

IRONHIKE

Mohawk Mountain — Cornwall, CT

12-Week Intermediate Training Plan

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Targets: Denali (48-hour), Everest (72-hour)

12-Week Intermediate Training Plan

Target Events: Denali (48-hour), Everest (72-hour)

Weekly Cadence: 5 active days, 1 strength day, 1 rest 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. Uphill tempo work plus back-to-back long days build the vertical speed and multi-lap endurance to sustain 48–72 hours of climbing. 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	Rest & active recovery.
Tuesday	50 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	50 min steady, sustainable-pace hike or run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	40 min recovery hike or jog.
Friday	40 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 2 reps of the same local hill climb on tired legs (roughly 2.5 mi / 1,190 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 2

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	55 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	55 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	45 min recovery hike or jog.
Friday	45 min easy walk or jog.
Saturday	Long Day 1: 5 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 6.25 mi / 2,975 ft. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 3 reps of the same local hill climb on tired legs (roughly 3.75 mi / 1,785 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 3

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	60 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	60 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	50 min recovery hike or jog.
Friday	50 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 3 reps of the same local hill climb on tired legs (roughly 3.75 mi / 1,785 ft), simulating the second

Day	Activity / Workout Details
	half of a multi-hour push — hike, run, or a mix of both.

WEEK 4

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	35 min easy hike or jog, conversational effort — skip the hard uphill surges this week.
Wednesday	35 min easy hike or jog + 20 min light bodyweight circuit (squats, lunges, calf raises).
Thursday	30 min easy recovery walk or jog.
Friday	30 min easy walk or jog.
Saturday	Long Day 1: 3 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 3.75 mi / 1,785 ft. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 2 reps of the same local hill climb on tired legs (roughly 2.5 mi / 1,190 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 5

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	50 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	50 min steady, sustainable-pace hike or run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	40 min recovery hike or jog.
Friday	40 min easy walk or jog.
Saturday	Long Day 1: 5 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 6.25 mi / 2,975 ft. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 3 reps of the same local hill climb on tired legs (roughly 3.75 mi / 1,785 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 6

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	55 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	55 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	45 min recovery hike or jog.
Friday	45 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 3 reps of the same local hill climb on tired legs (roughly 3.75 mi / 1,785 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 7

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	60 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	60 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	50 min recovery hike or jog.
Friday	50 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 4 reps of the same local hill climb on tired legs (roughly 5 mi / 2,380 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 8

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	35 min easy hike or jog, conversational effort — skip the hard uphill surges this week.
Wednesday	35 min easy hike or jog + 20 min light bodyweight circuit (squats, lunges, calf raises).
Thursday	30 min easy recovery walk or jog.
Friday	30 min easy walk or jog.
Saturday	Long Day 1: 3 reps of a local hill climb (aim for about 595 ft over roughly 1.25 mi — similar to the Mohawk loop), totaling roughly 3.75 mi / 1,785 ft. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 2 reps of the same local hill climb on tired legs (roughly 2.5 mi / 1,190 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 9

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	50 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	50 min steady, sustainable-pace hike or run + 25 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	40 min recovery hike or jog.
Friday	40 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 3 reps of the same local hill climb on tired legs (roughly 3.75 mi / 1,785 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 10

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	55 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	55 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	45 min recovery hike or jog.
Friday	45 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 4 reps of the same local hill climb on tired legs (roughly 5 mi / 2,380 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 11

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	60 min uphill-focused fartlek (speed-play intervals — hike or run) on a local hill — 10 min warm-up, alternating 3 min hard uphill / 3 min easy recovery, 10 min cool-down.
Wednesday	60 min steady, sustainable-pace hike or run + 30 min bodyweight circuit (squats, walking lunges, step-ups on a curb or stair, calf raises, push-ups, plank hold).
Thursday	50 min recovery hike or jog.
Friday	50 min easy walk or jog.
Saturday	Long Day 1: 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. Heavy vertical focus — hike, run, or a mix of both.
Sunday	Long Day 2: 4 reps of the same local hill climb on tired legs (roughly 5 mi / 2,380 ft), simulating the second half of a multi-hour push — hike, run, or a mix of both.

WEEK 12

Day	Activity / Workout Details
Monday	Rest & active recovery.
Tuesday	25 min easy jog or walk, legs only.
Wednesday	20 min easy walk or jog.
Thursday	Rest, or a 20 min shakeout walk.
Friday	20 min shakeout walk or jog. Review gear list and race-day plan.

Day	Activity / Workout Details
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. Gear and movement check only — 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.

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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