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## **Welcome**

Welcome to the official Oscars100 Hut2Hut Hikers Training Program. Hut2Hut is a highly demanding challenge but it is far from insurmountable. With some good preparation and conditioning it is definitely achievable.

## **Key Assumptions**

Before starting this program you should already have a moderate level of fitness and have been actively, consistently training at least 3 days per week for the last 8 weeks. Your training should already include some strenuous and physically demanding activity.

You should seek the advice of your GP and have been cleared to commence a strenuous exercise program. Please, if you have any concerns whatsoever about your health, see your doctor before beginning this program.

## **Perceived Effort and Zones**

This program is based on perceived effort zones. This isn't rocket science and there's no point overthinking it: the zones are called Easy, Moderate and Hard. In a perfect world you'd have a Heart Rate Monitor (HRM), a device that provides a live feed of your current Heart Rate measured in Beats Per Minute (BPM). HRMs enable you to maximise the benefits of training without overdoing it as too much is generally worse than too little. While using a HRM is the gold standard, I'm operating on the assumption most people won't rush out and buy one or are loathe to use the ones they already have. If you don't have a HRM just go by the cues associated with each zone and trust me, it sounds far more complicated than it is.

## **Recommendations**

Hut2Hut follows a very difficult route through the Victorian Alps. The terrain underfoot is loose, rocky and constantly changing. You will spend very little time on formed roads or fire trails and lots of time off them. Ensure you mix in training time on this sort of terrain. You will find this terrain as challenging mentally as it is physically and the focus required to maintain attention can be very draining.

If you can't get onto the course itself, find something similar. Around Melbourne you might head to the Dandenongs, Lerdergerg Gorge or Mount Macedon. Around Sydney your best bet would be some of the more challenging sections of the Blue Mountains, such as Lockley's Pylon or Mount Solitary. If you're looking for inspiration, jump onto Facebook or online forums and look for people hiking the Kokoda or Everest Basecamp. Often the hikes that people recommend as training for those adventures will make great training grounds for Hut2Hut participants.

Most importantly, please ensure you go prepared and weight safety and responsible action above all else. While the gear requirements of Hut2Hut are a great starting point, be mindful of the fact that when training alone or in a small group you will not have the safety net that an event provides. Tell someone where you're going, underestimate your abilities and have a backup plan.

Have fun and enjoy the journey!

Tegyn Angel, Director, PREY Defiant.

# Hut2Hut. Hikers Training Program

|               | MONDAY | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |  |      |
|---------------|--------|--|---|--|---|---|---|--|------|
| November 2017 | 1      |  | 1 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>25mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk | 2 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes   | 3 <u>Rest Day</u><br><br>Family time or active recovery.            | 4 Moderate / MEP<br>Hike with pack<br>1 hrs               | 5 Moderate / MEP<br>Long hilly hike with pack.<br>2-3 hrs | EASY   |      |
|               | 2      | 6 <u>Easy / MAP</u><br>Recovery walk.<br>45minutes   | 7 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes  | 8 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>25mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk  | 9 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes  | 10 <u>Rest Day</u><br><br>Family time or active recovery. | 11 Moderate / MEP<br>Hike with pack<br>2 hrs              | 12 Moderate / MEP<br>Long hilly hike with pack.<br>3-5 hrs | MOD. |
|               | 3      | 13 <u>Easy / MAP</u><br>Recovery walk.<br>45minutes  | 14 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes   | 15 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>40mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk | 16 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes | 17 <u>Rest Day</u><br><br>Family time or active recovery. | 18 Moderate / MEP<br>Hike with pack<br>3 hrs              | 19 Moderate / MEP<br>Long hilly hike with pack.<br>5-6 hrs | HARD |
|               | 4      | 20 <u>Easy / MAP</u><br>Recovery walk.<br>45 minutes | 21 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes   | 22 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>40mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk | 23 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes | 24 <u>Rest Day</u><br><br>Family time or active recovery. | 25 Moderate / MEP<br>Hike with pack<br>1 hrs              | 26 Moderate / MEP<br>Long hilly hike with pack.<br>3-4 hrs | EASY |
|               | 5      | 27 <u>Easy / MAP</u><br>Recovery walk.<br>60minutes  | 28 <u>Strength</u><br>Strength and Injury Prevention.<br>60 minutes   | 29 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>40mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk | 30 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes | 1 <u>Rest Day</u><br><br>Family time or active recovery.  | 2 Moderate / MEP<br>Hike with pack<br>2 hrs               | 3 Moderate / MEP<br>Long hilly hike with pack.<br>4-6 hrs  | MOD. |
|               | MONDAY | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |  |      |
| December 2017 | 6      | 4 <u>Easy / MAP</u><br>Recovery walk.<br>60minutes   | 5 <u>Strength</u><br>Strength and Injury Prevention.<br>60 minutes  | 6 <u>Easy/Hard MAP/PTP</u><br>10mins easy walk, then:<br>40mins x (5mins Hard Walk / 5 mins easy Walk)<br>10 mins easy walk  | 7 <u>Strength</u><br>Strength and Injury Prevention.<br>45 minutes  | 8 <u>Rest Day</u><br><br>Family time or active recovery.  | 9 Moderate / MEP<br>Hike with pack<br>3 hrs               | 10 Moderate / MEP<br>Long hilly hike with pack.<br>6-8 hrs | HARD |



|                  |  |   |  |  |  |  |   |      |
|------------------|--|---|--|--|--|--|---|------|
| February<br>2017 | 1 29 Easy / MAP<br>4 Recovery walk.<br>60minutes | 30 Strength<br>Strength and Injury<br>Prevention.<br>60 minutes | 31 Easy/Hard MAP/PTP<br>10mins easy walk, then:<br>40mins x (5mins Hard Walk / 5<br>mins easy Walk)<br>10 mins easy walk | 1 Strength<br>Strength and Injury<br>Prevention.<br>60 minutes | 2 Rest Day<br><br>Family time or<br>active recovery. | 3 Moderate / MEP<br>Hike with pack<br>2 hrs  | 4 Moderate / MEP<br>Long hilly hike with<br>pack.<br>4-6hrs | EASY |
|                  | 15 Easy / MAP.<br>5 Recovery walk.<br>60minutes  | 6 Strength<br>Strength and Injury<br>Prevention.<br>45 minutes  | 7 Easy/Hard MAP/PTP<br>20mins easy walk, then:<br>20mins x (5mins Hard Walk / 5<br>mins easy Walk)<br>20 mins easy walk  | 8 Strength<br>Strength and Injury<br>Prevention.<br>45 minutes | 9 Rest Day<br><br>Family time or<br>active recovery. | 10 Moderate / MEP<br>Hike with pack<br>1 hrs | 11 Moderate / MEP<br>Long hilly hike pack.<br>2 hrs.        | EASY |
|                  | 112 Easy / MAP.<br>6 Recovery walk.<br>30minutes | 13 Easy / MAP<br>30 min recovery or<br>active recovery.         | 14 Moderate / MEP<br>Moderate / Brisk Walk<br>30mins   | 15 Rest Day<br><br>Rest or active recovery.                    | HUT2HUT  |  |   |      |

## The Geeky Bit.

Below is for people who want more. It's by no means necessary to make the most of the program and is only for those who REALLY want to get down into the weeds and understand the program's foundation. If you've got any questions please don't hesitate to hit me up at [tegyn@preydefiant.com](mailto:tegyn@preydefiant.com)

### Zones

1. **Easy.** Aka Mostly Aerobic Pace (MAP)
2. **Moderate.** Aka Most Efficient Pace (MEP)
3. **Hard.** Push the Pace (PtP)

### MAP = Mostly Aerobic Pace.

**Cues:** Comfortable, relaxed, great for recovery after a Hard PTP session. You should enjoy this pace, not find it stressful. Your heart rate is raised above resting, but not uncomfortably, it's effortless and you feel like you could maintain this pace all day. This pace should not cause you to be short of breath or start to narrow your vision. You can comfortably maintain a heated conversation.

On a scale of 1-10, where 1 = sleeping and 10 = sprinting, Easy/MAP sessions should be 3-5.

Calculate your MAP lower limit by subtracting 20 from your MEP (See below) lower limit.

Example if I were a 40 year old Athlete:

MEP Lower Limit = 130  
MAP Lower Limit =  $130 - 20 = 110$ .  
MAP Zone = 110-130

### **MEP = Most Efficient Pace.**

**Cues:** In control, composed, not overextended or on the verge of it. You're working for it, but it's sustainable, a middle point between the relaxed Easy/MAP and all out Hard/PTP zones. It's not effortless but productive and focused, producing excellent results without overreaching or flooding the body with stress hormones. In this zone you're a fat-burning beast rather than sugar monster. This is probably where you should aim to spend 80% of your event.

On a scale of 1-10, where 1 = sleeping and 10 = sprinting, Moderate/MEP sessions should be 5-7.

Calculate your MEP upper limit by subtracting your age from 180. Calculate your MEP lower limit by subtracting 10 from your MEP Upper limit.

Example if I were a 40 year old Athlete:

MEP Upper Limit =  $180 - 40 = 140$ .  
MEP Lower Limit =  $140 - 10 = 130$ .  
MEP Zone = 130-140

### **PtP = Push the Pace**

**Cues:** High tempo, challenging, intense efforts but NOT the all-out, fight for your life, maximal efforts you might associate with Usain Bolt sprints. A little bit of HARD/PTP goes a long way and should be used sparingly. Your vision starts to narrow and flatten (the beginning of *tunnel vision*), it takes effort and focus to keep pushing. If you can talk at all it's in fits and bursts. You feel urgency, your breathing will be rapid and forced.

On a scale of 1-10, where 1 = sleeping and 10 = sprinting, Hard/SEP sessions should be 7-9.

Calculate your PTP upper limit by adding 20 to your MEP upper limit.

Example if I were a 40 year old Athlete:

MEP Upper Limit = 140  
PTP Upper Limit =  $140 + 20$   
PTP Zone = 140-160

Note: these zones are based on the plan outline in Stu Mittleman's book, *Slow Burn*, which in turn is based on Phill Maffetone's MAF Method. There are plenty of different systems out there but I've used this one here because they're clear and easy to use WITHOUT a HRM. However, as both Mittleman and Maffetone admit (not to mention anyone who's ever proposed a Heart Rate Based system) no Cookie Cutter system is bang on for everyone. But it IS a great starting point!

Charts and Numbers.

\*numbers in cells refer to time in hours.

|    | A          | B    | C        | D     | E    | F        | G     | H     | I        | J    | K    | L        | M    | N    | O    | P     | Q     | R |
|----|------------|------|----------|-------|------|----------|-------|-------|----------|------|------|----------|------|------|------|-------|-------|---|
| 1  |            | easy | moderate | hard  | easy | moderate | hard  | easy  | moderate | hard | easy | moderate | hard | hard | easy | taper | taper |   |
| 2  |            | 1    | 2        | 3     | 4    | 5        | 6     | 7     | 8        | 9    | 10   | 11       | 12   | 13   | 14   | 15    | 16    |   |
| 3  |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 4  | Monday     | 0.75 | 0.75     | 0.75  | 1    | 1        | 1     | 1     | 1        | 1    | 1    | 1        | 1    | 1    | 1    | 1     | 30    |   |
| 5  | Tuesday    | 0.75 | 0.75     | 0.75  | 1    | 1        | 1     | 1     | 1        | 1    | 1    | 1        | 1    | 1    | 1    | 0.5   | 30    |   |
| 6  | Wednesday  | 0.75 | 0.75     | 1     | 1    | 1        | 1     | 1     | 1        | 1    | 1    | 1        | 1    | 1    | 1    | 1     | 30    |   |
| 7  | Thurs      | 0.75 | 0.75     | 0.75  | 0.75 | 0.75     | 0.75  | 0.75  | 0.75     | 1    | 1    | 1        | 1    | 1    | 1    | 0.75  | 0     |   |
| 8  | Friday     | 0    | 0        | 0     | 0    | 0        | 0     | 0     | 0        | 0    | 0    | 0        | 0    | 0    | 0    | 0     |       |   |
| 9  | Saturday   | 1    | 2        | 3     | 1    | 2        | 3     | 2     | 3        | 4    | 2    | 3        | 4    | 4    | 2    | 1     |       |   |
| 10 | Sunday     | 2    | 3        | 5     | 3    | 4        | 6     | 3     | 5        | 7    | 4    | 6        | 8    | 8    | 4    | 2     |       |   |
| 11 | Sunday     | 3    | 5        | 6     | 4    | 6        | 8     | 5     | 7        | 9    | 6    | 8        | 10   | 10   | 6    | 2     |       |   |
| 12 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 13 | LOW TOTAL  | 6    | 8        | 11.25 | 7.75 | 9.75     | 12.75 | 8.75  | 11.75    | 15   | 10   | 13       | 16   | 16   | 10   | 6.25  |       |   |
| 14 | HIGH TOTAL | 7    | 10       | 12.25 | 8.75 | 11.75    | 14.75 | 10.75 | 13.75    | 17   | 12   | 15       | 18   | 18   | 12   | 6.25  |       |   |
| 15 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 16 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 17 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 18 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 19 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 20 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 21 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 22 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 23 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 24 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 25 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 26 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 27 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 28 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 29 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 30 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 31 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 32 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 33 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 34 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |
| 35 |            |      |          |       |      |          |       |       |          |      |      |          |      |      |      |       |       |   |

SATURDAY WALK DURATION

| Day | Duration |
|-----|----------|
| 1   | 1        |
| 2   | 3        |
| 3   | 1        |
| 4   | 3        |
| 5   | 2        |
| 6   | 4        |
| 7   | 2        |
| 8   | 4        |
| 9   | 2        |
| 10  | 4        |
| 11  | 4        |
| 12  | 2        |
| 13  | 4        |
| 14  | 2        |
| 15  | 1        |

SUNDAY LONG HIKE / DURATION

| Day | Series1 | Series2 |
|-----|---------|---------|
| 1   | 2       | 3       |
| 2   | 3       | 5       |
| 3   | 5       | 6       |
| 4   | 3       | 4       |
| 5   | 4       | 6       |
| 6   | 6       | 8       |
| 7   | 3       | 5       |
| 8   | 4       | 7       |
| 9   | 7       | 9       |
| 10  | 4       | 6       |
| 11  | 6       | 8       |
| 12  | 8       | 10      |
| 13  | 8       | 10      |
| 14  | 4       | 6       |
| 15  | 2       | 2       |

Total Duration

| Day | Series1 | Series2 |
|-----|---------|---------|
| 1   | 6       | 7       |
| 2   | 8       | 10      |
| 3   | 12      | 12      |
| 4   | 8       | 9       |
| 5   | 10      | 12      |
| 6   | 14      | 15      |
| 7   | 10      | 11      |
| 8   | 12      | 14      |
| 9   | 16      | 18      |
| 10  | 12      | 14      |
| 11  | 14      | 17      |
| 12  | 18      | 18      |
| 13  | 18      | 18      |
| 14  | 12      | 14      |
| 15  | 6       | 6       |