

THE KOKODA CHALLENGE



Kokoda Training Programs

96km – 20hr finish

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

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12. 27 th April	90min Aerobic run, flat terrain	30min Aerobic run, flat terrain	Rest/Recovery
13. 4 th May	7.5hrs/38km 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	90min aerobic run, flat terrain	30min aerobic run, flat terrain	Rest/Recovery
15. 18 th May	24 th of May 8hrs/40km Army Land training day. Practice team tactics and hike/run strategy on hills. Aerobic effort.	2hrs Aerobic effort, steep terrain.	Warm up + 3x7min moderate fast, 3min jog between each. + cool down.
16. 25 th May	31 st of May Kokoda Kids Training session: 90min aerobic run, flat terrain	45min aerobic run, flat terrain	Rest/Recovery
17. 1 st June	7 th of June Kokoda Kids Training session: 9hrs/43km Army Land training day. Practice team tactics, nutrition/hydration plans as per race day	90min comfortable run, undulating terrain	Warm up + 4x7min moderate fast with 3min jog between. + Cool down.
18. 8 th June	14 th of June Kokoda Kids Training session: 9.5hrs/45km Aerobic effort. Trails with hills at expected race effort on course.	75min aerobic run, flat terrain	Warm up + 3x (3x3min fast, 1min walk) 5min jog between sets. + Cool Down.
19. 15 th June	90min aerobic run flat terrain	30min aerobic run flat terrain	Rest/Recovery
20. 22 nd June	10hrs/50km Aerobic effort. On course, full race day rehearsal including equipment/nutrition/hydration and crew.	2hrs aerobic run undulating terrain	75min run flat terrain.
21. 29 th June	5 th of July Kokoda Kids Training session: 8hrs/40km Aerobic effort. On course, full race day rehearsal. Last chance to try anything new.	90min comfortable run, steep terrain	Warm up + 10x90sec Fast, 90sec walk. + Cool down.
22. 6 th July	90min 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:

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

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 then warm up is easy hiking.