What strategies do you think Kurt used to overcome this incredibly difficult task?

I think he told himself that there wasn’t much longer to go and that if everyone else was carrying 20kgs on their back he could do it.

What was his overall goal?

He’s overall goal was to finish the Kokoda trail.

Did you observe him setting any smaller more immediate goals throughout the video?

Yes, he kept saying that there was only 5 more minutes.