

21 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	March 2nd			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4			
Friday	Day 5			
Saturday	Day 6	60-minute Walk	Medium	The session will focus on aerobic endurance and leg strength
Sunday	Day 7			

Weekly Notes

20 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	March 9th			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4			
Friday	Day 5			
Saturday	March 14th	Mt. Dandenong – 1000 Steps, Ferntree Gully (2.5 – 3hrs)	Medium	The session will focus on aerobic endurance and leg strength
Sunday	Day 7			

Weekly Notes

19 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	March 16th			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4			
Friday	Day 5			
Saturday	Day 6	60minute walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

18 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	March 23rd			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	Day 6	60-minute walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

17 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	March 30th			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	April 4th	60-minute walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

16 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	April 6th			
Tuesday	Day 2	45mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	Day 6	60-minute walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

15 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	April 13th			
Tuesday	Day 2	60mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	April 18th	Mt. Dandenong – 1000 Steps, Ferntree Gully (3 – 3.5hrs)	60-75% MHR	The session will focus on aerobic endurance and leg strength
Sunday	Day 7			

Weekly Notes

14 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	April 20th			
Tuesday	Day 2	60mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	Day 6	60min walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

13 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	April 27th			
Tuesday	Day 2	60mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	Day 6	75-minute walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

12 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	May 4th			
Tuesday	Day 2	60mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	May 9th	Mt.Dandenong - Glasgow Track (4-hours)	Med - High	A tough climb that will give you an indication of how physically prepared you are. (3hrs x 3)
Sunday	Day 7			

Weekly Notes

11 Weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	May 11th			
Tuesday	Day 2	60mins cardiovascular endurance	70-80% MHR	
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-80% MHR	
Friday	Day 5			
Saturday	May 16th	75min walk **Weekend away group 1**	65-80% MHR	Include ramps, steps, hills etc.
Sunday	Day 7	**Weekend away group 1**		

Weekly Notes

10 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	May 18th			
Tuesday	Day 2	60mins cardiovascular endurance	70-85% MHR	
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	Day 6	90-minute walk	65-80% MHR	Include ramps, steps, hills etc.
Sunday	Day 7			

Weekly Notes

9 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	May 25th			
Tuesday	Day 2	60mins interval training 5mins moderate / 5mins fast continuously	75-90% MHR	Increase intensity with 1 fast min followed by 2mins recovery
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	May 30th	2 hour walk **Weekend away group 2**	65-80% MHR	Include ramps, steps, hills etc.
Sunday	Day 7	**Weekend away group 2**		

Weekly Notes

8 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	June 1st			
Tuesday	Day 2	60mins interval training 5mins moderate / 5min fast continuously	75-90% MHR	
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	June 6th	2.5 hour walk **Weekend away group 3**	60-75% MHR	
Sunday	Day 7	**Weekend away group 3**		

Weekly Notes

7 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	June 8th			
Tuesday	Day 2	60mins interval training -10mins cardio -40mins interval of 10min moderate / 10min fast -10mins cardio	75-90% MHR	Very strong workout, remember to stretch and cool-down properly.
Wednesday	Day 3			
Thursday	Day 4			
Friday	Day 5			
Saturday	June 13th	Mt.Dandenong - Glasgow Track (4-hours)	Med - High	A tough climb that will give you an indication of how physically prepared you are. (3hrs x 3)
Sunday	Day 7	Walk 2.5hrs	60-75% MHR	Session is to see how your legs cope with walking 2 days in a row.

Weekly Notes

6 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	June 15th			
Tuesday	Day 2	60mins interval training -10mins cardio -40mins interval -10mins cardio	75-90% MHR	
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	Day 6	2.5 - 3 hour walk	60-75% MHR	
Sunday	Day 7			

Weekly Notes

5 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	June 22nd			
Tuesday	Day 2	60mins interval training -10mins cardio -40mins interval -10mins cardio	75-90% MHR	
Wednesday	Day 3			
Thursday	Day 4	60mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	Day 6	2 - 3 hour walk	65-80% MHR	Include ramps, steps, hills etc.
Sunday	Day 7			

Weekly Notes

4 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	June 29th			
Tuesday	Day 2	60mins interval training -10mins cardio -40mins interval -10mins cardio	75-90% MHR	
Wednesday	Day 3			
Thursday	Day 4	75mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	Day 6	2 - 3 hour walk	65-80% MHR	Include ramps, steps, hills etc.
Sunday	Day 7			

Weekly Notes

3 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	July 6th			
Tuesday	Day 2	60mins interval training -10mins cardio -40mins interval -10mins cardio	75-90% MHR	
Wednesday	Day 3			
Thursday	Day 4	60-75mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	July 11th	Mt.Dandenong – Glasgow Track (4hrs)	Med-Hard	
Sunday	Day 7			

Weekly Notes

2 weeks to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	July 13th			
Tuesday	Day 2	60mins cardiovascular endurance	70-85% MHR	
Wednesday	Day 3			
Thursday	Day 4	45mins cardiovascular endurance	70-85% MHR	
Friday	Day 5			
Saturday	June 14th	60-minute walk	60-75% MHR	A shorter walk that will leave our legs fresh for the next week.
Sunday	Day 7			

Weekly Notes

1 week to go

		<i>Session</i>	<i>Intensity</i>	<i>Notes</i>
Monday	Day 1	30-45mins cardio endurance	65-75% MHR	
Tuesday	Day 2			
Wednesday	Day 3	30-60min walk	60-70%	Easy walk to get rid of any soreness.
Thursday	Day 4			
Friday	July 24th	Departure Day to PNG!!!	Who knows???	
Saturday	Day 6			
Sunday	Day 7			

Weekly Notes

LEGEND

Cardiovascular endurance exercises include:

Cardio equipment at gymnasium, spin/cycle classes, running, group exercise sessions, circuit classes, 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.

MHR (maximum heart rate)

Your own maximum heart rate is calculated by the formula below:

220 – age (example – the maximum heart rate of someone aged 40 would look like this: 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, just make the time.

Flexibility Program for the Kokoda Track



1. Q-L Stretch



5. Hip flexor stretch



2. Lower back stretch



6. Hamstring stretch



3. Abductor stretch



7. Achilles Stretch



4. Adductor & hamstring Stretch



8. Quadriceps stretch

- Stretches should be held for 45-60 secs 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 the trainer's guidance.

Kokoda Track Core-Stability Program



1. 90 Degree Abdominal Brace

1 x maximum hold



2. Fit-ball Alternate Leg & Arm Raises

8-12 x 5sec brace each side

Can be completed on the ball or on the floor



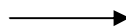
3. Fit-ball Stabiliser (plank)

1 x maximum hold



4. Oblique Stabiliser

1 x maximum hold each side



5. Supine alternate leg stabiliser

1 x 12-20 alternate changes

1. With every exercise activate your pelvic floor by drawing your belly button in towards your spine.
2. Complete each movement very slowly and squeeze your abdominals to get the most out of each exercise.
3. The routine should be completed 2-3 times a week.
4. Exercises are in general order of difficulty. Only complete exercise no.5 if you are at intermediate – advanced.

Photo
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1. Step-ups on bench (with or without weight)

2 x 20-30 reps each leg



2. Stationary or alternating lunges

2 x 20-30 reps



OR



3. Fitball / Barbell / Dumbbell Wall Squats

2 x 20-30 reps



4. Fitball hamstring curls

2 x 20-30 reps



5. Push-ups

2 x maximum reps



6. Dips on bench

2 x maximum reps

Special notes

1. Make sure you complete a warm-up prior to commencing this exercise routine.
2. Complete a cool-down involving stretches and mobility exercises.
3. Include knee stability exercises if required.