

THE KOKODA CHALLENGE



Kokoda Training Programs

48km – 10hr finish

Week	Long run/hike	Midweek run	Pace work.
1. 10 th February	90min /7km Aerobic hike effort. Trails with hills at expected race effort.	35min comfortable run on flat terrain	Warm up + 10x30sec fast, 60sec walk between each. + Cool down
2. 17 th February	2hrs/ 10km Aerobic effort. Trails with hills at expected race effort.	45min comfortable run. Undulating terrain.	Warm up + 6x1min Fast, 1min walk. + Cool down
3. 24 th February	60min Aerobic run, flat.	30min aerobic run, flat terrain.	Rest/Recovery
4. 2 nd March	2.5hrs /13km Aerobic effort. Trails with hills at expected race effort.	60min Comfortable run, trails or hilly road	Warm up + 10x90sec fast, 90sec walk. + Cool down
5. 9 th March	3hrs/15km Aerobic effort. Trails with hills at expected race effort.	60min Comfortable run, flat terrain	Warm up + 8x2min fast, 1min walk. + Cool down.
6. 16 th March	60min Aerobic run, flat terrain	30min Aerobic run flat terrain	Rest/Recovery
7. 23 rd March	4hrs/ 20kmAerobic effort. Trails with hills at expected race effort.	70min Comfortable run, hilly trails.	Warm up + 3x(90sec, 60sec,30sec) fast with 30sec walk between repetitions, 3min jog between sets. + Cool down.
8. 30 th March	4.5hrs/23km Aerobic effort. Trails with hills at expected race effort.	75min Comfortable run, flat terrain	Warm up + 4x3min fast 2min walk between each. + Cool down.
9. 6 th April	60min Aerobic Run, flat terrain	30min aerobic run, flat terrain	Rest/Recovery
10. 13 th April	5hrs/ 25km Aerobic effort. Trails with hills at expected race effort.	80min Comfortable run. Steep terrain.	Warm up + 3x5min fast (2min walk) + Cool Down.
11. 20 th April	5.5hrs/28km Aerobic effort. Trails with hills at expected race effort.	90min Comfortable run, undulating terrain	Warm up + 4x5min fast (2min walk between). + Cool Down.
12. 27 th April	60min Aerobic run, flat terrain	30min Aerobic run, flat terrain	Rest/Recovery

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13. 4 th May	6hrs/30km Aerobic effort. Trails with hills at expected race effort.	90min comfortable run, undulating trails.	Warm up + 12x 90sec very fast, 90sec walk between. + Cool Down.
14. 11 th May	60min aerobic run, flat terrain	30min aerobic run, flat terrain	Rest/Recovery
15. 18 th May	6.5hrs/33km Long hike. Practice team tactics and hike/run strategy on hills. Aerobic effort.	75min run hilly terrain. Comfortable pace.	Warm up + 5,4,3,2,1min fast, 2min walk between each. + cool down.
16. 25 th May	31 st May 2020 7hrs/35km Kokoda kids training day. Practice team tactics, nutrition/hydration plans as per race day	80min run hilly terrain.	Warm up + 4x6min moderate fast with 3min jog between. + Cool down.
17. 1 st June	60min aerobic run, flat terrain	30min aerobic run, flat terrain	Rest/Recovery
18. 8 th June	14 th June 2020 7.5hrs/38km Kokoda Kids session. Aerobic effort. Trails with hills at expected race effort on course.	20min aerobic run.	Warm up + 5x5min fast with 3min jog between each. + Cool down.
19. 15 th June	21 st June 2020 7.5hrs/38km Kokoda Kids session. Aerobic effort. On course, full race day rehearsal including equipment/nutrition/hydration and crew.	75min run steep terrain. Comfortable effort.	30min Aerobic run.
20. 22 nd June	60min aerobic run, flat terrain	30min aerobic run, flat terrain	Rest/Recovery
21. 29 th June	5 th July 2020 5hrs/25km Kokoda Kids Sessions. Aerobic effort. On course, full race day rehearsal. Last chance to try anything new.	60min run flat terrain. Comfortable effort.	Warm up + 8x90sec Fast, 90sec walk. + Cool down.
22. 6 th July	60min aerobic trail run. Final kit check	45min Aerobic flat run.	30min easy including 6x1min fast, 1min easy.
23. 13 th July	KOKODA RACE DAY	30min aerobic run.	Rest/Recovery

Explanatory notes:

Aerobic effort: Easy, conversational pace where you can talk in almost full sentences during the session. Perceived effort 6/10

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Comfortable effort: Slightly faster than aerobic, still able to speak but shorter sentences/broken sentences. Should finish these runs feeling like you worked but not completely exhausted. Perceived effort 7/10

Fast: Going as fast as you can for that repetition but remembering you need to maintain such pace for the entire number of repetitions. Perceived effort 9/10

Moderate Fast: Going at an effort that is uncomfortable, but you know you can maintain for the time given. Perceived effort 8/10

Pace work: Can be done as either speed work on flat terrain or hill reps on a long hill. Goal of each session is to set a pace for the first rep you know will make you work hard to maintain by the last. Consistency is key, work hard to avoid fading during the session.

Recovery weeks: Are programmed at regular intervals to allow the body to absorb training load applied to it. This is a good time to get extra sleep or a massage/physio appointment.

Warm up + Cool Down: 10-15min before and after the session at an easy effort using the mode you are undertaking for the session ie. If the repetitions are running, then the warm up should be an easy jog. If the reps are hiking them warm up is easy hiking.