

# IRONHIKE

**Mohawk Mountain — Cornwall, CT**

**12-Week Beginner Training Plan**

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*Targets: Kuwohi (12-hour), Double Kuwohi (24-hour)*

## 12-Week Beginner Training Plan

**Target Events:** Kuwohi (12-hour), Double Kuwohi (24-hour)

**Weekly Cadence:** 4 active days, 1 strength day, 2 rest days (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. Steady-state power hiking or running with progressive lap volume on the Mohawk loop (1.25 mi / 595 ft per lap), building total elevation gain week over week toward race day, with lighter recovery weeks built in along the way. 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 "lap" in this plan targets about 595 ft of climbing over roughly 1.25 mi; find a local climb of a similar length 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, just adjust the number of reps so the total elevation gain and distance roughly match.

### WEEK 1

| Day       | Activity / Workout Details                                                                                                                                                                                                          |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                             |
| Tuesday   | 40 min low-intensity trail hike or easy run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                   |
| Wednesday | 45 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                        |
| Thursday  | Rest.                                                                                                                                                                                                                               |
| Friday    | 40 min low-intensity hike or easy run.                                                                                                                                                                                              |
| Saturday  | Long Day: 2 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 2.5 mi / 1,190 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 45 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                             |

### WEEK 2

| Day       | Activity / Workout Details                                                                                                                                                                                                           |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                              |
| Tuesday   | 45 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                    |
| Wednesday | 50 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                         |
| Thursday  | Rest.                                                                                                                                                                                                                                |
| Friday    | 45 min low-intensity hike or easy run.                                                                                                                                                                                               |
| Saturday  | Long Day: 3 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 3.75 mi / 1,785 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 50 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                              |

### WEEK 3

| Day       | Activity / Workout Details                                                                                                                                                                                                        |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                           |
| Tuesday   | 50 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                 |
| Wednesday | 55 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                      |
| Thursday  | Rest.                                                                                                                                                                                                                             |
| Friday    | 50 min low-intensity hike or easy run.                                                                                                                                                                                            |
| Saturday  | Long Day: 4 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 5 mi / 2,380 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 55 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                           |

## WEEK 4

| Day       | Activity / Workout Details                                                                                                                                                                                                          |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                             |
| Tuesday   | 35 min easy hike or jog + 20 min light bodyweight circuit (squats, lunges, calf raises) — keep effort conversational.                                                                                                               |
| Wednesday | 40 min easy walk or jog.                                                                                                                                                                                                            |
| Thursday  | Rest.                                                                                                                                                                                                                               |
| Friday    | 30 min easy hike or jog.                                                                                                                                                                                                            |
| Saturday  | Long Day: 2 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 2.5 mi / 1,190 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 40 min easy recovery walk or jog.                                                                                                                                                                                                   |

## WEEK 5

| Day       | Activity / Workout Details                                                                                                                                                                                                           |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                              |
| Tuesday   | 40 min low-intensity trail hike or easy run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                    |
| Wednesday | 45 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                         |
| Thursday  | Rest.                                                                                                                                                                                                                                |
| Friday    | 40 min low-intensity hike or easy run.                                                                                                                                                                                               |
| Saturday  | Long Day: 3 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 3.75 mi / 1,785 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 45 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                              |

## WEEK 6

| Day       | Activity / Workout Details                                                                                                                                                                                                        |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                           |
| Tuesday   | 45 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                 |
| Wednesday | 50 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                      |
| Thursday  | Rest.                                                                                                                                                                                                                             |
| Friday    | 45 min low-intensity hike or easy run.                                                                                                                                                                                            |
| Saturday  | Long Day: 4 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 5 mi / 2,380 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 50 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                           |

## WEEK 7

| Day       | Activity / Workout Details                                                                                                                                                                                                           |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                              |
| Tuesday   | 50 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                    |
| Wednesday | 55 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                         |
| Thursday  | Rest.                                                                                                                                                                                                                                |
| Friday    | 50 min low-intensity hike or easy run.                                                                                                                                                                                               |
| Saturday  | Long Day: 5 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 6.25 mi / 2,975 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 55 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                              |

## WEEK 8

| Day       | Activity / Workout Details                                                                                            |
|-----------|-----------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                               |
| Tuesday   | 35 min easy hike or jog + 20 min light bodyweight circuit (squats, lunges, calf raises) — keep effort conversational. |
| Wednesday | 40 min easy walk or jog.                                                                                              |
| Thursday  | Rest.                                                                                                                 |

| Day      | Activity / Workout Details                                                                                                                                                                                                          |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Friday   | 30 min easy hike or jog.                                                                                                                                                                                                            |
| Saturday | Long Day: 2 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 2.5 mi / 1,190 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday   | 40 min easy recovery walk or jog.                                                                                                                                                                                                   |

## WEEK 9

| Day       | Activity / Workout Details                                                                                                                                                                                                           |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                              |
| Tuesday   | 40 min low-intensity trail hike or easy run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                    |
| Wednesday | 45 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                         |
| Thursday  | Rest.                                                                                                                                                                                                                                |
| Friday    | 40 min low-intensity hike or easy run.                                                                                                                                                                                               |
| Saturday  | Long Day: 5 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 6.25 mi / 2,975 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 45 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                              |

## WEEK 10

| Day       | Activity / Workout Details                                                                                                                                                                                                          |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                             |
| Tuesday   | 45 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                   |
| Wednesday | 50 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                        |
| Thursday  | Rest.                                                                                                                                                                                                                               |
| Friday    | 45 min low-intensity hike or easy run.                                                                                                                                                                                              |
| Saturday  | Long Day: 6 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 7.5 mi / 3,570 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 50 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                             |

## WEEK 11

| Day       | Activity / Workout Details                                                                                                                                                                                                           |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                                              |
| Tuesday   | 50 min low-intensity trail hike or easy run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).                                                                    |
| Wednesday | 55 min brisk walk, power hike, or easy run on hilly terrain.                                                                                                                                                                         |
| Thursday  | Rest.                                                                                                                                                                                                                                |
| Friday    | 50 min low-intensity hike or easy run.                                                                                                                                                                                               |
| Saturday  | Long Day: 7 reps of a local hill climb (aim for a climb of about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 8.75 mi / 4,165 ft, continuous — hike, run, or a mix of both. Focus on pacing and gear. |
| Sunday    | 55 min recovery walk or easy jog on flat, easy terrain.                                                                                                                                                                              |

## WEEK 12

| Day       | Activity / Workout Details                                                                                                                                                                                            |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Rest & active recovery.                                                                                                                                                                                               |
| Tuesday   | 30 min easy walk or light jog, legs only.                                                                                                                                                                             |
| Wednesday | 25 min easy walk or light jog.                                                                                                                                                                                        |
| Thursday  | Rest.                                                                                                                                                                                                                 |
| Friday    | 20 min shakeout walk or jog. Review gear list and race-day plan.                                                                                                                                                      |
| Saturday  | Shakeout: 1 easy rep of a local hill climb (about 595 ft over roughly 1.25 mi, or your usual training climb), relaxed pace. This is a gear and movement check, not a training stimulus — save your legs for race day. |
| Sunday    | 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.

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**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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