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TRAINING SCHEDULE

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Our STORY

Born in the Arctic. Raised to Explore the World.

In 2007, the legendary 6633 Arctic Ultra was born with the launch of the 6633 Classic 380, a race that pushed the limits of human endurance in one of the harshest environments on Earth. Over the years, this iconic race expanded with new challenges like the 6633 Yukon Ultra, solidifying its place as one of the world's toughest Arctic races.

Now, with the creation of 66 Adventure, we're on a mission to challenge, inspire, and empower adventurers to go beyond the limits of the ordinary. While our roots are in the frozen extremes of the Arctic, the future of 66 Adventure lies in diverse landscapes across the globe. From the icy extremes of the Arctic to the sun-soaked trails of Fiji and the untamed jungles of Belize, our races are designed to test your resilience, endurance and spirit of adventure.



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Arctic Ultra Training Plan Overview

Preparing for the Ultimate Test of Endurance

This comprehensive 8-month training schedule has been developed specifically for self-sufficient arctic ultra races, where competitors must carry or pull all their provisions including food, cooking equipment, clothing, sleeping kit, and safety gear across extreme terrain in harsh conditions. The program has been successfully used by hundreds of athletes over more than a decade, providing a proven pathway to the start line that is both physically demanding and methodically progressive.

Training Philosophy: Time on Feet, Not Speed

The foundation of this program rests on a simple but crucial principle: all training volumes are measured in hours on your feet, not miles covered or pace achieved. In arctic ultra racing, speed is secondary to endurance capacity and the ability to keep moving efficiently hour after hour. Hard, slow miles on challenging terrain will serve you far better than fast miles on smooth surfaces. This approach builds the specific muscular endurance, mental resilience, and movement patterns required for success in extreme conditions where every step counts toward survival and completion.

Progressive Structure and Injury Prevention

The schedule assumes you have a running background and intelligently transitions from primarily running-based training in the early months to predominantly tough walking as you approach race day. This evolution mirrors the demands of arctic ultra racing, where efficient walking becomes the primary mode of forward progress. The program emphasises low-impact, off-road training to minimise injury risk while maximising adaptation. Most rest days are strategically placed on Tuesdays, encouraging training on tired legs to develop the resilience needed for multi-day efforts in challenging conditions.

Equipment Mastery: Your Life Depends on It

Woven throughout the training schedule are dedicated KIT days - sessions focused entirely on equipment familiarity and systems testing. These are not optional extras but critical components often overlooked by athletes and later regretted when equipment failure leads to race withdrawal. During these sessions, you'll test every piece of gear, practice emergency procedures, refine your nutrition strategy, and develop the intimate knowledge of your equipment that can mean the difference between finishing and failure in extreme conditions.

Flexibility Within Structure

While the schedule provides a detailed framework, it is designed to be adapted to your specific circumstances, race date, and individual needs. Common sense should prevail when illness, injury, or family commitments interfere with training. The key is maintaining the progressive training load and hitting the crucial long sessions that teach you about your capabilities and limitations. The program can be customised for different race distances, start dates, and environmental conditions while preserving the core training principles that have proven successful across multiple arctic ultra events.



Mental Preparation Through Physical Challenge

The longest training sessions, particularly the back-to-back long days and the 24-hour continuous session, serve a dual purpose. Physically, they develop the specific endurance and movement efficiency required for ultra-distance racing. Mentally, they provide invaluable insights into your psychological responses to fatigue, discomfort, and the challenge of continuing when everything hurts. These sessions are where champions are forged and where you'll discover reserves of determination you didn't know existed.
Don't skimp on these crucial learning experiences.

Your Journey to the Start Line

Following this training plan will not guarantee race success, but it will dramatically improve your chances of arriving at the start line physically prepared, mentally resilient, and systematically organised for one of the most epic journeys you are ever likely to undertake. The arctic demands respect, thorough preparation, and unwavering determination. This program provides the roadmap - your commitment to following it will determine whether you're ready to answer the call of the Arctic Circle.



6633 Arctic Ultra Training Schedule

"I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." - Muhammad Ali

There is no substitute for training and there are no short cuts to race preparation. Spending time on your feet, in the dark, wet and cold of winter is good preparation, not only for your body but for your mind.

It is equally important to "know" your kit inside out, how it works, how it packs and where it is.

Universal Training Plan for Arctic Ultra Events

Overview

This training schedule is designed for the 6633 Arctic Ultra and similar self-sufficient arctic ultra races. The plan assumes a running background and transitions from primarily running to tough walking, preparing you for extreme conditions while pulling/carrying full kit.

Key Principles:

- All figures refer to hours on your feet (not miles)
- Speed is secondary - hard slow miles are better than easy fast miles
- Low impact/off-road training to prevent injury
- Focus on kit familiarity and systems testing

8-Month Training Schedule

Month 1 (Start of Training Block)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest	2	1	1	3	1	1
2	Rest	2	3	1	2	1	2
3	2	3	1	3	Rest	2	2
4	2	3	1	3	1	3	4

Month 2

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5	2	Rest	1	2	Rest	2	1
6	1	2	3	2	2	Rest	2
7	1	3	2	Rest	2	3	Rest
8	1	2	1	2	3	2	1

Month 3

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	1	2	2	1	2	2	6
10	1	2	3	4	1	2	6
11	2	Rest	3	2	Rest	1	3
12	2	2	2	Rest	2	2	2

Month 4

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
13	2	2	8	2	2	1	Rest
14	3	Rest	5	3	1	2	2
15	8	1	3	Rest	1	3	3
16	5	2	4	1	2	6	2

Month 5

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
17	1	4	Rest	3	2	3	4
18	2	2	2	4	Rest	2	2
19	2	1	1	3	2	4	10
20	3	2	Rest	2	4	8	3

Month 6

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
21	2	4	8	2	4	1	4
22	2	1	Rest	2	Rest	2	6
23	6	4	3	2	1	2	10
24	4	12	14	Rest	24*	1	2

Month 7

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
25	3	3	6	1	KIT	2	KIT
26	4	2	4	2	3	KIT	2
27	2	Rest	2	3	10	3	6
28	10	KIT	3	2	8	10	KIT

Month 8 (Final Preparation)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
29	8	6	12	Rest	10	5	3
30	KIT	4	Rest	2	2	4	6
31	2	4	8	1	KIT	3	2
32	4	2	6	1	2	1	Rest

Training Intensity Levels

Level 1: Easy Recovery

Very steady pace, predominantly (if not all) walking. Seek tough terrain such as boggy paths on hills and fire breaks in forests.

Level 2: Steady Mixed

Steady pace mixing walking and running. Never struggle. Typical terrain: hill paths, forest tracks, minor roads. Steadily run flats and downhills, walk the hills.

Level 3: Good Paced Run

Good paced run, but typically not a beating. Occasionally give it some effort if mood dictates, but don't make a habit of it. Injury prevention is prime.

Kit Days

Rest day dedicated to your systems and kit. Test all equipment, practice routines, check gear functionality. **THESE ARE CRITICAL** - often overlooked but regretted when DNFing due to kit failure.

Special Sessions

24*: 24-hour continuous sessions (Week 24)



Important Notes

Training Philosophy

- **Hours on feet matter more than speed** - build endurance capacity
- **Train on tired legs** - most rest days scheduled for Tuesday to allow Monday-Wednesday training blocks
- **Injury prevention is paramount** - adjust schedule if injured, return gradually
- **Big hour days teach you about yourself** - don't skip the long sessions
- **Off-road/low impact preferred** to prevent overuse injuries

Kit Training

- Practice with full race kit regularly during KIT days
- Test all systems: food, cooking, shelter, clothing layers
- Know your equipment inside and out
- Practice emergency procedures and gear repairs

Schedule Flexibility

- **Not cast in stone** - use common sense for illness/injury/family commitments
- Adjust timing based on your specific race date
- Consider local events as benchmark sessions (adjust training accordingly)
- Swap days if needed, but maintain the training load

Terrain Recommendations

- Boggy hill paths for tough walking practice
- Forest fire breaks for sled-pulling simulation
- Hill paths and forest tracks for mixed training
- Minor roads for consistent pacing work

Additional Training Options

- **Tire pulling**: Optional but not essential (real sled drag is minimal when moving)
- **Swimming**: Recommended for recovery days
- **Massage**: Encouraged on rest days

Success Factors

This schedule has been successfully used by many athletes over 12+ years. Following it will not guarantee success, but it should significantly improve your chances of being physically, mentally, and systematically well-prepared for the start line.

Remember: You are preparing for one of the most epic journeys you are ever likely to participate in. Train smart, stay healthy, and respect the Arctic.



Customisation Guide

For Different Race Dates:

- Count back 8 months from your race date
- Start Month 1 at that point
- Adjust holiday periods in your calendar
- Maintain the progressive training load

For Different Distances:

- **120-mile races**: Focus on weeks 1-28, moderate weeks 29-32
- **380-mile races**: Complete full 32-week program with emphasis on longest sessions
- **Multi-stage events**: Emphasise back-to-back long days

For Different Climates:

- **Extreme cold**: Add more indoor training options
- **High altitude**: Include altitude acclimatisation
- **Desert conditions**: Adjust hydration and heat training

Good luck with your preparation and race!



66 ADVENTURE

GET IN TOUCH

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