

THE KOKODA CHALLENGE



Kokoda Training Programs

96km – Finish within cut off

Week	Long hike 1	Long Hike 2	Weighed hike.
1. 10 th February	2hrs hike on trails at expected race effort.	2hr hike aerobic effort any terrain.	90min hike with weighted bag. 5kg.
2. 17 th February	2.5hr hike Trails with hills at expected race effort.	2hr hike aerobic effort any terrain.	90min hike with weighted bag. 5kg
3. 24 th February	90min hike on trails aerobic effort.	60min hike aerobic flat.	Rest/Recovery
4. 2 nd March	3hrs hike on trails with hills at expected race effort.	2.5hr hike any terrain.	2hr hike weighted bag 5kg.
5. 9 th March	4hr hike on trails with hills at expected race effort.	3hr hike aerobic any terrain.	2hr hike weighted bag 5kg with some stairs.
6. 16 th March	90min hike on trails aerobic effort.	60min hike any terrain.	Rest/Recovery
7. 23 rd March	5hr hike on trails aerobic effort.	3hr hike aerobic any terrain.	75min hike weighted bag 5kg. Continuous stair/hill repetitions.
8. 30 th March	6hrs hike on trail aerobic effort.	3hr hike very steep terrain.	75min hike weighted bag 7kg, very steep terrain.
9. 6 th April	90min hike on trails aerobic effort.	60min hike any terrain.	Rest/Recovery
10. 13 th April	7hr hike on trail aerobic effort.	3.5hr hike aerobic any terrain.	90min hike weighted bag 7kg. Continuous hill or stair repetitions.
11. 20 th April	8hrs hike on trails aerobic effort.	4hr hike aerobic any terrain.	90min hike weighted bag 8kg, trails.
12. 27 th April	90min hike on trails aerobic effort.	60min hike any terrain.	Rest/Recovery
13. 4 th May	9hrs Hike on trails aerobic effort	4hr hike on steep terrain.	90min hike weighted bag 10kg. Steep trails.
14. 11 th May	90min hike on trails aerobic effort.	60min aerobic hike any terrain.	Rest/Recovery
15. 18 th May	24 th of May 10hrs Army Land training day. Practice team tactics, hydration/nutrition and crew roles. Aerobic effort.	4.5hr hike aerobic on trails.	90min hike weighted bag 10kg. Continuous hill or stair repetitions.

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16. 25 th May	31 st of May Kokoda Kids Training session. 90min hike on trails aerobic effort.	60min hike any terrain.	Rest/Recovery
17. 1 st June	7 th of June 10hrs Army Land training day. Practice team tactics, hydration/nutrition and crew roles. Aerobic effort.	5hr hike aerobic on trails.	2hr Hike weighted bag 10kg. Trails.
18. 8 th June	14 th of June Kokoda Kids Training session: 11hrs Aerobic effort. Trails with hills at expected race effort on course.	5hr hike on steep terrain.	60min hike weighted bag 10kg. Continuous hill reps done as 1 rep hard, 1 rep easy etc
19. 15 th June	21 st of June Kokoda Kids Training session: 90min hike on trails aerobic effort.	60min hike any terrain.	Rest/Recovery
20. 22 nd June	12hrs Aerobic effort. On course, full race day rehearsal including equipment/nutrition/hydration and crew.	6hrs hike, day after long session. Trails aerobic effort.	90min hike trails weighted bag 10kg.
21. 29 th June	5 th of July Kokoda Kids Training session: 8hrs Hike on trail aerobic effort. Full final rehearsal for race day.	3hr hike on steep terrain.	75min weighted bag hike 10kg. Done as 10min easy, 5min hard (repeat).
22. 6 th July	2hrhike on trails aerobic effort. Last chance try any new kit.	90min hike on trails. Aerobic	45min weighted bag hike 10kg steep terrain.
23. 13 th July	KOKODA RACE DAY	45min hike aerobic.	Rest/recovery

Explanatory notes:

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

Hard effort: Working at a solid effort able to speak but in broken sentences. Perceived effort 8/10

Long hike 1: Major session for the week, ideally done as a team and using what equipment and strategy's you plan to for the race during these sessions.

Long hike 2: Can be done slightly faster than long hike sessions. Can be done midweek or weekend. Occasions it is required to be done after long hike 1 (The next day) as per notes.

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Weighted hike: Forms the resistance section of training. Ideally use the bag you plan to carry on race day if possible. Weights are approximate and can be achieved by filling with water bladder/bottles, rocks or weights.

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.