



Kokoda Training 12 week program

Aim: complete the kokoda track in 9 days carrying a daypack

This information has been put together in good faith based on feedback from previous participants of our Kokoda Track trip.

Intrepid recognises that different participants will have different fitness needs and abilities and as such provides this **program as a guide only**.

It is by no means the only exercise program that can be done, merely a suggestion of what we feel would be adequate to assist you in completing the trek successfully without hindering your enjoyment.



- ★ Firstly visit a doctor before you start training for a medical check and advice so that you may properly understand the health risks associated with undertaking an exercise program.
- ★ The program aims to vary routine and give the body adequate time to recover and build strength before the next session.
- ★ During this training you should try and get at least 1 deep friction massage per fortnight (weekly is ideal but expensive).
- ★ Always read your body if you feel tightness in your muscles always stop and stretch don't push through the tightness as it may lead to an injury.
- ★ STRETCHING after every session is paramount to stop injuries.
- ★ Water Water Water – drink plenty of water during and after exercise.
- ★ On all walks, carry the day pack you will use on Kokoda with everything you will be carrying on Kokoda – 4 litres of water is recommended amount.

Legend

CARDIOVASCULAR ENDURANCE EXERCISES	Cardio equipment at gymnasium, spin/cycle classes, running, group exercise sessions, circuit classes and bike riding etc.
INTERVAL TRAINING	A higher intensity training that requires you to put in a hard effort for a certain amount of time followed by a lower intensity effort. In this particular program the high and lower intensity efforts are continuous. It is based on the "fartlek" training program which is Swedish for speedplay.
MHR (MAXIMUM HEART RATE)	Your own maximum heart rate is calculated by the following formula: $220 - \text{age}$ (for example, the maximum heart rate for someone aged 40 would look like the: $220 - 40 = 180$). This formula is only an estimation.
FLEXIBILITY SHEET	You should complete the stretches from this sheet at least twice a week, other than when training. You may wish to do it while watching TV at night.

Week 1

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	45 mins cardiovascular endurance	70-80% MHR
Wednesday	3		
Thursday	4		
Friday	5		
Saturday	6	60 min walk	Medium
Sunday	7		

Week 2

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	45 mins cardiovascular endurance	70-80% MHR
Wednesday	3		
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5		
Saturday	6	60 min walk	Medium
Sunday	7		

Week 3

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins cardiovascular endurance	70-80% MHR
Wednesday	3		
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5		
Saturday	6	75-90 min walk	60-75% MHR
Sunday	7		

Week 4

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins cardiovascular endurance	70-80% MHR
Wednesday	3		
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5		
Saturday	6	2 hour walk	Med-High
Sunday	7		

Week 5

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 5 mins moderate / 5 mins fast continuously	70-80% MHR
Wednesday	3		
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5		
Saturday	6	4 hour walk	Med-High
Sunday	7		

Week 6

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 5 mins moderate / 5 mins fast continuously	75-90% MHR
Wednesday	3		
Thursday	4	60 mins cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	2.5 hour walk	60-75% MHR
Sunday	7		

Week 7

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 10 min cardio 40 min interval of 10 min moderate / 10 min fast 10 min cardio	75-90% MHR
Wednesday	3		
Thursday	4		
Friday	5		
Saturday	6	4 hour walk	Med-High
Sunday	7	2.5 hour walk	60-75% MHR

This is to see how your legs cope walking two days in a row

Week 8

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 10 min cardio 40 min interval of 10 min moderate / 10 min fast 10 min cardio	75-90% MHR
Wednesday	3		
Thursday	4	60 min cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	2-3 hour walk	65-80% MHR
Sunday	7		

Week 9

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 10 min cardio 40 min interval of 10 min moderate / 10 min fast 10 min cardio	75-90% MHR
Wednesday	3		
Thursday	4	60 min cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	2-3 hour walk	65-80% MHR
Sunday	7		

Week 10

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 10 min cardio 40 min interval of 10 min moderate / 10 min fast 10 min cardio	75-90% MHR
Wednesday	3		
Thursday	4	75 min cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	3 hour walk including ramps, steps, hills etc	70-80% MHR
Sunday	7		

Week 11

DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins interval training 10 min cardio 40 min interval of 10 min moderate / 10 min fast 10 min cardio	75-90% MHR
Wednesday	3		
Thursday	4	60 - 75 min cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	4 hour walk through undulation countryside	Med-Hard
Sunday	7		

Week 12

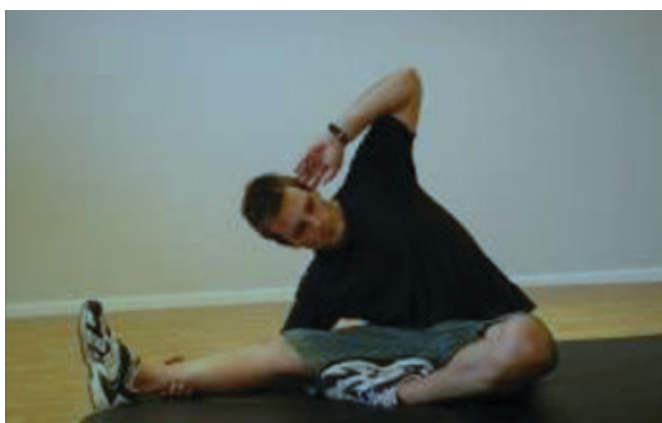
DAY	NO.	SESSION	INTENSITY
Monday	1		
Tuesday	2	60 mins cardiovascular endurance	70-85% MHR
Wednesday	3		
Thursday	4	45 min cardiovascular endurance	70-85% MHR
Friday	5		
Saturday	6	60 min walk	60-75% MHR
Sunday	7		

Please note:

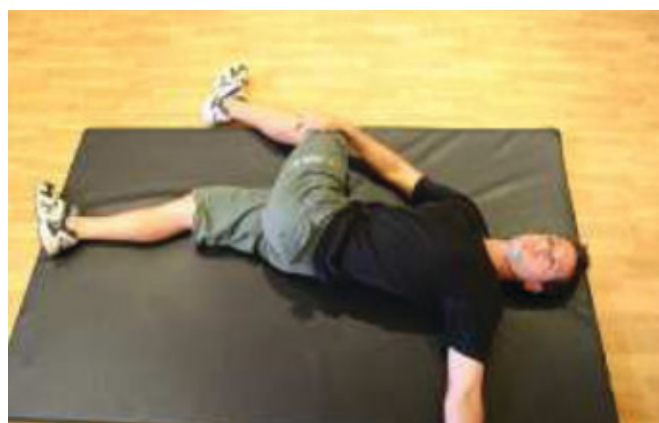
Week of departure to Papua New Guinea to commence track only do an easy week to remove soreness so a 30-60 min easy walk and 30-45 min cardio endurance at 65%

Flexibility program for the kokoda track

1. Q-l Stretch



2. Lower Back Stretch



3. Abductor Stretch



4. Adductor & Hamstring Stretch



5. Hip Flexor Stretch



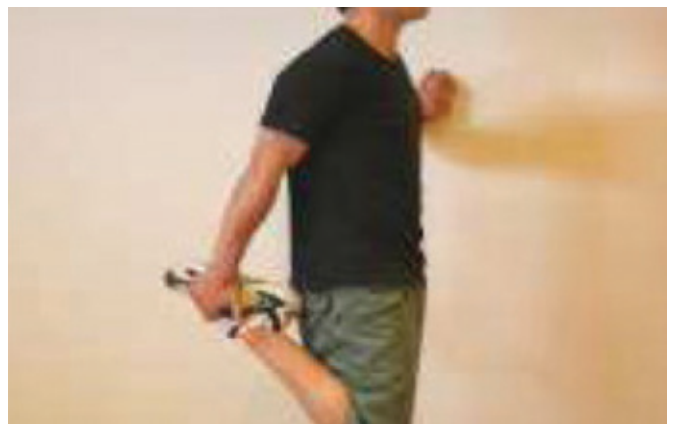
6. Hamstring Stretch



7. Achilles Stretch



8. Quadriceps Stretch



Please note:

- ★ Stretches should be at least 45-60 seconds in duration. Stretch no.4 should be held for 60- 90 secs.
- ★ While stretching concentrate on your breathing and give focus to relaxing your body as much as possible.
- ★ You should not be short of breath when stretching. Cease stretching if painful, and seek trainer's guidance.