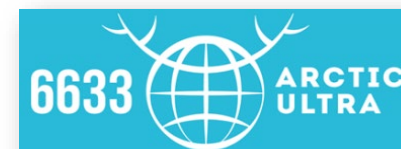


# 6633 Arctic Ultra Training Schedule - OVERVIEW - 2021



Aug		Sept		Oct		Nov		Dec		Jan		Feb		March	
1	2	1	Rest	1	1	1	2	1	Rest	1	New Year	1	2	1	6633
2	2	2	1	2	1	2	2	2	2	2	10	2	KIT	2	6633
3	1	3	2	3	3	3	3	Rest	3	3	8	3	1	3	6633
4	Rest	4	1	4	2	4	2	4	2	4	1	4	3	4	6633
5	2	5	2	5	1	5	1	5	10	5	KIT	5	4	5	6633
6	1	6	2	6	Rest	6	Rest	6	3	6	3	6	10	6	380 END
7	1	7	1	7	2	7	8	7	Rest	7	2	7	10	7	DAWSON
8	3	8	Rest	8	1	8	2	8	4	8	3	8	3	8	W/HORSE
9	1	9	2	9	2	9	2	9	1	9	10	9	KIT		
10	1	10	2	10	6	10	Rest	10	3	10	10	10	2		
11	Rest	11	1	11	6	11	1	11	2	11	3	11	1		
12	2	12	3	12	2	12	2	12	4	12	KIT	12	3		
13	3	13	3	13	Rest	13	3	13	4	13	1	13	5		
14	1	14	2	14	2	14	8	14	1	14	2	14	3		
15	3	15	Rest	15	1	15	5	15	Rest	15	2	15	2		
16	2	16	1	16	2	16	3	16	2	16	6	16	KIT		
17	1	17	2	17	3	17	Rest	17	2	17	4	17	3		
18	Rest	18	3	18	3	18	1	18	Rest	18	2	18	2		
19	2	19	5	19	2	19	2	19	12	19	KIT	19	T		
20	1	20	3	20	Rest	20	3	20	4	20	2	20	R		
21	2	21	2	21	2	21	6	21	2	21	2	21	A		
22	3	22	Rest	22	2	22	8	22	1	22	3	22	V		
23	3	23	2	23	Rest	23	4	23	2	23	10	23	E		
24	1	24	1	24	4	24	Rest	24	1	24	8	24	L		
25	Rest	25	3	25	2	25	1	25	Christmas	25	2	25	START		
26	1	26	4	26	2	26	2	26	Boxing	26	KIT	26	6633		
27	2	27	5	27	Rest	27	2	27	3	27	1	27	6633		
28	2	28	2	28	2	28	3	28	10	28	2	28	120 END		
29	3	29	Rest	29	1	29	6	29	6	29	4				
30	4	30	1	30	2	30	2	30	3	30	12				
31	2			31	3			31	1	31	14				

RECOVER  
FROM THE  
MOST EPIC  
JOURNEY  
THAT YOU ARE  
EVER LIKELY  
TO  
PARTICIPATE  
IN

Rest	Rest Day. No running or walking. Swim or similar if you like.... massage perhaps!!
	Very steady pace predominately (if not all) walking. However, seek some tough terrain such as boggy paths on the hills and fire breaks in forests.
	Steady pace mixing walking and running. Never struggle. Typical terrain might be hill paths, forest tracks and minor roads. Steadily run the flat and downhills, then walk the hills
	Good paced run, but typically not a beasting. Occasionally give it some welly, if the mood dictates, but don't make a habit of it. Injury prevention is prime
KIT	Rest day - but a day to dedicate your thoughts to your systems and your kit.

## NOTES No particular order

1. All the above figures refer to hours on your feet (not miles). Speed is very much a secondary consideration in prepping for the 6633. Hard slow miles are far better than easy fast miles.
2. Most rest days are scheduled for a Tuesday. I like the idea of training on tired legs, hence the Monday session - but please swap the Monday and Tuesday sessions around if you like.
3. The above programme assumes you are coming from a running background, hence the transition from primarily running through to primarily tough walking.
4. The KIT days ARE IMPORTANT. Often overlooked by athletes, but regretted when sat in the vehicle having DNF'ed. Know your kit inside out!!!
5. No mention of tyre pulling. If you want to pull a tyre...go for it. However, when the sled is in motion, the drag is pretty minimal, so no major benefit in humping a tyre about (imho).
6. November 14th is the Beacons Ultra... a good event to consider as a benchmark session.... adjust your training accordingly around this period if you decide to participate.
7. The schedule is NOT cast in stone.... Commonsense should prevail when illness/injury/family commitments interfere. This is merely a semi-detailed overview of what you might want to do.
8. Following this schedule will not guarantee success.... But by heck it should improve your chances of being on the start line physically, mentally and systematically well prepared.
9. The big hour days (and back to back long days) are when you will learn a lot about yourself. Don't skimp on these!!
10. The KIT days ARE IMPORTANT. Often overlooked by athletes, but regretted when sat in the vehicle having DNF. Know your kit inside out!!!... Did I say that before??
11. The above schedule will hopefully keep you injury free (low impact/off road), but if you are injured - STOP and recover fully, then resume training adjusting accordingly for time taken off.
12. If you need any further information, please don't hesitate to ask. The above programme has been used successfully by many athletes to complete the event over the last 12 years, so I know it works!!
14. Dont like the #13, hence the jump to 14...This schedule is specifically designed and dated for participants in the 2021 edition of the 6633 Arctic Ultra. Chuffed to winkles that competitors on other similar events follow this programme too - but stating the obvious, you will need to adjust the timings to fit in with your respective start date and to adjust the session around Christmas and New Year... Good Luck.