevation exposure, extreme heat or cold, or sleep deprivation.

**Assumption of Risk:** Endurance training and participation in IronHike events carry inherent risks, including but not limited to physical injury, illness, dehydration, exhaustion, cardiac events, and death. By using these training plans, you voluntarily assume all such risks and acknowledge that you are solely responsible for determining whether you are medically fit to undertake them.

**No Liability:** IronHike Endurance Productions, LLC, its owners, officers, employees, coaches, Cadre, contractors, and affiliates make no representations or warranties, express or implied, regarding the suitability, accuracy, or safety of these plans for any individual, and shall not be held liable for any injury, loss, damage, or death arising from or related to your use of these training plans, to the fullest extent permitted by law.

**Stop Immediately If: You experience chest pain, dizziness, shortness of breath, severe joint or muscle pain, disorientation, or any other concerning symptom during training. Seek medical attention right away.**

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