

# KOKODA SPIRIT EXERCISE SCHEDULE

## KOKODA TRAIL PNG – MONTH 3

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 3	Day	Activity	Course	Pack	Time	Push ups/Sit ups	Intensity
	1	Walk	Hilly	8kg	60mins	20/30	65%
	2	Walk	Hilly	8kg	60mins	20/30	65%
	3	Walk	Hilly	8kg	60mins	20/30	65%
	4	Walk	Hilly	8kg	60mins	20/30	65%
	5	Walk	Hilly	8kg	60mins	20/30	65%
	6	Walk	Hilly	8kg	60mins	20/30	65%
	7	Walk	Hilly	8kg	60mins	20/30	65%
	8	Walk	Hilly	8kg	60mins	20/30	65%
	9	Walk	Hilly	8kg	60mins	20/30	65%
	10	Rest					
	11	Walk	Hilly	13kg	90mins	25/35	75%
	12	Walk	Hilly	13kg	90mins	25/35	75%
	13	Walk	Hilly	13kg	90mins	25/25	75%
	14	Walk	Hilly	13kg	90mins	25/35	75%
	15	Walk	Hilly	13kg	90mins	25/35	75%
	16	Walk	Hilly	13kg	90mins	25/35	75%
	17	Walk	Hilly	13kg	90mins	25/35	75%
	18	Walk	Hilly	13kg	90mins	25/35	75%
	19	Walk	Hilly	13kg	90mins	25/35	75%
	20	Rest					
	21	Walk	Hilly	17kg	120mins	30/40	85%
	22	Walk	Hilly	17kg	120mins	30/40	85%
	23	Walk	Hilly	17kg	120mins	30/40	85%
	24	Walk	Hilly	17kg	120mins	30/40	85%
	25	Walk	Hilly	17kg	120mins	30/40	85%
	26	Walk	Hilly	17kg	120mins	30/40	85%
	27	Walk	Hilly	17kg	120mins	30/40	85%
	28	Walk	Hilly	17kg	120mins	30/40	85%
	29	Walk	Hilly	17kg	120mins	30/40	85%
	30	Rest					
	31	Walk	Hilly	17kg	60mins	30/40	85%