

12 week training Program for Kokoda

All the information provided here has been put together as a general guide for your Kokoda preparation.

South Sea Horizons must stress that each individual is different and fitness levels are and capabilities may vary.

We suggest that the sessions below are the minimum you will need to prepare for the trek however we suggest that you

- First visit a doctor before you start training and undergo a medical check and seek advice so that you may properly understand the health risks associated with undertaking an exercise program.
- Visit a Physio Therapist and ask for a body screen, which will allow the Physio to prescribe either rehabilitation or prehabilitation exercises for you Kokoda Training
- Take 2 -3 personal training sessions with a qualified PT who will walk you through a program which should incorporate your prescribed exercises from your Physio Therapist.
- 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.
- 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.

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 Training Session

DAY	NO.	SESSION	INTENSITY
Monday	1	Range of Movement Leg Session with Personal Trainer	
Tuesday	2	45 mins cardiovascular endurance	70-80% MHR
Wednesday	3	Range of Movement Leg Session with Personal Trainer	
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5	Range of Movement Leg Session with Personal Trainer	
Saturday	6	80 min walk	Medium
Sunday	7	Rest	

Kokoda Training Week 2

DAY	NO.	SESSION	INTENSITY
Monday	1	Range of Movement Leg Session with Personal Trainer	
Tuesday	2	45 mins cardiovascular endurance	70-80% MHR
Wednesday	3	Range of Movement Leg Session with Personal Trainer	
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5	Range of Movement Leg Session with Personal Trainer	
Saturday	6	80 min walk	Medium
Sunday	7	Rest	

Kokoda Training Week 3

DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	
Tuesday	2	60 mins cardiovascular endurance	70-80% MHR
Wednesday	3	Strength leg Session with PT	
Thursday	4	45 mins cardiovascular endurance	70-80% MHR

Friday	5	Strength leg Session with PT	
Saturday	6	75-90 min walk	60-75% MHR
Sunday	7	Rest	

Kokoda Training Week 4			
DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	
Tuesday	2	60 mins cardiovascular endurance	70-80% MHR
Wednesday	3	Strength leg Session with PT	
Thursday	4	45 mins cardiovascular endurance	70-80% MHR
Friday	5	Strength leg Session with PT	
Saturday	6	2 hour walk	Med-High
Sunday	7	Rest	

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

Kokoda Training Week 6			
DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	

Tuesday	2	60 mins interval training 5 mins moderate / 5 mins fast continuously	75-90% MHR
Wednesday	3	Strength leg Session with PT	
Thursday	4	60 mins cardiovascular endurance	70-85% MHR
Friday	5	Strength leg Session with PT	
Saturday	6	2.5 hour walk	60-75% MHR
Sunday	7	Rest	

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

Kokoda Training Week 8			
This is to see how your legs cope walking two days in a row			
DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	
Tuesday	2	60 mins interval training	75-90% MHR
		10 min cardio	
		40 min interval of 10 min moderate / 10 min fast 10 min cardio	
Wednesday	3	Strength leg Session with PT	

Thursday	4	60 min cardiovascular endurance	70-85% MHR
Friday	5	Strength leg Session with PT	
Saturday	6	2-3 hour walk	65-80% MHR
Sunday	7	Rest	

Kokoda Training Week 9			
DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	
Tuesday	2	60 mins interval training	75-90% MHR
		10 min cardio	
		40 min interval of 10 min moderate / 10 min fast 10 min cardio	
Wednesday	3	Strength leg Session with PT	
Thursday	4	60 min cardiovascular endurance	70-85% MHR
Friday	5	Strength leg Session with PT	
Saturday	6	2-3 hour walk	65-80% MHR
Sunday	7	Rest	

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

Sunday	7	Rest	
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Kokoda Training Week 11			
DAY	NO.	SESSION	INTENSITY
Monday	1	Strength leg Session with PT	
Tuesday	2	60 mins interval training	75-90% MHR
		10 min cardio	
		40 min interval of 10 min moderate / 10 min fast 10 min cardio	
Wednesday	3	Strength leg Session with PT	
Thursday	4	60 - 75 min cardiovascular endurance	70-85% MHR
Friday	5	Strength leg Session with PT	
Saturday	6	4 hour walk through undulation countryside	Med-Hard
Sunday	7	Rest	

Kokoda Training 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	Rest	

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%