

THE KOKODA CHALLENGE

Kokoda Training Programs

96km – 25hr finish

Week	Long hike	Midweek Hike.	Running session.
1. 10 th February	2hrs/7km hike Trails with hills at expected race effort.	90min/5km hike at expected race effort.	30min comfortable run on flat terrain
2. 17 th February	2.5hrs/ 8km hike Trails with hills at expected race effort.	2hr/7km hike at expected race effort.	45 min comfortable run. Flat terrain
3. 24 th February	90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
4. 2 nd March	3hrs /10km hike on trails with hills at expected race effort.	2hr/ 7km hike slightly faster than usual. Trails with hills.	60min Comfortable run on trails
5. 9 th March	4hrs/13km hike on trails with hills at expected race effort.	2hr/7km hike with 1x 10min running section per hour.	60min comfortable run on flat.
6. 16 th March	90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
7. 23 rd March	5hrs/ 16km hike on trails aerobic effort.	2.5hr hike with 2x 10min running sections during.	60min comfortable run on hilly terrain.
8. 30 th March	5.5hrs/18km hike on trail aerobic effort.	2.5hr hike very steep terrain.	70min run comfortable on flat.
9. 6 th April	90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
10. 13 th April	6hrs/ 20km hike on trail aerobic effort.	3hr Hike on trails aerobic effort.	75min comfortable run on trails.
11. 20 th April	7hrs/23km hike on trail aerobic effort	3hr hike on trails with 1x 10min running section every hour	80min comfortable run on flat.
12. 27 th April	90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
13. 4 th May	8hrs/25km Hike on trails aerobic effort	3hr hike on trails, very steep terrain	90min comfortable run on flat.
14. 11 th May	90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
15. 18 th May	24 th of May 9hrs/28km Army Land training day. Practice team tactics and hike/run strategy on hills. Aerobic effort.	2hr hike on trails 1x15min running section every hour	90min comfortable run on trails.

THE KOKODA CHALLENGE



16. 25 th May	31 st of May Kokoda Kids Training session: 90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
17. 1 st June	7 th of June 10hrs/31km Army Land training day. Practice team tactics, nutrition/hydration plans as per race day	3.5hr hike steep terrain.	75min flat run comfortable.
18. 8 th June	14 th of June Kokoda Kids Training session: 10hrs/31km Aerobic effort. Trails with hills at expected race effort on course.	4hr hike (day after long session). Trails aerobic effort.	60min comfortable run with final 10min faster than usual.
19. 15 th June	21 st of June Kokoda Kids Training session: 90min/5km hike on trails aerobic effort.	30min aerobic run, flat terrain.	Rest/Recovery
20. 22 nd June	10hrs/31km Aerobic effort. On course, full race day rehearsal including equipment/nutrition/hydration and crew.	5hrs hike, day after long session. Trails aerobic effort.	90min aerobic run, flat terrain.
21. 29 th June	5 th of July Kokoda Kids Training session: 8hrs/25km Hike on trail aerobic effort. Full final rehearsal for race day.	2hr hike, with 1x 15min running section each hour.	60min run comfortable on hills.
22. 6 th July	2hr/7km hike on trails aerobic effort. Last chance try any new kit.	45min aerobic run, flat terrain.	20min aerobic run.
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

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

Long hike: 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. Hours V Km is a guide based of pace required for 30:00hr finish.

THE KOKODA CHALLENGE



Midweek hike: Can be done slightly faster than long hike sessions. Running sections should be done at comfortable pace.

Running session: Should be done as a continuous run taking note of terrain guidance and effort levels as per explanatory notes.

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.