

THE KOKODA CHALLENGE



Kokoda Training Programs

48km – 15hr finish

Week	Long run/hike	Long hike 2.	Weighted hike.
1. 10 th February	90min Aerobic hike effort. Trails with hills at expected race effort.	60min hike, hilly at comfortable effort.	45min weighted hike continuous hills, Pack 3kg.
2. 17 th February	2hrs Aerobic effort. Trails with hills at expected race effort.	90min hike, hilly at comfortable effort.	50min weighted hike continuous hills , Pack 3kg.
3. 24 th February	30min Aerobic run, flat.	20min aerobic run, flat terrain.	Rest/Recovery
4. 2 nd March	2.5hrs Aerobic effort. Trails with hills at expected race effort.	90min hike, hilly at comfortable effort.	60min weighted hike continuous hills, Pack 3kg.
5. 9 th March	3hrs Aerobic effort. Trails with hills at expected race effort.	100min hike, hilly at comfortable effort.	60min weighted hike continuous hills, Pack 5kg.
6. 16 th March	30min Aerobic run, flat terrain	20min Aerobic run flat terrain	Rest/Recovery
7. 23 rd March	4hrs Aerobic effort. Trails with hills at expected race effort.	2hrs hike, hilly at comfortable effort.	Hill reps: Warm up hike + 5x5min hard hike UP, easy hike down, Pack 5kg. +Cool Down hike.
8. 30 th March	4.5hrs Aerobic effort. Trails with hills at expected race effort.	2hrs hike, hilly at comfortable effort.	Warm up hike+ 5x5min hard up, easy down hike, pack 5kg. + Cool down.
9. 6 th April	30min Aerobic Run, flat terrain	20min aerobic run, flat terrain	Rest/Recovery
10. 13 th April	5hrs Aerobic effort. Trails with hills at expected race effort.	2hrs hike, hilly at comfortable effort.	Warm up + 7x3min hard up, easy down hike, pack 5kg+ Cool Down.
11. 20 th April	5.5hrs Aerobic effort. Trails with hills at expected race effort.	2hrs Hike, very steep terrain. Aerobic effort.	60min hike, continuous up/down hill. Comfortable effort pack 5kg.
12. 27 th April	30min Aerobic run, flat terrain	20min Aerobic run, flat terrain	Rest/Recovery

THE KOKODA CHALLENGE



13. 4 th May	6hrs Aerobic effort. Trails with hills at expected race effort.	2hrs hike moderate terrain, comfortable effort.	Warm up + 8x2min hard up, easy down hike pack 5kg+ Cool Down.
14. 11 th May	6hrs Aerobic effort. Trails with hills at expected race effort.	2hrs steep terrain, comfortable effort.	Warm up + 45min continuous stairs repetitions with 5kg pack. Cool Down.
15. 18 th May	30min aerobic run, flat terrain	20min aerobic run, flat terrain	Rest/Recovery
16. 25 th May	31 st May 2020 6.5hrs Kokoda kids training day. Practice team tactics and hike/run strategy on hills. Aerobic effort.	2hr hike very steep terrain aerobic effort.	75min continuous up/down hike pack 5kg comfortable effort.
17. 1 st June	30min aerobic run, flat terrain	20min aerobic run, flat terrain	Rest/Recovery
18. 8 th June	14 th June 2020 7hrs Kokoda Kids session. Aerobic effort. Trails with hills at expected race effort on course.	20min aerobic run.	Rest and recovery.
19. 15 th June	21 st June 2020 7.5hrs Kokoda Kids session. Aerobic effort. On course, full race day rehearsal including equipment/nutrition/hydration and crew.	90min hike very steep terrain with pack 5kg.	30min aerobic run. Flat.
20. 22 nd June	30min aerobic run, flat terrain	20min aerobic run, flat terrain	Rest/Recovery
21. 29 th June	5 th July 2020 5hrs Kokoda Kids session. Aerobic effort. On course, full race day rehearsal. Last chance to try anything new.	75min hike very steep terrain with pack 5kg.	Warm up + 5x5min hard up, easy down with pack weight 5kg+ Cool down.
22. 6 th July	90min hike with full kit as per race day final check.	35min Aerobic flat run.	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

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Hard effort: Going as fast as you can for the duration of the repetition without running.

Long run/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.

Long hike 2: Can be done slightly faster than long hike sessions. Running sections should be done at comfortable pace

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.