



The Royal Military College - Duntroon
Army Officer Selection Board
Bridging Period Conditioning Program



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INTRODUCTION

Research has shown that less fit soldiers **are at a higher risk of both injury and failing to complete their initial training**. In fact, recent research suggests that over 80% of injuries in sport and during physical activity come from those in the lower 20% of fitness for their peer group.

To ensure that you meet the minimal level of fitness required to commence training at RMC an Initial Fitness Assessment (IFA) will be conducted for all trainees on arrival at RMC. The IFA requirements are:

Shuttle Run	Level 7.5 (Male) / Level 7.5 (Female)
Push Ups	15 Repetitions (Male) / 8 Repetitions (Female)
Sit Ups	45 Repetitions (Male) / 45 Repetitions (Female)

It is again reiterated that the IFA standards are the minimum standards required and that the fitter you are prior to the commencement of your training, the lower your chance of injury during training. As such, a specific conditioning program has been developed to assist you in optimising your physical fitness prior to commencing training at RMC.

This RMC Army Officer Selection Board (AOSB) Bridging Period Conditioning Program (BPCP) booklet provides you with the construct of a six week conditioning program. The program is divided into two cycles, each with a different focus. These cycles can be recycled to allow the program to continue for a period of up to 4 months.

ACCOMPANYING GUIDE

The RMC AOSB BPCP Guide ('Guide') has been provided to accompany this program in order to help guide you through the training process, minimize injuries and maximise performance.

Whilst it is recommended that the 'Guide' be reviewed prior to the commencement of the program, **it is imperative that Chapter 5 'INJURY PREVENTION AND MANAGEMENT' be read prior to the commencement of the BPCP.**

USE OF PERCENTAGE OF MAXIMUMS AND TIME TRIALS

For the Push up and Sit up programs, a 'percentages of maximum' approach has been used. This approach individualises the program to your ability. It is important that the sessions which require a best effort are not only completed, but are completed with good technique. Ensure you record your results in the space provided in the session guides.

A similar approach has been used for the run training in Cycle 2 where your run intervals are based on your best 2.4 km run times.

EXERCISE AND STRETCHING TECHNIQUE GUIDES

The exercise and stretching technique guides provide some key technique points for the exercises and stretches you are required to perform as part of your program.

CADET PHYSICAL CONDITIONING DIARY

The Cadet Physical Conditioning Diary consists of three main parts; the Assessment History, the Injury Management profile and the main Training Diary. You are to complete the top sections of the Assessment History and Injury Management profile immediately upon receipt of this booklet. The Training Diary is to be filled out immediately after each training session throughout the duration of the training. On completion of the program (see FAQ 4 below), you are to complete the bottom section of the Injury Management profile.

The conditioning diary is to be filled out in clear and legible handwriting as it will be collected by a PTI for auditing immediately following your IFA.

FAQs

1. I missed a session when do I catch it up?

If you miss a single session do **not** try and catch it up. This will overload your training volume. Miss the session and continue on with the next day in the program.

Eg.	Missed session	Cycle 1:	Week 3:	Tue
	Recommence	Cycle 1:	Week 3:	Wed

2. I missed a few sessions due to illness, where do I re-start my training from?

If you missed no more than 3 sessions, restart your program one week previous on the day you are returning.

Eg.	Missed	Cycle 1:	Week 3:	Tue – Thu
	Recommence	Cycle 1:	Week 2:	Fri

If you missed more than 3 sessions, restart your program the following Monday at the beginning of your cycle.

Eg.	Missed	Cycle 2:	Week 5 - 6:	Thu - Tue
	Recommence	Cycle 2:	Week 4:	Mon

3. I had an injury so had to stop training, where do I re-start from?

Firstly ensure that you have fully recovered from your injury (consult your family physician / physiotherapist). Then follow the guidelines above in FAQ 2.

4. When do I finish the program?

A week prior to entering RMC, you should finish the program on the Wednesday session and rest until your formal training at RMC commences.

CYCLE 1: NEUROMUSCULAR CONDITIONING FOCUS (WEEKS 1 – 3)



SESSION OVERVIEW

Monday	Push Up Trg	Maximum effort x 1 Set 2 Minutes rest. 50 % Maximum x 1 Set.		
	Circuit Squat One Arm Row(<i>per arm</i>) Curl/Press/Extend 4pt Extension	<u>Rotation (Week 1)</u> 1: 60 secs per ex 2: 45 secs per ex 3: 30 secs per ex	<u>Rotation (Week 2)</u> 1+ 2: 60 secs per ex 3: 45 secs per ex	<u>Rotation (Week 3)</u> 1+2: 60 secs per ex 3: 45 secs per ex 4: 35 secs per ex
	Sit Up Trg	Maximum effort x 1 Set at a speed of 1 repetition per 3 second		
Tuesday	Run Training	<u>Type:</u> Long Slow Distance		
		<u>Volume (Week 1)</u> 15 Minutes non stop	<u>Volume (Week 2)</u> 18 Minutes non stop	<u>Volume (Week 3)</u> 20 Minutes non stop
		<u>Intensity:</u> RPE 6 – 8		
Wednesday	Push Up Trg	75 % of your maximum x 1 Sets 50% of your maximum x 2 Sets 2 Minute Recovery between Sets		
	Circuit Squat One Arm Row(<i>per arm</i>) Curl/Press/Extend 4pt Extension	<u>Rotation (Week 1)</u> 1: 60 secs per ex 2: 45 secs per ex 3: 30 secs per ex	<u>Rotation (Week 2)</u> 1+ 2: 60 secs per ex 3: 45 secs per ex	<u>Rotation (Week 3)</u> 1+2: 60 secs per ex 3: 45 secs per ex 4: 35 secs per ex
	Sit Up Trg	75% of your maximum x 3 sets		
Thursday	Run Training	<u>Type:</u> Long Slow Distance		
		<u>Volume (Week 1)</u> 15 Minutes non stop	<u>Volume (Week 2)</u> 15 Minutes non stop	<u>Volume (Week 3)</u> 18 Minutes non stop
		<u>Intensity:</u> RPE 6 – 8		
Friday	Push Up Trg (Incline)	80% of Maximum (hands on bench or books min 15cm) x 3 sets 2 Minutes rest. 50 % Maximum x 1 Set.		
	Circuit Squat One Arm Row(<i>per arm</i>) Curl/Press/Extend 4pt Extension	<u>Rotation (Week 1)</u> 1: 60 secs per ex 2: 45 secs per ex 3: 30 secs per ex	<u>Rotation (Week 2)</u> 1+ 2: 60 secs per ex 3: 45 secs per ex	<u>Rotation (Week 3)</u> 1+2: 60 secs per ex 3: 45 secs per ex 4: 35 secs per ex
	Sit Up Trg	60% of Maximum x 4 Sets 30 Seconds rest between Sets		
Sat OR Sun	Walking Training	<u>Type:</u> Long Slow Distance		
		<u>Volume (Week 1)</u> 45 Minutes non stop	<u>Volume (Week 2)</u> 50 Minutes non stop	<u>Volume (Week 3)</u> 60 Minutes non stop
		<u>Intensity:</u> Speed of 9 - 10 min/km		

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Cycle 1: Week 1

Monday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 15	Push Up Training	<p>Set 1: Maximum Effort 2 Minutes recovery. Set 2: 50 % of Maximum</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not go all the way down to the required depth or do not complete the repetition fully – Do not count that repetition 	
			
15 – 30	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension <p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	<p>Rotations</p> <p>1: 60 secs per ex 2: 45 secs per ex 3: 30 secs per ex</p>
30 – 35	Sit Up Training	<p>Set 1: Maximum effort at a speed of 1 repetition per 3 seconds</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not come all the way up to the required height or do not complete the repetition in time – Do not count that repetition and if you cannot maintain the cadence stop the exercise 	
			
35 – 40	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 1

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–25	Run Training (Long Slow Distance)	Time	Intensity
		15 minutes	RPE ¹ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear² 	
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

¹ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

² Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 1

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 20	Push Up Training	<p>Set 1: 75 % of your maximum</p> <p>Set 2-3: 50% of your maximum</p> <p>2 Minute Recovery between Sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition. PERFECT practice makes perfect 	
20 – 35	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1: 60 secs per ex</p> <p>2: 45 secs per ex</p> <p>3: 30 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
35 – 50	Sit Up Training	<p>Set 1 – 3 : 75% of Maximum</p> <p>90 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
50 – 55	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 1

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–25	Run Training (Long Slow Distance)	Time	Intensity
		15 minutes	RPE ³ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear⁴ 	
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

³ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

⁴ Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 1

Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 25	Push Up Training	<p>Set 1-3: 80 % of your maximum*</p> <p>Set 4: 50% of your maximum</p> <p>90 seconds rest between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high 	
25 – 40	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1: 60 secs per ex</p> <p>2: 45 secs per ex</p> <p>3: 30 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
40 – 50	Sit Up Training	<p>Set 1 – 4 : 60% of Maximum</p> <p>30 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
35 – 40	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 1

Sat OR Sun

TIME LINE	PHASE OF TRG	GUIDE		
0–10	Warm up	<p>Start with a slow walk, gradually increasing pace to a fast paced walk over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with laps of walking at various speeds.</p>		
10–55	Walk Training (Long Slow Distance)	Time	Intensity	
		45 minutes	RPE ⁵ of 6-8	Speed: 9 – 10 min/km
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear 		
55-60	Cool down	<p>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>		

⁵ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

Cycle 1: Week 2

Monday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 20	Push Up Training	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 50px; height: 20px; margin-right: 10px;"></div> <div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: black; margin-right: 5px;"></div> <div>← Max reps</div> </div> </div> <p>Set 1: Maximum Effort 2 Minutes recovery.</p> <p>Set 2: 50 % of Maximum 2 Minutes recovery.</p> <p>Set 3: 30 % of Maximum</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not go all the way down to the required depth or do not complete the repetition fully – Do not count that repetition 	
20 – 35	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p> <p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side
35 – 45	Sit Up Training	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 50px; height: 20px; margin-right: 10px;"></div> <div style="display: flex; align-items: center;"> <div style="width: 10px; height: 10px; background-color: black; margin-right: 5px;"></div> <div>← Max reps</div> </div> </div> <p>Set 1: Maximum effort at a speed of 1 repetition per 3 seconds 2 Minutes recovery.</p> <p>Set 2: 50 % of Maximum</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not come all the way up to the required height or do not complete the repetition in time – Do not count that repetition and if you cannot maintain the cadence stop the exercise 	
45 – 50	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 2

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–28	Run Training (Long Slow Distance)	Time	Intensity
		18 minutes	RPE ⁶ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear⁷ 	
28-33	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

⁶ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

⁷ Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 2

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 20	Push Up Training	<p>Set 1: 75 % of your maximum</p> <p>Set 2-3: 50% of your maximum</p> <p>2 Minute Recovery between Sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition. PERFECT practice makes perfect 	
20 – 35	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
35 – 50	Sit Up Training	<p>Set 1 – 3 : 75% of Maximum</p> <p>90 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
50 – 55	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 2

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–25	Run Training (Long Slow Distance)	Time	Intensity
		15 minutes	RPE ⁸ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear⁹ 	
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

⁸ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

⁹ Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 2

Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 25	Push Up Training	<p>Set 1-3: 80 % of your maximum*</p> <p>Set 4: 50% of your maximum</p> <p>90 seconds rest between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high 	
25 – 40	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
40 – 50	Sit Up Training	<p>Set 1 – 4 : 60% of Maximum</p> <p>30 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
50 – 65	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 2

Sat OR Sun

TIME LINE	PHASE OF TRG	GUIDE		
0–10	Warm up	<p>Start with a slow walk, gradually increasing pace to a fast paced walk over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with laps of walking at various speeds.</p>		
10–60	Walk Training (Long Slow Distance)	Time	Intensity	
		50 minutes	RPE ¹⁰ of 6-8	Speed: 9 – 10 min/km
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear 		
60–65	Cool down	<p>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>		

¹⁰ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

Cycle 1: Week 3

Monday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 20	Push Up Training	<p>Set 1: Maximum Effort 2 Minutes recovery.</p> <p>Set 2: 50 % of Maximum 2 Minutes recovery.</p> <p>Set 3: 30 % of Maximum</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not go all the way down to the required depth or do not complete the repetition fully – Do not count that repetition 	
20 – 40	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension <p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	<p>Rotations</p> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p> <p>4: 30 secs per ex</p>
40 – 50	Sit Up Training	<p>Set 1: Maximum effort at a speed of 1 repetition per 3 seconds 2 Minutes recovery.</p> <p>Set 2: 50 % of Maximum</p> <p>Main Points:</p> <ul style="list-style-type: none"> Correct exercise technique is vital for your maximum efforts. If you do not come all the way up to the required height or do not complete the repetition in time – Do not count that repetition and if you cannot maintain the cadence stop the exercise 	
50 – 55	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 3

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–30	Run Training (Long Slow Distance)	Time	Intensity
		20 minutes	RPE ¹¹ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear¹² 	
30–35	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

¹¹ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

¹² Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 3

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 20	Push Up Training	<p>Set 1: 75 % of your maximum Set 2-3: 50% of your maximum 2 Minute Recovery between Sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition. PERFECT practice makes perfect 	
20 – 40	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1+2: 60 secs per ex 3: 45 secs per ex 4: 30 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
40 – 55	Sit Up Training	<p>Set 1 – 3 : 75% of Maximum 90 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
55 – 60	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 3

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–28	Run Training (Long Slow Distance)	Time	Intensity
		18 minutes	RPE ¹³ of 6-8
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear¹⁴ 	
28-33	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

¹³ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

¹⁴ Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 1: Week 3

Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 25	Push Up Training	<p>Set 1-3: 80 % of your maximum*</p> <p>Set 4: 50% of your maximum</p> <p>90 seconds rest between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high 	
25 – 45	Circuit Trg	<p>Exercises</p> <ul style="list-style-type: none"> Squat One Arm Row Curl/Press/Extend 4pt Extension 	<p>Rotations</p> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p> <p>4: 30 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> The aim is to keep moving for the time duration at a slow continuous pace Aim for the circuit to be continuous with no rest between exercises or rotations Slow and controlled movement for all exercises For the single sided exercises (One arm row) time is per side 	
45 – 55	Sit Up Training	<p>Set 1 – 4 : 60% of Maximum</p> <p>30 seconds recovery between sets</p>	
		<p>Main Points:</p> <ul style="list-style-type: none"> Ensure full range of motion for every repetition and every repetition in time with the cadence (1 rep every 3 seconds). PERFECT practice makes perfect 	
55 – 60	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 1: Week 3

Sat OR Sun

TIME LINE	PHASE OF TRG	GUIDE		
0–10	Warm up	<p>Start with a slow walk, gradually increasing pace to a fast paced walk over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with laps of walking at various speeds.</p>		
10–70	Walk Training (Long Slow Distance)	Time	Intensity	
		60 minutes	RPE ¹⁵ of 6-8	Speed: 9 – 10 min/km
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear 		
70-75	Cool down	<p>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>		

¹⁵ RPE is explained on page 4-5 'The RMC AOSB BPCP Guide'.

CYCLE 2: METABOLIC CONDITIONING FOCUS (WEEKS 4 – 6)

SESSION OVERVIEW

Monday	Run Training	2.4km run as fast as possible		
Tuesday	Circuit Lunge Push Up One Arm Row(<i>per arm</i>) Curl/Press/Extend 4pt Extension Sit up	<u>Rotation (Week 4)</u> 1+2: 60 secs per ex 3: 45 secs per ex	<u>Rotation (Week 5)</u> 1+ 2: 60 secs per ex 3+4: 45 secs per ex	<u>Rotation (Week 6)</u> 1: 90 secs per ex 2: 60 secs per ex 3: 45 secs per ex
Wednesday	Run Training	<u>Type:</u> Fartlek		
		<u>Volume (Week 4)</u> 16 Minutes non stop	<u>Volume (Week 5)</u> 20 Minutes non stop	<u>Volume (Week 6)</u> 20 Minutes non stop
		<u>Intensity (Week 4)</u> 3 minutes easy pace 1 minute fast pace x 4	<u>Intensity (Week 5)</u> 3 minutes easy pace 1 minute medium pace 1 minute fast pace x 4	<u>Intensity (Week 6)</u> 3 minutes easy pace 1 minute fast pace x 5
Thursday	Circuit Lunge Squat Step up or Skip Push Up One Arm Row Curl/Press/Extend Shadow boxing (punch arms to the front) 4pt Extension Sit up	<u>Rotation (Week 4)</u> 1+2: 60 secs per ex 3: 45 secs per ex	<u>Rotation (Week 5)</u> 1-3: 60 secs per ex	<u>Rotation (Week 6)</u> 1-5: 45 secs per ex
Friday	Run Training	<u>Type:</u> Interval		
		<u>Volume (Week 4)</u> 400m x 6	<u>Volume (Week 5)</u> 800m x 2 400m x 2	<u>Volume (Week 6)</u> 800m x 4
		<u>Intensity</u> 400m pace = (2.4km time in secs/6) – 10 secs 800m pace = (2.4km time in secs/3) – 15 secs		

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Cycle 2: Week 4

Monday

TIME LINE	PHASE OF TRG	GUIDE
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>
10– 25?	Run Training (Time Trial) <div style="display: flex; align-items: center; margin-top: 20px;"> <div style="border: 1px solid black; width: 50px; height: 20px; margin-right: 10px;"></div> ←Run Time </div>	<p>2.4 km as fast as possible</p> <p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear¹⁶
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>

¹⁶ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 4

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 35	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
35 – 40	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 4

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–26	Run Training (Fartlek)	Time	Intensity
		16 minutes	3 minutes easy pace (RPE 6 – 7) 1 minute fast pace (RPE 8 – 9) x 4
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear¹⁷ 	
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

¹⁷ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 4

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 40	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Squat ▪ Step up or Skip ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ Shadow boxing (punch arms to the front) ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> <p>1+2: 60 secs per ex</p> <p>3: 45 secs per ex</p>
		<u>Main Points:</u> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
40 – 45	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 4

Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate to fast paced running.</p>	
10–45	Run Training (Intervals)	Volume	Intensity
		400m x 6	400m pace = (2.4km time from Monday in secs/6) – 10 secs
		Rest: twice as long as the 400m interval time	
45–50	Cool down	<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear¹⁸ 	
		<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

¹⁸ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 5

Monday

TIME LINE	PHASE OF TRG	GUIDE
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>
10– 25?	Run Training (Time Trial) <div style="display: flex; align-items: center; margin-top: 20px;"> <div style="border: 1px solid black; width: 50px; height: 20px; margin-right: 10px;"></div> ←Run Time </div>	<p>2.4 km as fast as possible</p> <p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear¹⁹
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>

¹⁹ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 5

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 40	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> <p>1+2: 60 secs per ex</p> <p>3+4: 45 secs per ex</p>
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
40 – 45	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 5

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–30	Run Training (Fartlek)	Time	Intensity
		20 minutes	3 minutes easy pace (RPE 6 – 7) 1 minute medium pace (RPE 7 – 8) 1 minute hard pace (RPE 8 – 9) x 4
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear²⁰ 	
30–35	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

²⁰ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 5

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 44	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Squat ▪ Step up or Skip ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ Shadow boxing (punch arms to the front) ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> 1- 3: 60 secs per ex
		<u>Main Points:</u> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
45 – 50	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 5

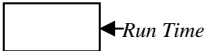
Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs. For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate to fast paced running.	
10–50	Run Training (Intervals)	Volume	Intensity
		800m x 2	800m pace = (2.4km time in secs/3) – 15 secs
		400m x 2	Rest: Same length as 800m interval time 400m pace = (2.4km time from Monday in secs/6) – 10 secs Rest: twice as long as the 400m interval time
		Main Points: <ul style="list-style-type: none">▪ The aim is for a continuous low intensity run.▪ Ensure you are wearing appropriate footwear²¹	
50–55	Cool down	Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.	

²¹ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 6

Monday

TIME LINE	PHASE OF TRG	GUIDE
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>
10– 25?	Run Training (Time Trial) <div style="text-align: center; margin-top: 20px;">  </div>	<p>2.4 km as fast as possible</p> <p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear²²
25-30	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>

²² Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 6

Tuesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 40	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> <p>1: 90 secs per ex</p> <p>2: 60 secs per ex</p> <p>3: 45 secs per ex</p>
		<u>Main Points:</u> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
40 – 45	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 6

Wednesday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p>	
10–30	Run Training (Fartlek)	Time	Intensity
		20 minutes	3 minutes easy pace (RPE 6 – 7)
			1 minute fast pace (RPE 8 – 9) x 5
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear²³ 	
30–35	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

²³ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

Cycle 2: Week 6

Thursday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs and mini squats, step ups etc to warm up the lower limbs.</p> <p>Include push ups, circuit exercises and sit ups as part of the warm up, completing several repetitions of each exercise in a slow controlled format.</p>	
10 – 55	Circuit Trg	<u>Exercises</u> <ul style="list-style-type: none"> ▪ Lunge ▪ Squat ▪ Step up or Skip ▪ Push Up ▪ One Arm Row ▪ Curl/Press/Extend ▪ Shadow boxing (punch arms to the front) ▪ 4pt Extension ▪ Sit up 	<u>Rotations</u> 1- 5: 45 secs per ex
		<u>Main Points:</u> <ul style="list-style-type: none"> ▪ The aim is to keep moving for the time duration at a slow continuous pace ▪ Aim for the circuit to be continuous with no rest between exercises or rotations ▪ Slow and controlled movement for all exercises ▪ For the single sided exercises (Lunge / One arm row) time is per side 	
55 – 60	Cool down	<p>Once finished the last station, stand and walk around at a relaxed pace for 2 – 3 minutes. Move the upper and lower body joints through some light range of movement (eg mini squat and shoulder press movements).</p> <p>Progress to stretches for both the lower and upper body.</p>	

Cycle 2: Week 6

Friday

TIME LINE	PHASE OF TRG	GUIDE	
0–10	Warm up	<p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate to fast paced running.</p>	
10–50	Run Training (Intervals)	Volume 800m x 4	Intensity 800m pace = (2.4km time in secs/3) – 15 secs Rest: Same length as 800m interval time
		<p>Main Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous low intensity run. ▪ Ensure you are wearing appropriate footwear²⁴ 	
50–55	Cool down	<p>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p>	

²⁴ Footwear is discussed in ‘The RMC AOSB BPCP Guide’

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EXERCISE TECHNIQUES GUIDE

TREADMILL TECHNIQUES

CORRECT TECHNIQUE

1. A natural stride and pace should be used, head in a neutral position looking forward, shoulders above hips above heels, feet striking in the natural pattern with the centre of gravity across the centre of the tread belt, arms swinging through easily.
2. If you feel support is required hands can be placed at the sides resting on the guide rails.

MOUNTING A MOVING BELT

1. Stand astride the belt, hands on the rails.
2. Support the body weight via the rails and move one leg over the belt.
3. Place the foot lightly onto the belt and let the belt pull the leg backwards, repeat several times (like riding a skate board or scooter).

Once comfortable with the belt pace, step onto the belt with the 'scooter' limb and in a natural stride bring the second leg onto the belt.

TECHNIQUE CORRECTION

There are several dominant technique flaws commonly found with those who walk/run on a treadmill.

8 Too Fast / Too High.

'Hanging on' causes one of these technique flaws. This is caused when the machine pace is either too fast or the elevation is too high. Hanging onto the forward support bar or control panel can cause strain across the shoulder capsules, which jar with every stride impact. Foot strike can end up behind the hip placing the body into a forward lean position. This causes strain across the ankles, knees and lower back.

Alternately leaning backwards with the feet underneath the hands can also cause problems by placing greater strain across the shoulder girdle and upper back.

Solution: Decrease pace or incline.

8 Too Slow.

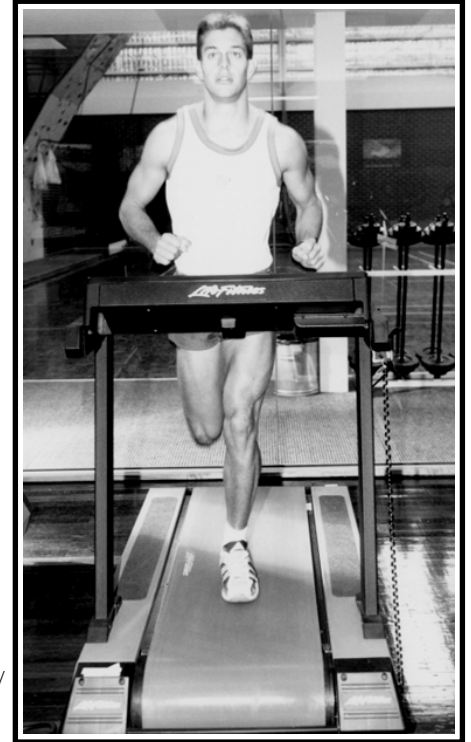
A belt that is too slow may also cause a forward body lean as you attempt to push the belt backwards by extending the lower limb past the hips.

Solution: Increase pace or incline slowly.

8 Posture.

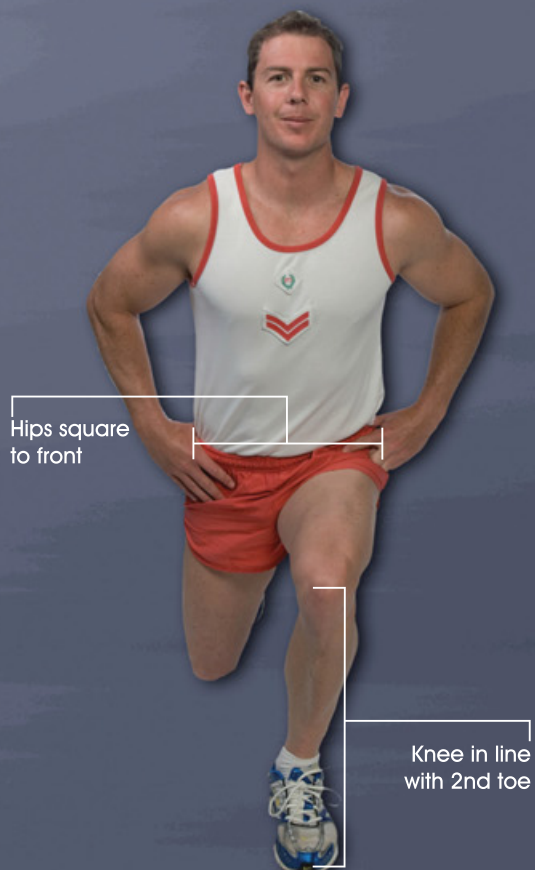
Another technique flaw is to 'rest' across the control panel. This also places the body into the forward lean position and, due to the increased forward flexion and foot strike impact, can cause lower back problems.

Solution: Walk / Run with the head, chest and shoulders up following your natural stride pattern.



NOTE: Ensure you are familiar with all the machines features before you commence use.

THE LUNGE



THE SQUAT

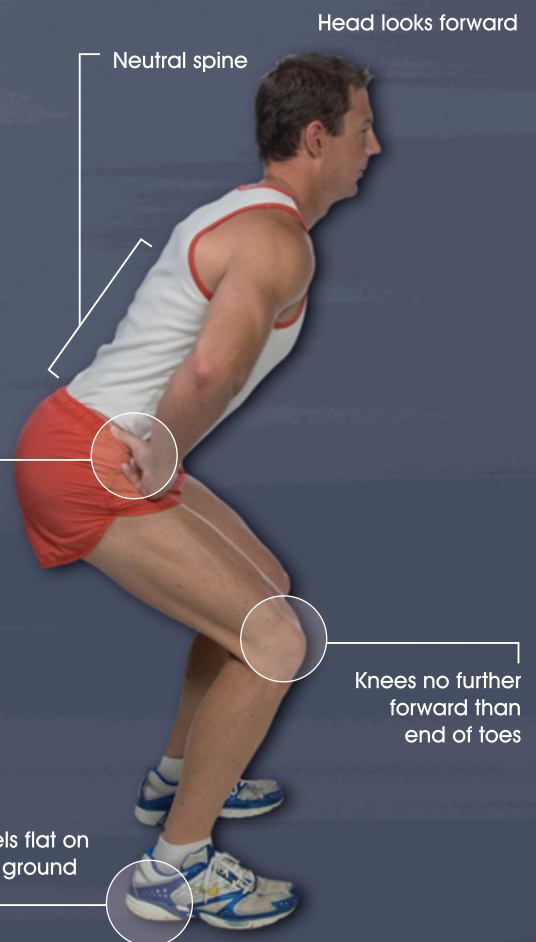


Feet from hip to
shoulder width apart



Knees in line
with 2nd toe

Feet facing forward or slightly out
(no more than 30°)



Head looks forward

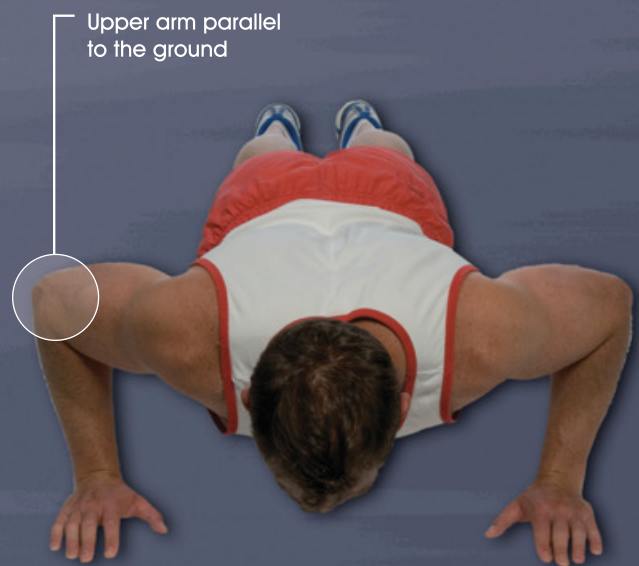
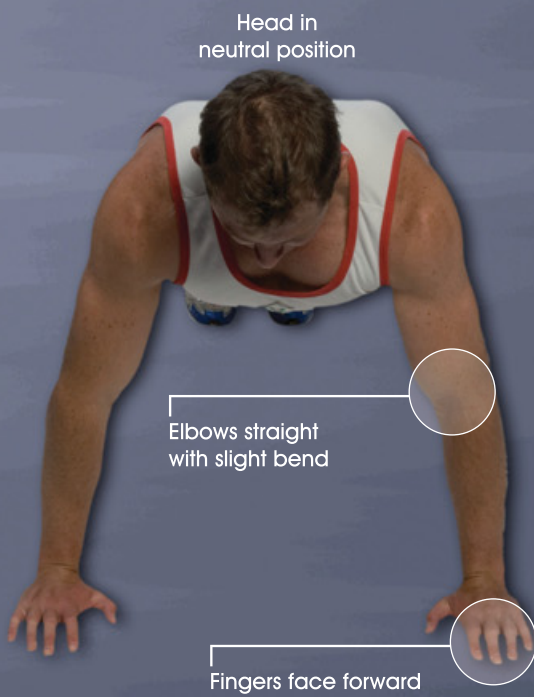
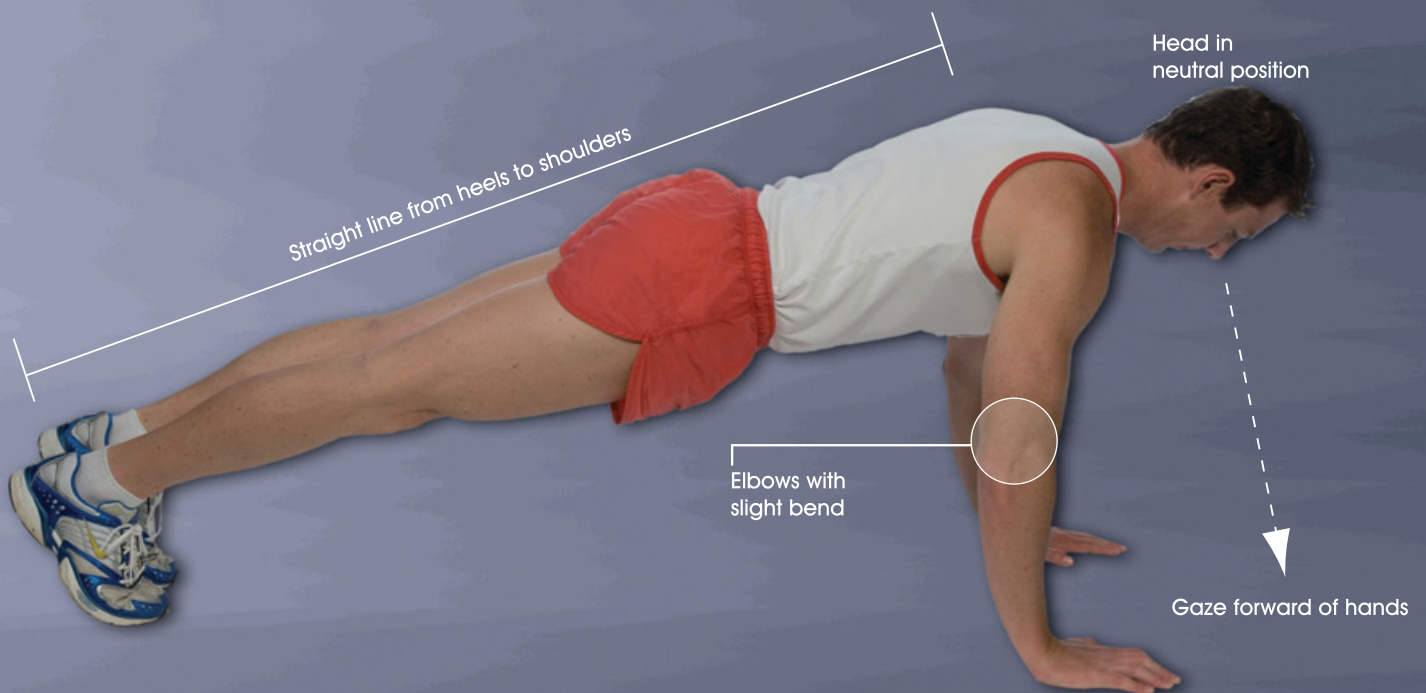
Neutral spine

Sit back
from hips

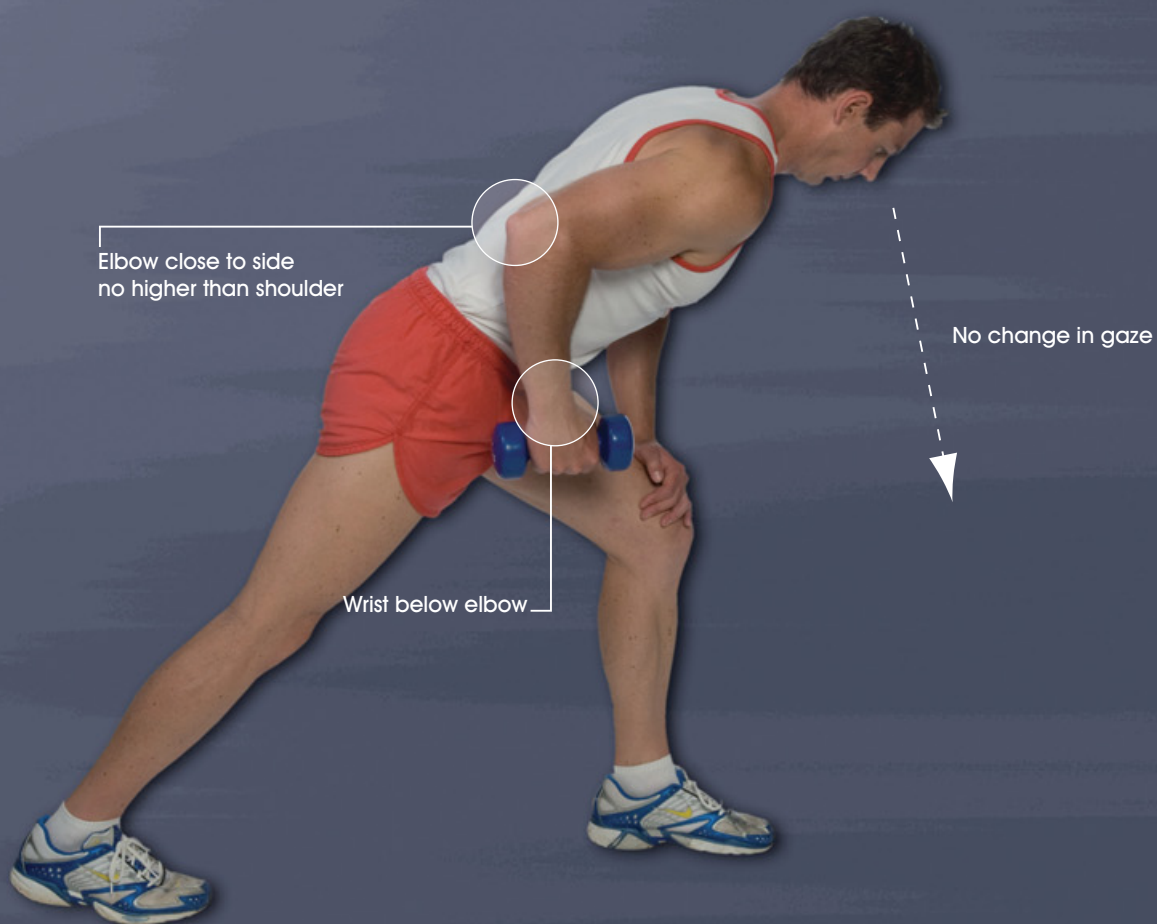
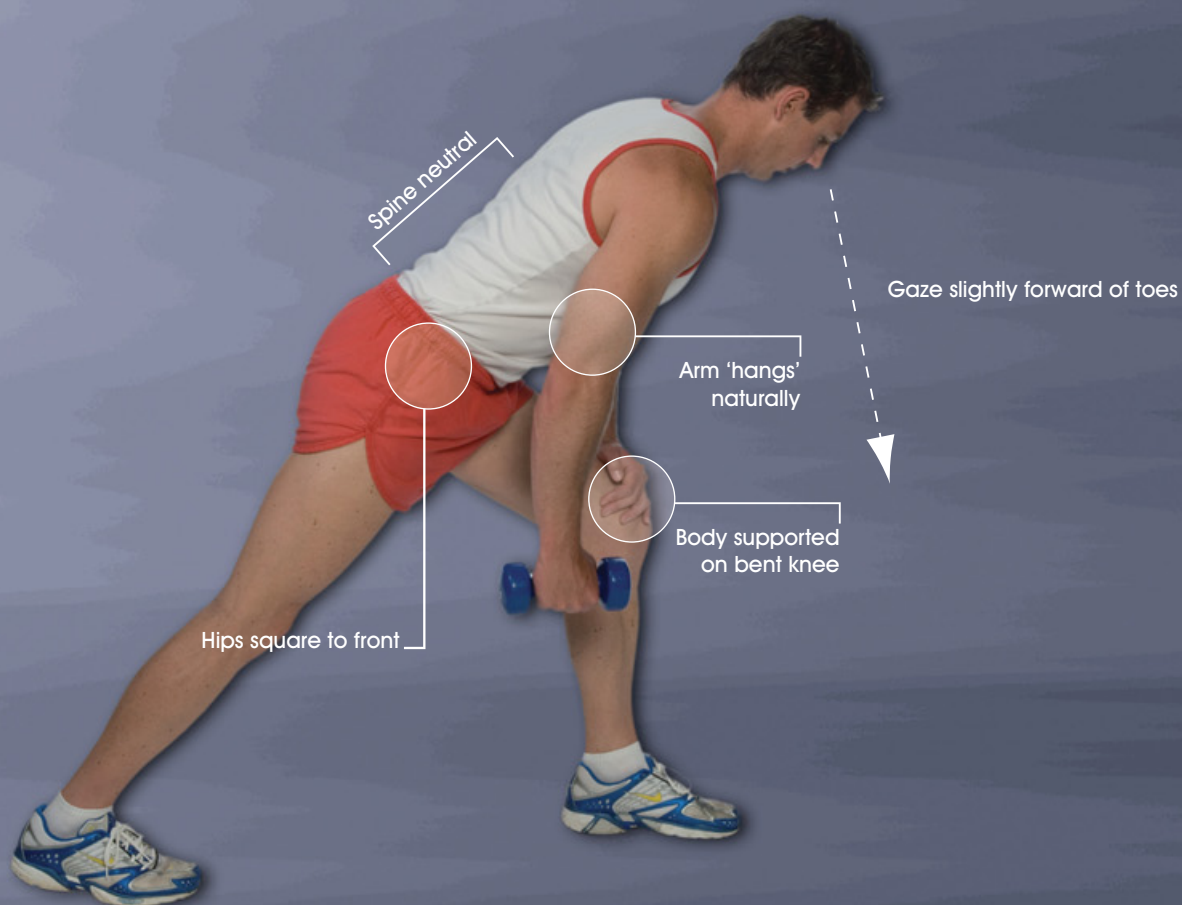
Knees no further
forward than
end of toes

Heels flat on
the ground

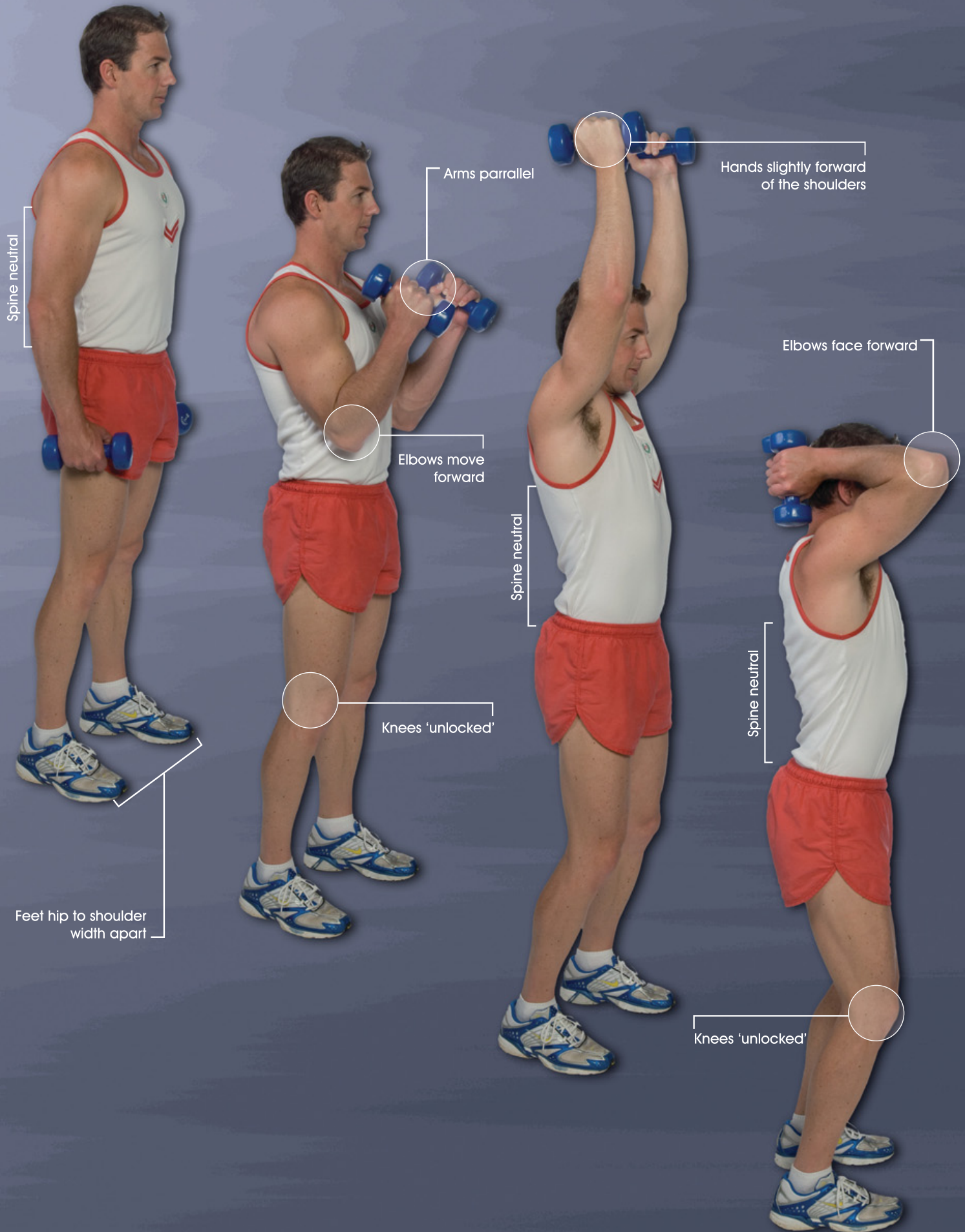
THE PUSH UP



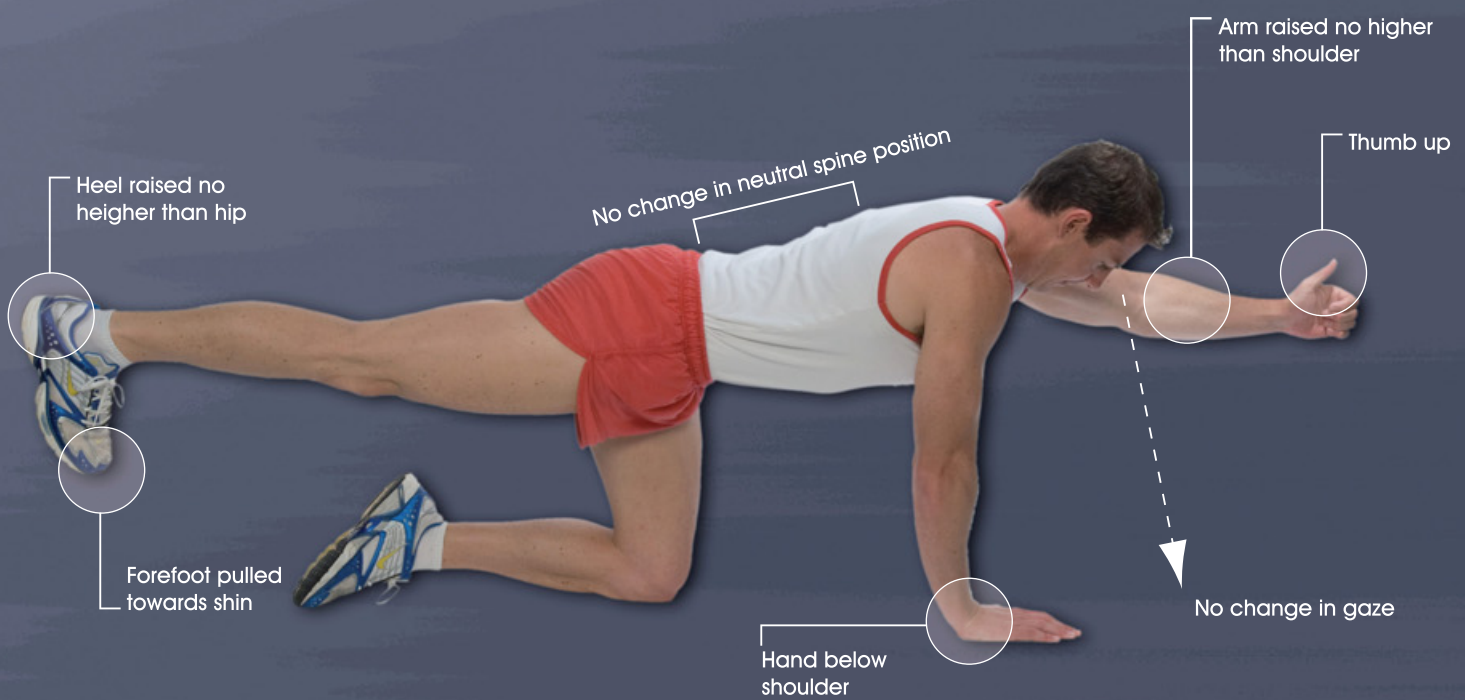
ARM ROW



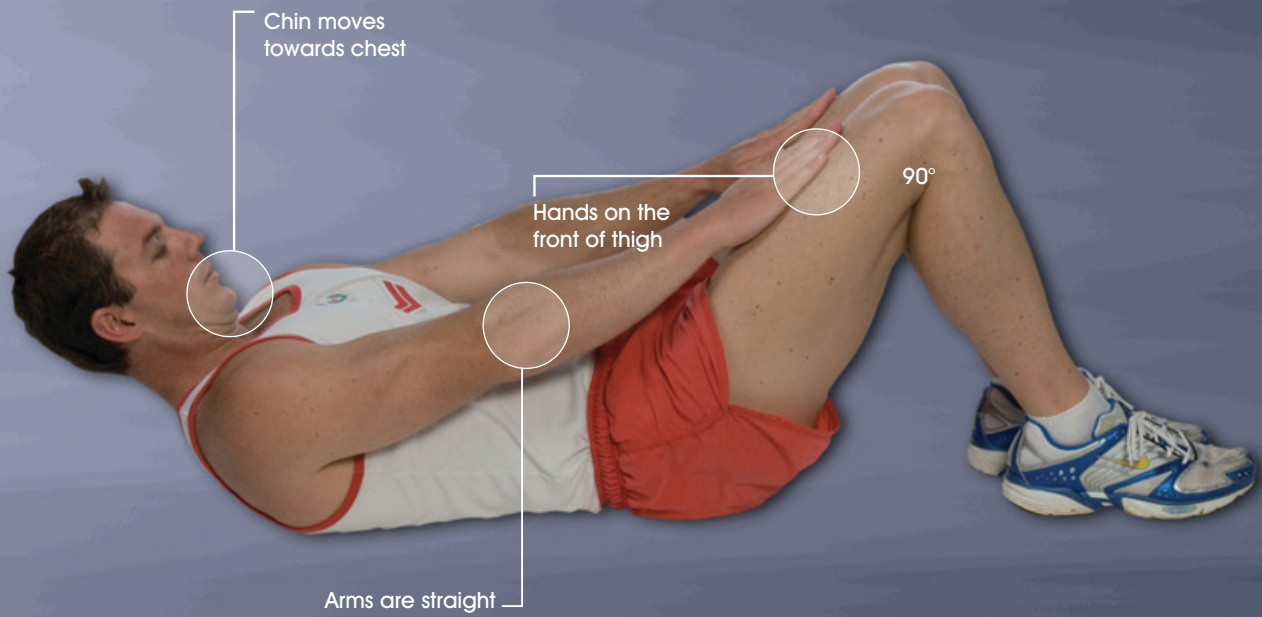
CURL, PRESS & EXTEND



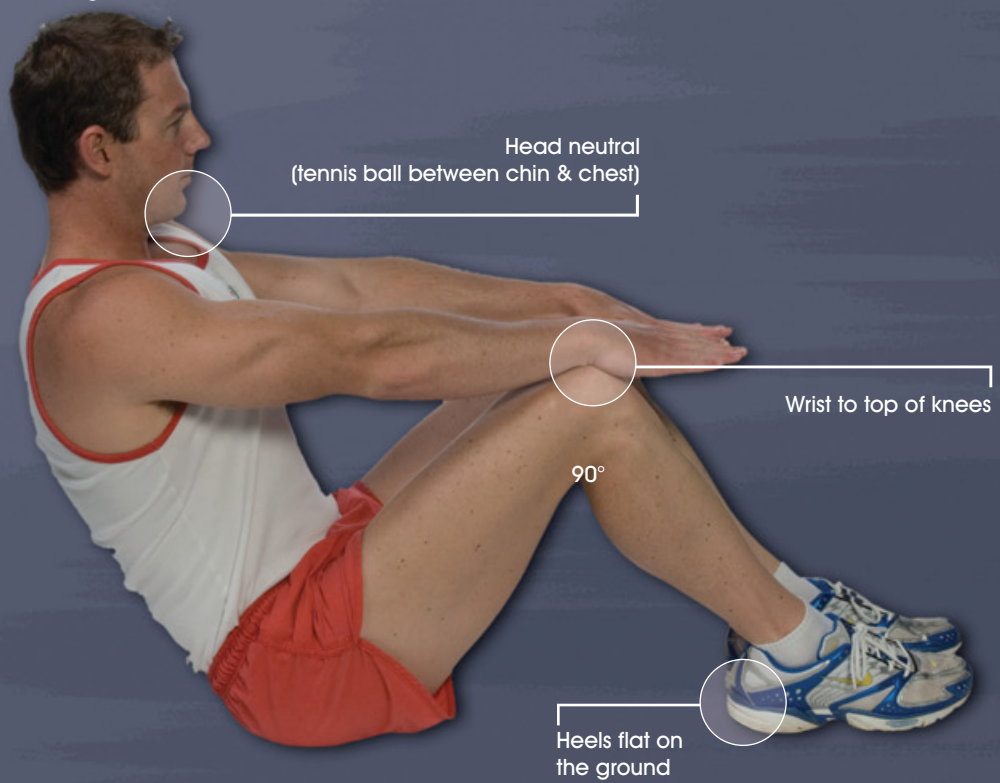
4 POINT EXTENSION



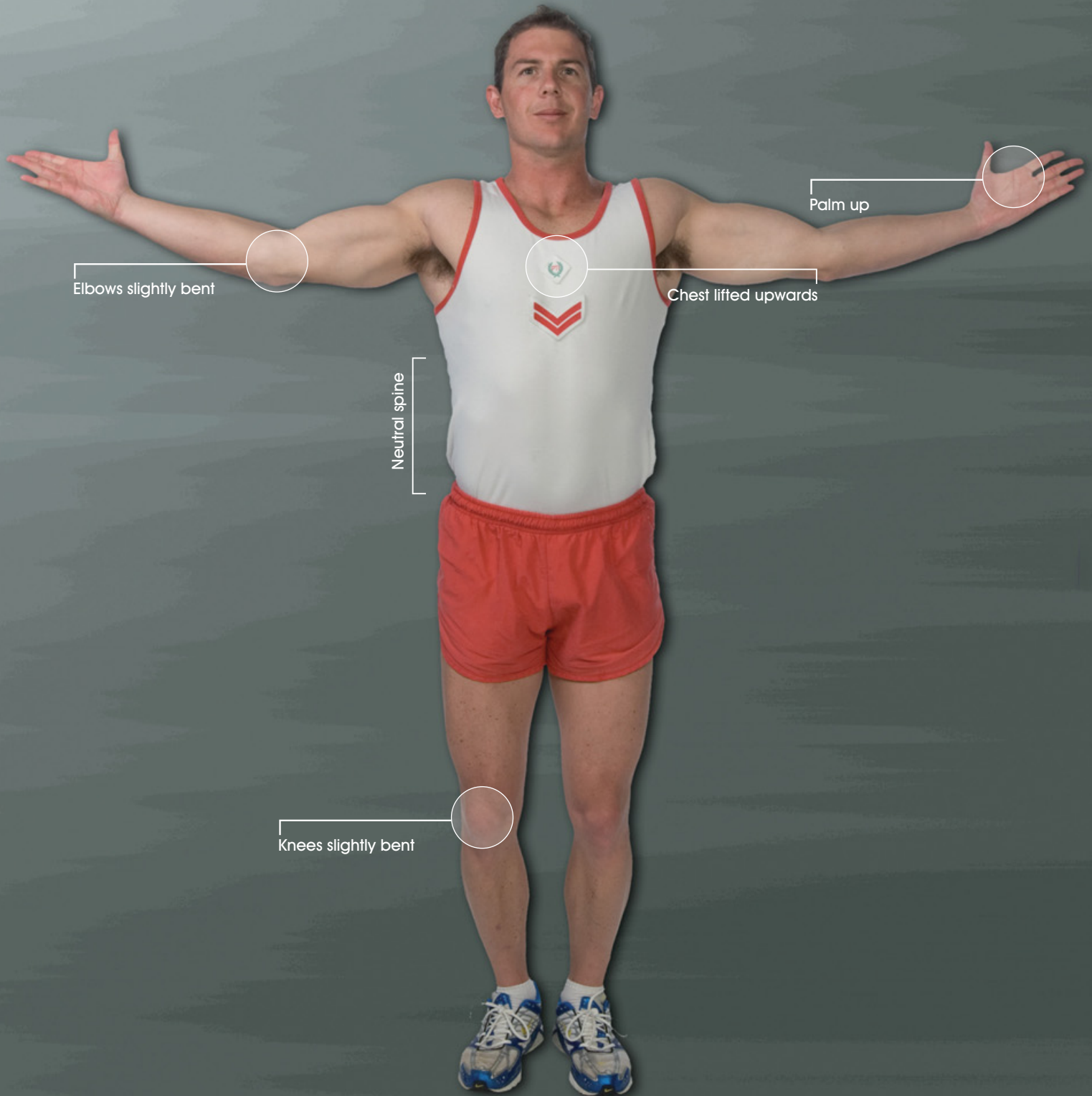
THE SIT UP



Looking Forward



STRETCHES: CHEST & SHOULDER CIRCLE



STRETCHES: LOWER BACK I



STRETCHES: TENSOR FASCIA LATAE, ILIOTIBIAL BAND + LATISSIMUS DORSI & TRICEPS



STRETCHES: QUADRICEPS



STRETCHES: HAMSTRINGS

Head looking slightly
forward of the toes

Spine in neutral
position

Body weight supported
on the bent leg

Front toes are flat
on the ground

Both feet face forward
and are hip distance apart



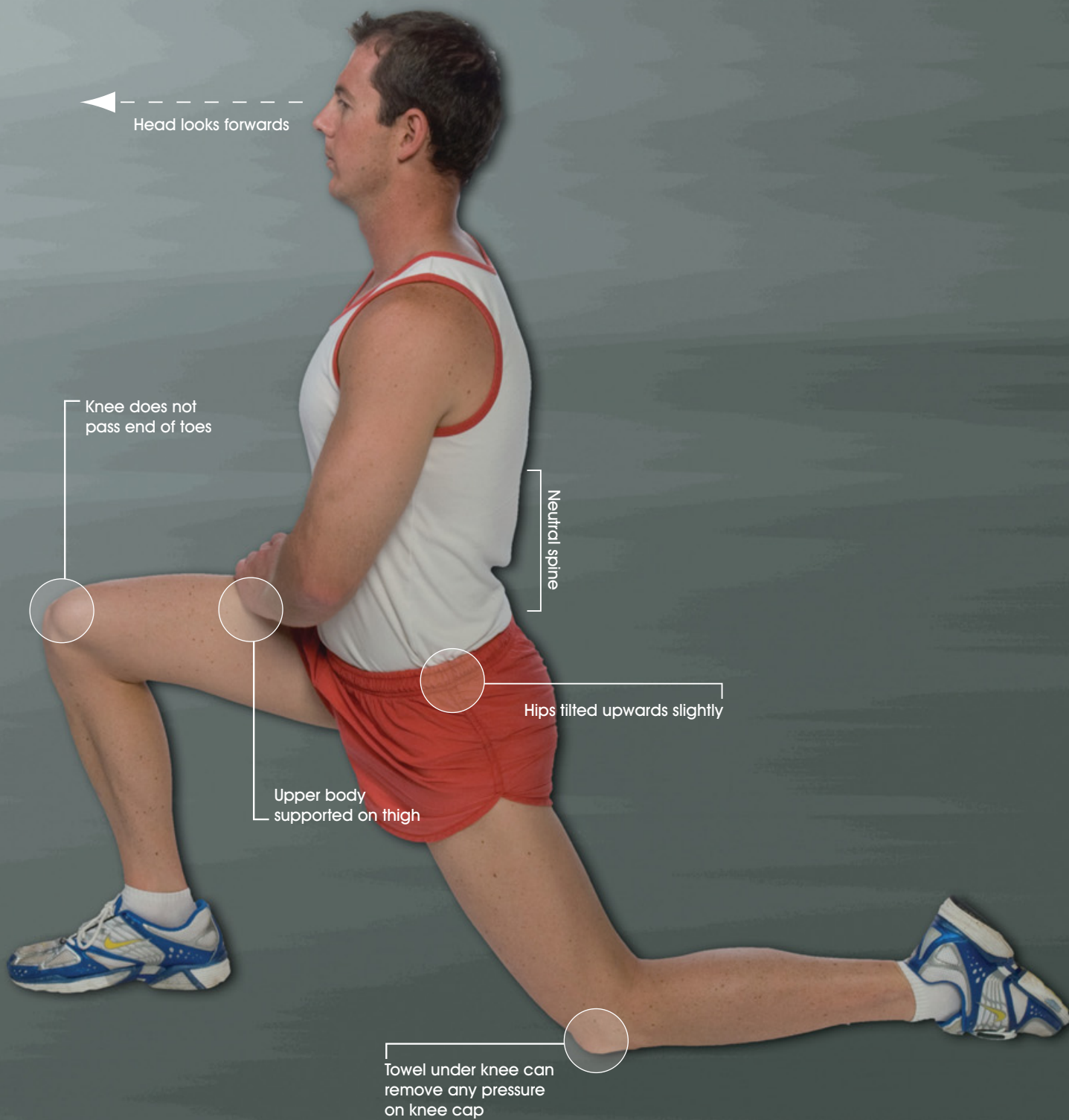
STRETCHES: GOLF



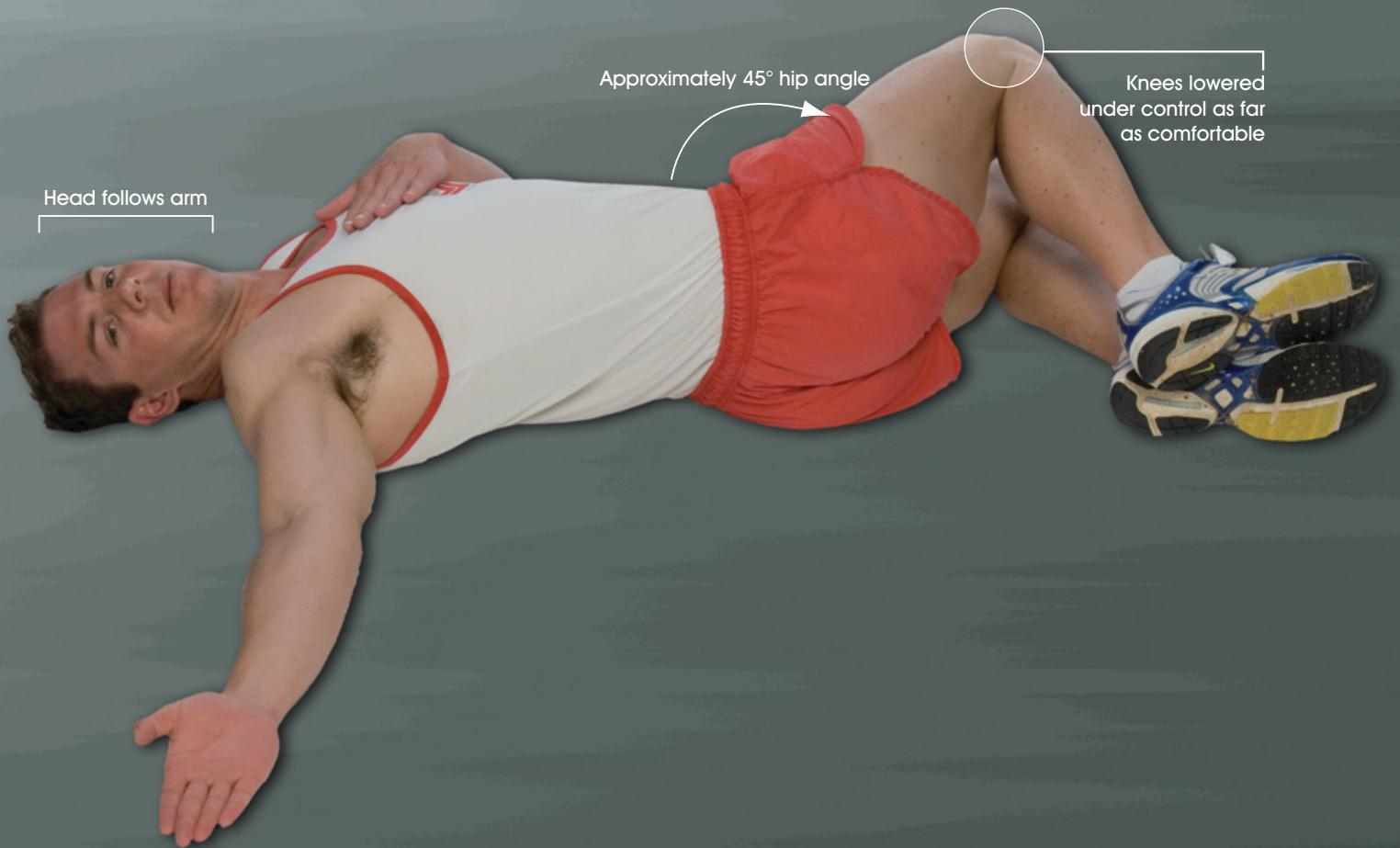
STRETCHES: DEEP CUFF



STRETCHES: HIP FLEXORS



STRETCHES: LOWER BACK 2



INTENTIONALLY BLANK



Cadet Physical Conditioning Diary



INTENTIONALLY BLANK

Assessment History

SELECTION BOARD FITNESS ASSESSMENT RESULTS

PFA Results

Date	Push Ups	Sit Ups	Shuttle Run Level

Notes:

[illegible]

III CLASS IFA FITNESS ASSESSMENT RESULTS

IFA Results

Date	Push Ups	Sit Ups	Shuttle Run Level

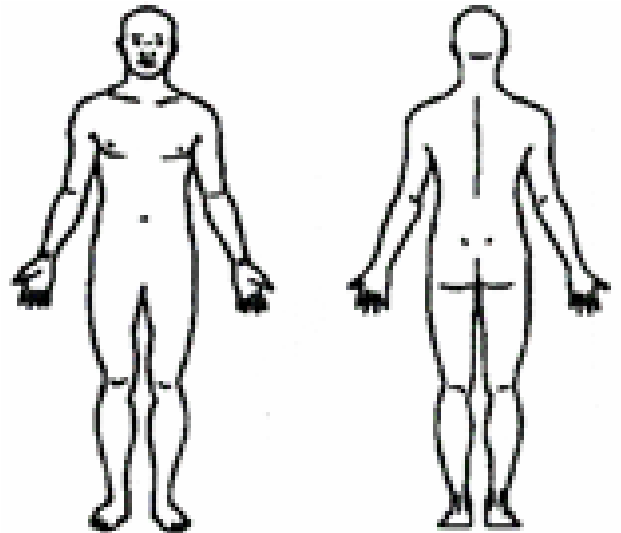
Notes:

[illegible]

Injury Management

POST SELECTION BOARD INJURY STATUS

Circle areas with current injuries
Shade areas with older injuries

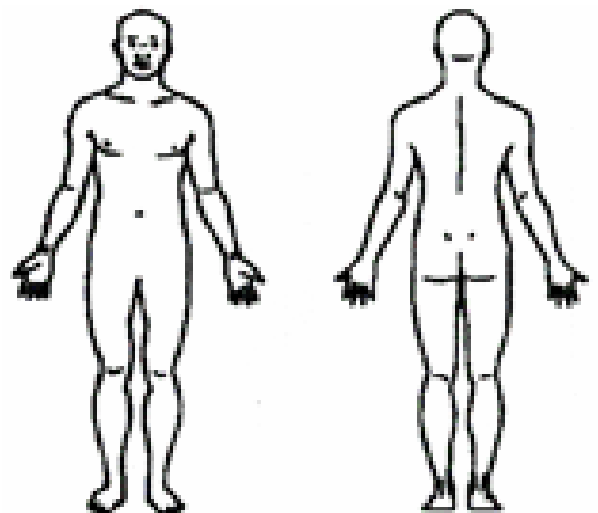


List all current injuries and causes

Injury location	Cause

POST LEAVE INJURY STATUS

Circle areas with current injuries
Shade areas with older injuries



List all current injuries and causes

Injury location	Cause

Week Beginning

/ /

Week of Training

MONDAY

Cardio Vascular Conditioning

Neuromuscular conditioning

Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				

Notes:

TUESDAY

Cardio Vascular Conditioning

Neuromuscular conditioning

Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				

Notes:

WEDNESDAY

Cardio Vascular Conditioning

Neuromuscular conditioning

Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				

Notes:

THURSDAY

Cardio Vascular Conditioning				Neuromuscular conditioning						
Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				
Notes:										

FRIDAY

[illegible]

WEEKEND

Cardio Vascular Conditioning				Neuromuscular conditioning						
Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				
Notes:										

Week Beginning

/ /

Week of Training

MONDAY

Cardio Vascular Conditioning

Type	Intensity	Distance	Time

Neuromuscular conditioning

Exercise	Load	Sets/Reps				

Notes:

TUESDAY

Cardio Vascular Conditioning

Type	Intensity	Distance	Time

Neuromuscular conditioning

Exercise	Load	Sets/Reps				

Notes:

WEDNESDAY

Cardio Vascular Conditioning

Type	Intensity	Distance	Time

Neuromuscular conditioning

Exercise	Load	Sets/Reps				

Notes:

THURSDAY

[illegible]

FRIDAY

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Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				
Notes:										

WEEKEND

Cardio Vascular Conditioning				Neuromuscular conditioning						
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Week Beginning

/ /

Week of Training

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Exercise	Load	Sets/Reps				

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Exercise	Load	Sets/Reps				

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[illegible]

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Notes:											

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Type	Intensity	Distance	Time	Exercise	Load	Sets/Reps				
Notes:										

WEEKEND

[illegible]

Week Beginning

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Week of Training

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