

# KOKODA SPIRIT EXERCISE SCHEDULE

## KOKODA TRAIL PNG – MONTH 1

Minimum 3 months preparation is required.

If you are fit then preparation time will be less. Pack weights are for those who will be carrying their own pack. All others should train with at least 8kg. This equates to your water needs, camera film, lunch and snacks etc that you will be carrying.

Intensity relates to heart rate and effort. Stair climbing can be substituted for hills.

Bike riding, swimming and running can also be substituted.

Month 1	Day	Activity	Course	Pack	Time	Push ups/ Sit ups	Intensity
	1	Walk	Flat	0kg	30mins	10/20	65%
	2	Walk	Flat	0kg	30mins	10/20	65%
	3	Walk	Flat	0kg	30mins	10/20	65%
	4	Walk	Flat	0kg	30mins	10/20	65%
	5	Walk	Flat	0kg	30mins	10/20	65%
	6	Walk	Flat	0kg	30mins	10/20	65%
	7	Walk	Flat	0kg	30mins	10/20	65%
	8	Walk	Flat	0kg	30mins	10/20	65%
	9	Walk	Flat	0kg	30mins	10/20	65%
	10	Rest					
	11	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	12	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	13	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	14	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	15	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	16	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	17	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	18	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	19	Walk	Flat/Hilly	3kg	45mins	15/25	75%
	20	Rest					
	21	Walk	Hilly	5kg	60mins	20/30	85%
	22	Walk	Hilly	5kg	60mins	20/30	85%
	23	Walk	Hilly	5kg	60mins	20/30	85%
	24	Walk	Hilly	5kg	60mins	20/30	85%
	25	Walk	Hilly	5kg	60mins	20/30	85%
	26	Walk	Hilly	5kg	60mins	20/30	85%
	27	Walk	Hilly	5kg	60mins	20/30	85%
	28	Walk	Hilly	5kg	60mins	20/30	85%
	29	Walk	Hilly	5kg	60mins	20/30	85%
	30	Rest					
	31	Walk	Hilly	5kg	60mins	20/30	85%