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



CONTENTS

	Page
Contents	**i**
INTRODUCTION	**1**
FAQS	**2**
CYCLE 1: NEUROMUSCULAR CONDITIONING FOCUS (WEEKS 1 – 3)	
SESSION OVERVIEW	**3**
SESSION GUIDES	**5**
CYCLE 2: METABOLIC CONDITIONING FOCUS (WEEKS 4 – 6)	
SESSION OVERVIEW	**23**
SESSION GUIDES	**25**
EXERCISE TECHNIQUE GUIDES	**41**
STRETCHING TECHNIQUE GUIDES	**49**
CADET PHYSICAL CONDITIONING DIARY	**59**

INTENTIONALLY BLANK

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)

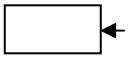
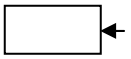
SESSION OVERVIEW

Monday	**Push Up Trg**	Maximum effort x 1 Set 2 Minutes rest. 50 % Maximum x 1 Set.		
	Circuit Squat One Arm Row*(per arm)* Curl/Press/Extend 4pt Extension	**Rotation (Week 1)** **1**: 60 secs per ex **2**: 45 secs per ex **3**: 30 secs per ex	**Rotation (Week 2)** **1+ 2**: 60 secs per ex **3**: 45 secs per ex	**Rotation (Week 3)** **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**	**Type:** Long Slow Distance		
		Volume (Week 1) 15 Minutes non stop	**Volume (Week 2)** 18 Minutes non stop	**Volume (Week 3)** 20 Minutes non stop
		Intensity: 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*(per arm)* Curl/Press/Extend 4pt Extension	**Rotation (Week 1)** **1**: 60 secs per ex **2**: 45 secs per ex **3**: 30 secs per ex	**Rotation (Week 2)** **1+ 2**: 60 secs per ex **3**: 45 secs per ex	**Rotation (Week 3)** **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**	**Type:** Long Slow Distance		
		Volume (Week 1) 15 Minutes non stop	**Volume (Week 2)** 15 Minutes non stop	**Volume (Week 3)** 18 Minutes non stop
		Intensity: 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*(per arm)* Curl/Press/Extend 4pt Extension	**Rotation (Week 1)** **1**: 60 secs per ex **2**: 45 secs per ex **3**: 30 secs per ex	**Rotation (Week 2)** **1+ 2**: 60 secs per ex **3**: 45 secs per ex	**Rotation (Week 3)** **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**	**Type:** Long Slow Distance		
		Volume (Week 1) 45 Minutes non stop	**Volume (Week 2)** 50 Minutes non stop	**Volume (Week 3)** 60 Minutes non stop
		Intensity: Speed of 9 - 10 min/km		

INTENTIONALLY BLANK

Cycle 1: Week 1

Monday

TIME LINE	PHASE OF TRG	GUIDE
0–10	**Warm up**	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. 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.
10 – 15	**Push Up Training**  *Max reps*	**Set 1: Maximum Effort** 2 Minutes recovery. **Set 2:** 50 % of Maximum **Main Points:** ▪ 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**	**Exercises** ▪ Squat ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension **Rotations** **1**: 60 secs per ex **2**: 45 secs per ex **3**: 30 secs per ex **Main Points:** ▪ 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
30 – 35	**Sit Up Training**  *Max reps*	**Set 1:** Maximum effort at a speed of 1 repetition per 3 seconds **Main Points:** ▪ 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**	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). Progress to stretches for both the lower and upper body.

Cycle 1: Week 1

Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–25</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>15 minutes</td><td>RPE[1] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[2]</td></tr>
<tr><td>25-30</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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**	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. 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.
10 – 20	**Push Up Training**	**Set 1:** 75 % of your maximum **Set 2-3:** 50% of your maximum 2 Minute Recovery between Sets
		Main Points: ▪ Ensure full range of motion for every repetition. PERFECT practice makes perfect
20 – 35	**Circuit Trg**	**Exercises** ▪ Squat ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension **Rotations** **1**: 60 secs per ex **2**: 45 secs per ex **3**: 30 secs per ex
		Main Points: ▪ 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**	**Set 1 – 3 :** 75% of Maximum 90 seconds recovery between sets
		Main Points: ▪ 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**	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). Progress to stretches for both the lower and upper body.

Cycle 1: Week 1
Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–25</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>15 minutes</td><td>RPE[3] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[4]</td></tr>
<tr><td>25-30</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 25</td><td rowspan="2">Push Up Training</td><td>Set 1-3: 80 % of your maximum*
Set 4: 50% of your maximum
90 seconds rest between sets</td></tr>
<tr><td>Main Points:
▪ * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high</td></tr>
<tr><td rowspan="2">25 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension

<u>Rotations</u>
1: 60 secs per ex
2: 45 secs per ex
3: 30 secs per ex</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">40 – 50</td><td rowspan="2">Sit Up Training</td><td>Set 1 – 4 : 60% of Maximum

30 seconds recovery between sets</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>35 – 40</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 1
Sat OR Sun

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10–55</td><td rowspan="2">Walk Training

(Long Slow Distance)</td><td>
<table>
<tr><th>Time</th><th colspan="2">Intensity</th></tr>
<tr><td>45 minutes</td><td>RPE[5] of 6-8</td><td>Speed: 9 – 10 min/km</td></tr>
</table>
</td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear</td></tr>
<tr><td>55-60</td><td>Cool down</td><td>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[5] RPE is explained on page 4-5 ‘The RMC AOSB BPCP Guide’.

Cycle 1: Week 2

Monday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 20</td><td rowspan="2">Push Up Training

← Max reps</td><td>Set 1: Maximum Effort
2 Minutes recovery.
Set 2: 50 % of Maximum
2 Minutes recovery.
Set 3: 30 % of Maximum</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">20 – 35</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension

<u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">35 – 45</td><td rowspan="2">Sit Up Training

← Max reps</td><td>Set 1: Maximum effort at a speed of 1 repetition per 3 seconds

2 Minutes recovery.
Set 2: 50 % of Maximum</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>45 – 50</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 2
Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–28</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>18 minutes</td><td>RPE[6] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[7]</td></tr>
<tr><td>28-33</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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**	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. 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.
10 – 20	**Push Up Training**	**Set 1:** 75 % of your maximum **Set 2-3:** 50% of your maximum 2 Minute Recovery between Sets
		Main Points: ▪ Ensure full range of motion for every repetition. PERFECT practice makes perfect
20 – 35	**Circuit Trg**	**Exercises** ▪ Squat ▪ One Arm Row ▪ Curl/Press/Extend ▪ 4pt Extension **Rotations** **1+2**: 60 secs per ex **3**: 45 secs per ex
		Main Points: ▪ 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**	**Set 1 – 3 :** 75% of Maximum 90 seconds recovery between sets
		Main Points: ▪ 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**	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). Progress to stretches for both the lower and upper body.

Cycle 1: Week 2
Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–25</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>15 minutes</td><td>RPE[8] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[9]</td></tr>
<tr><td>25-30</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 25</td><td rowspan="2">Push Up Training</td><td>Set 1-3: 80 % of your maximum*
Set 4: 50% of your maximum
90 seconds rest between sets</td></tr>
<tr><td>Main Points:
▪ * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high</td></tr>
<tr><td rowspan="2">25 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension</td><td><u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">40 – 50</td><td rowspan="2">Sit Up Training</td><td>Set 1 – 4 : 60% of Maximum

30 seconds recovery between sets</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>50 – 65</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 2
Sat OR Sun

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10–60</td><td rowspan="2">Walk Training

(Long Slow Distance)</td><td>
<table>
<tr><th>Time</th><th colspan="2">Intensity</th></tr>
<tr><td>50 minutes</td><td>RPE[10] of 6-8</td><td>Speed: 9 – 10 min/km</td></tr>
</table>
</td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear</td></tr>
<tr><td>60–65</td><td>Cool down</td><td>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[10] RPE is explained on page 4-5 ‘The RMC AOSB BPCP Guide’.

Cycle 1: Week 3

Monday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 20</td><td rowspan="2">Push Up Training

☐ ← Max reps</td><td>Set 1: Maximum Effort
2 Minutes recovery.
Set 2: 50 % of Maximum
2 Minutes recovery.
Set 3: 30 % of Maximum</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">20 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension

<u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex
4: 30 secs per ex</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">40 – 50</td><td rowspan="2">Sit Up Training

☐ ← Max reps</td><td>Set 1: Maximum effort at a speed of 1 repetition per 3 seconds

2 Minutes recovery.
Set 2: 50 % of Maximum</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>50 – 55</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 3
Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–30</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>20 minutes</td><td>RPE[11] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[12]</td></tr>
<tr><td>30–35</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 20</td><td rowspan="2">Push Up Training</td><td>Set 1: 75 % of your maximum
Set 2-3: 50% of your maximum
2 Minute Recovery between Sets</td></tr>
<tr><td>Main Points:
▪ Ensure full range of motion for every repetition. PERFECT practice makes perfect</td></tr>
<tr><td rowspan="2">20 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension

<u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex
4: 30 secs per ex</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">40 – 55</td><td rowspan="2">Sit Up Training</td><td>Set 1 – 3 : 75% of Maximum

90 seconds recovery between sets</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>55 – 60</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 3
Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–28</td><td rowspan="2">Run Training

(Long Slow Distance)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>18 minutes</td><td>RPE[13] of 6-8</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[14]</td></tr>
<tr><td>28-33</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10 – 25</td><td rowspan="2">Push Up Training</td><td>Set 1-3: 80 % of your maximum*
Set 4: 50% of your maximum
90 seconds rest between sets</td></tr>
<tr><td>Main Points:
▪ * Sets 1 -3 are INCLINE push ups: Have hands resting on a step or books about 15 – 25cm high</td></tr>
<tr><td rowspan="2">25 – 45</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Squat
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension

<u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex
4: 30 secs per ex</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td rowspan="2">45 – 55</td><td rowspan="2">Sit Up Training</td><td>Set 1 – 4 : 60% of Maximum

30 seconds recovery between sets</td></tr>
<tr><td>Main Points:
▪ 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</td></tr>
<tr><td>55 – 60</td><td>Cool down</td><td>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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 1: Week 3
Sat OR Sun

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.

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.</td></tr>
<tr><td rowspan="2">10–70</td><td rowspan="2">Walk Training

(Long Slow Distance)</td><td>
<table>
<tr><th>Time</th><th colspan="2">Intensity</th></tr>
<tr><td>60 minutes</td><td>RPE[15] of 6-8</td><td>Speed: 9 – 10 min/km</td></tr>
</table>
</td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear</td></tr>
<tr><td>70-75</td><td>Cool down</td><td>Once finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[15] RPE is explained on page 4-5 ‘The RMC AOSB BPCP Guide’.

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

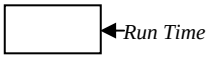
SESSION OVERVIEW

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

INTENTIONALLY BLANK

Cycle 2: Week 4

Monday

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 paced jogging /running.
10– 25?	**Run Training** **(Time Trial)**  	**2.4 km as fast as possible** **Main Points:** ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear[16]
25-30	**Cool down**	Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.

[16] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 4

Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 35</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Lunge
▪ Push Up
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension
▪ Sit up</td><td><u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>35 – 40</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 4
Wednesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–26</td><td rowspan="2">Run Training

(Fartlek)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>16 minutes</td><td>3 minutes easy pace (RPE 6 – 7)
1 minute fast pace (RPE 8 – 9)
x 4</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[17]</td></tr>
<tr><td>25-30</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[17] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 4

Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ 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</td><td><u>Rotations</u>
1+2: 60 secs per ex
3: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>40 – 45</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 4
Friday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.</td></tr>
<tr><td rowspan="2">10–45</td><td rowspan="2">Run Training

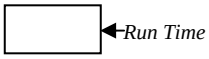
(Intervals)</td><td><table><tr><th>Volume</th><th>Intensity</th></tr><tr><td>400m x 6</td><td>400m pace = (2.4km time from Monday in secs/6) – 10 secs

Rest: twice as long as the 400m interval time</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[18]</td></tr>
<tr><td>45–50</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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**	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 paced jogging /running.
10– 25?	**Run Training** **(Time Trial)**  	**2.4 km as fast as possible** **Main Points:** ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear[19]
25-30	**Cool down**	Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.

[19] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 5

Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Lunge
▪ Push Up
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension
▪ Sit up</td><td><u>Rotations</u>
1+2: 60 secs per ex
3+4: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>40 – 45</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 5
Wednesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–30</td><td rowspan="2">Run Training
(Fartlek)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>20 minutes</td><td>3 minutes easy pace (RPE 6 – 7)
1 minute medium pace (RPE 7 – 8)
1 minute hard pace (RPE 8 – 9)
x 4</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[20]</td></tr>
<tr><td>30–35</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[20] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 5

Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 44</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ 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</td><td><u>Rotations</u>
1- 3: 60 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>45 – 50</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 5
Friday

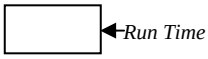
<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper 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.</td></tr>
<tr><td rowspan="2">10–50</td><td rowspan="2">Run Training
(Intervals)</td><td>Volume
800m x 2
400m x 2</td><td>Intensity
800m pace = (2.4km time in secs/3) – 15 secs
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</td></tr>
<tr><td colspan="2">Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[21]</td></tr>
<tr><td>50–55</td><td>Cool down</td><td colspan="2">Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[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**	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 paced jogging /running.
10– 25?	**Run Training** **(Time Trial)**  	**2.4 km as fast as possible** **Main Points:** ▪ The aim is to complete the entire distance as fast as possible. ▪ Ensure you are wearing appropriate footwear[22]
25-30	**Cool down**	Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.

[22] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 6

Tuesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 40</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ Lunge
▪ Push Up
▪ One Arm Row
▪ Curl/Press/Extend
▪ 4pt Extension
▪ Sit up</td><td><u>Rotations</u>
1: 90 secs per ex
2: 60 secs per ex
3: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>40 – 45</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 6
Wednesday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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 paced jogging /running.</td></tr>
<tr><td rowspan="2">10–30</td><td rowspan="2">Run Training

(Fartlek)</td><td><table><tr><th>Time</th><th>Intensity</th></tr><tr><td>20 minutes</td><td>3 minutes easy pace (RPE 6 – 7)
1 minute fast pace (RPE 8 – 9)
x 5</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[23]</td></tr>
<tr><td>30–35</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

[23] Footwear is discussed in 'The RMC AOSB BPCP Guide'

Cycle 2: Week 6

Thursday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td colspan="2">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.

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.</td></tr>
<tr><td rowspan="2">10 – 55</td><td rowspan="2">Circuit Trg</td><td><u>Exercises</u>
▪ 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</td><td><u>Rotations</u>
1- 5: 45 secs per ex</td></tr>
<tr><td colspan="2">Main Points:
▪ 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</td></tr>
<tr><td>55 – 60</td><td>Cool down</td><td colspan="2">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).

Progress to stretches for both the lower and upper body.</td></tr>
</table>

Cycle 2: Week 6

Friday

<table>
<tr><th>TIME LINE</th><th>PHASE OF TRG</th><th>GUIDE</th></tr>
<tr><td>0–10</td><td>Warm up</td><td>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.</td></tr>
<tr><td rowspan="2">10–50</td><td rowspan="2">Run Training

(Intervals)</td><td><table><tr><th>Volume</th><th>Intensity</th></tr><tr><td>800m x 4</td><td>800m pace = (2.4km time in secs/3) – 15 secs

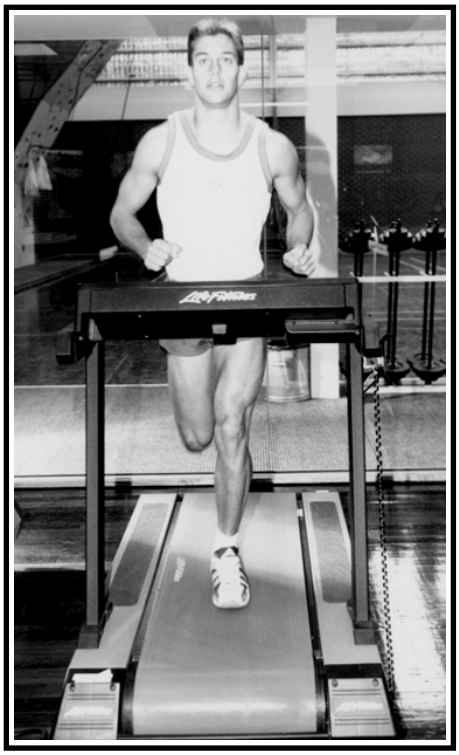
Rest: Same length as 800m interval time</td></tr></table></td></tr>
<tr><td>Main Points:
▪ The aim is for a continuous low intensity run.
▪ Ensure you are wearing appropriate footwear[24]</td></tr>
<tr><td>50–55</td><td>Cool down</td><td>Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</td></tr>
</table>

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

INTENTIONALLY BLANK

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.

- ***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.

- ***Too Slow.***

A belt that is to 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.

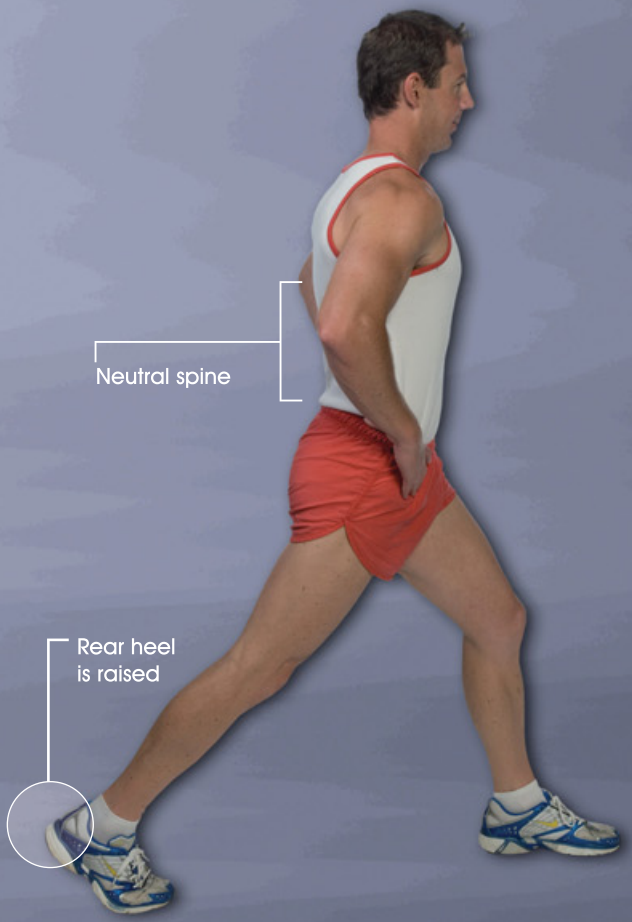
- ***Posture.***

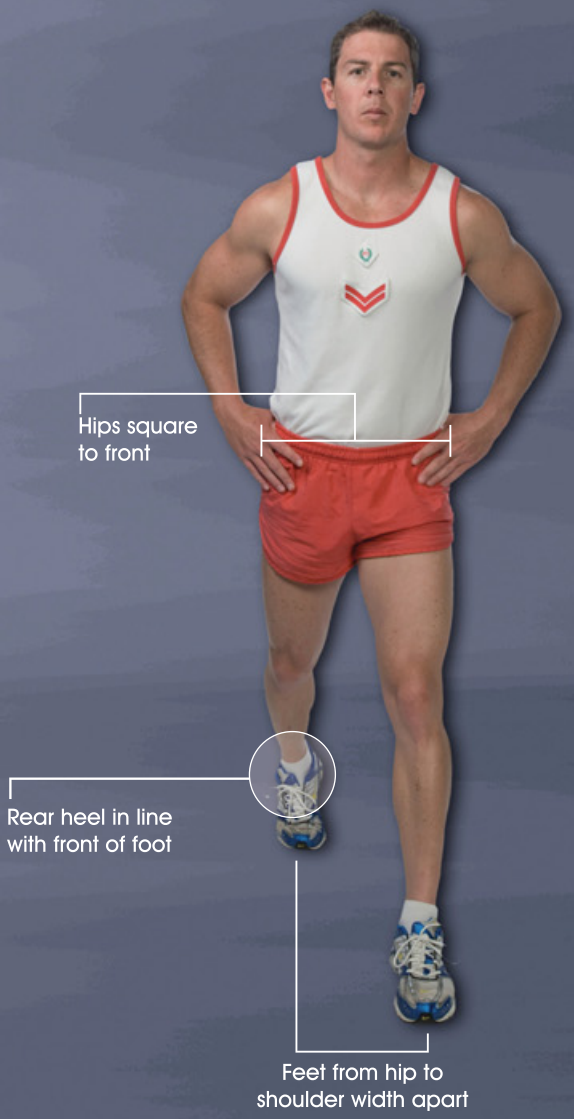
Another technique flaw is to 'rest' across the control panel. This also places the body into the forward lean position and, due to the increased forward flexion and foot strike impact, can cause lower back problems.

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


Neutral spine
Rear heel
is raised


Hips square
to front
Rear heel in line
with front of foot
Feet from hip to
shoulder width apart


Hips square
to front
Knee in line
with 2nd toe


Neutral spine
Knees do
not pass toes
Knee below hip
just above ground

THE SQUAT

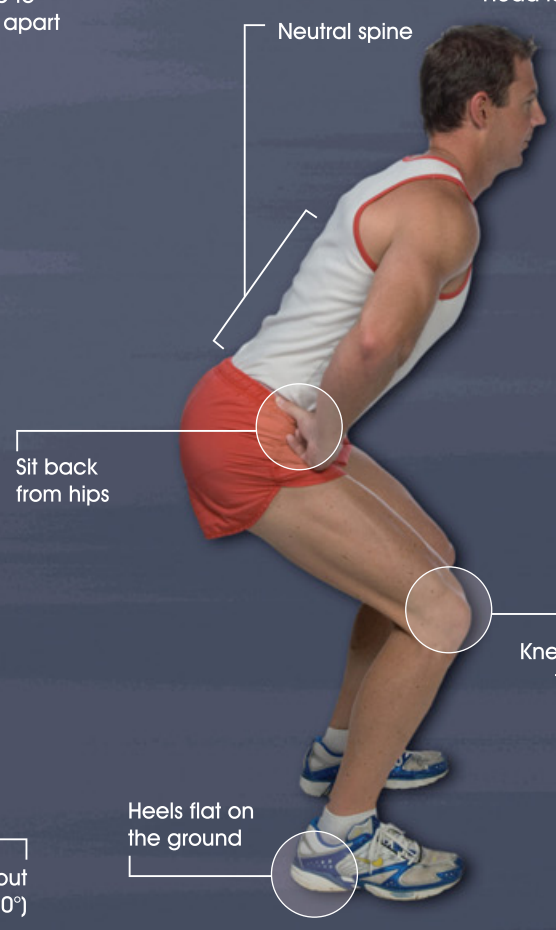


Feet from hip to shoulder width apart



Knees in line with 2nd toe

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



Head looks forward

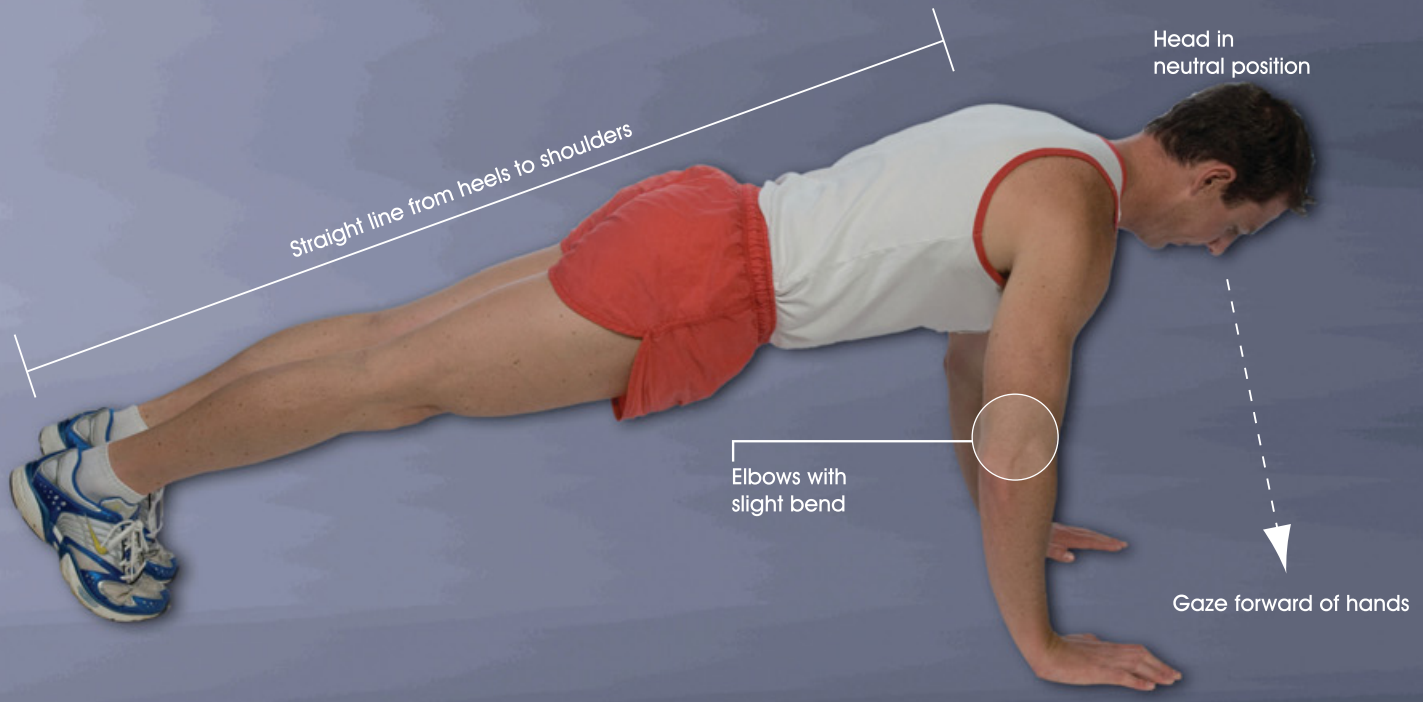
Neutral spine

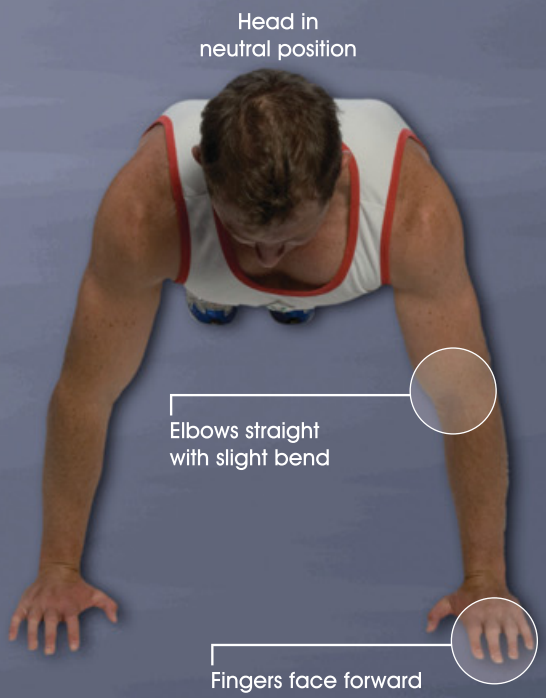
Sit back from hips

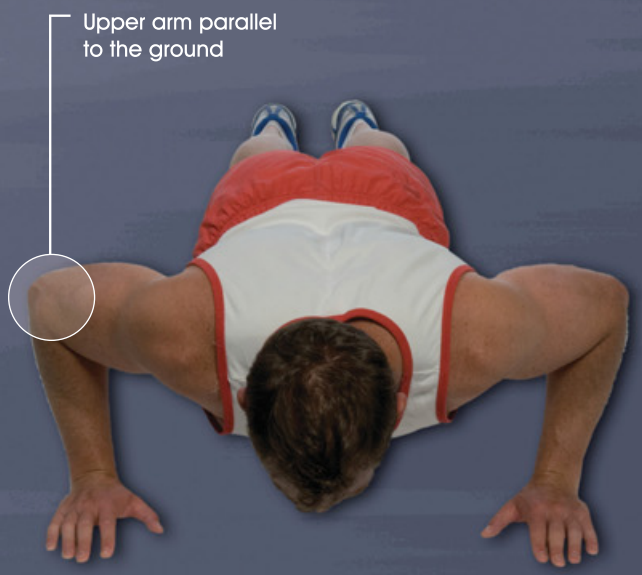
Knees no further forward than end of toes

Heels flat on the ground

THE PUSH UP

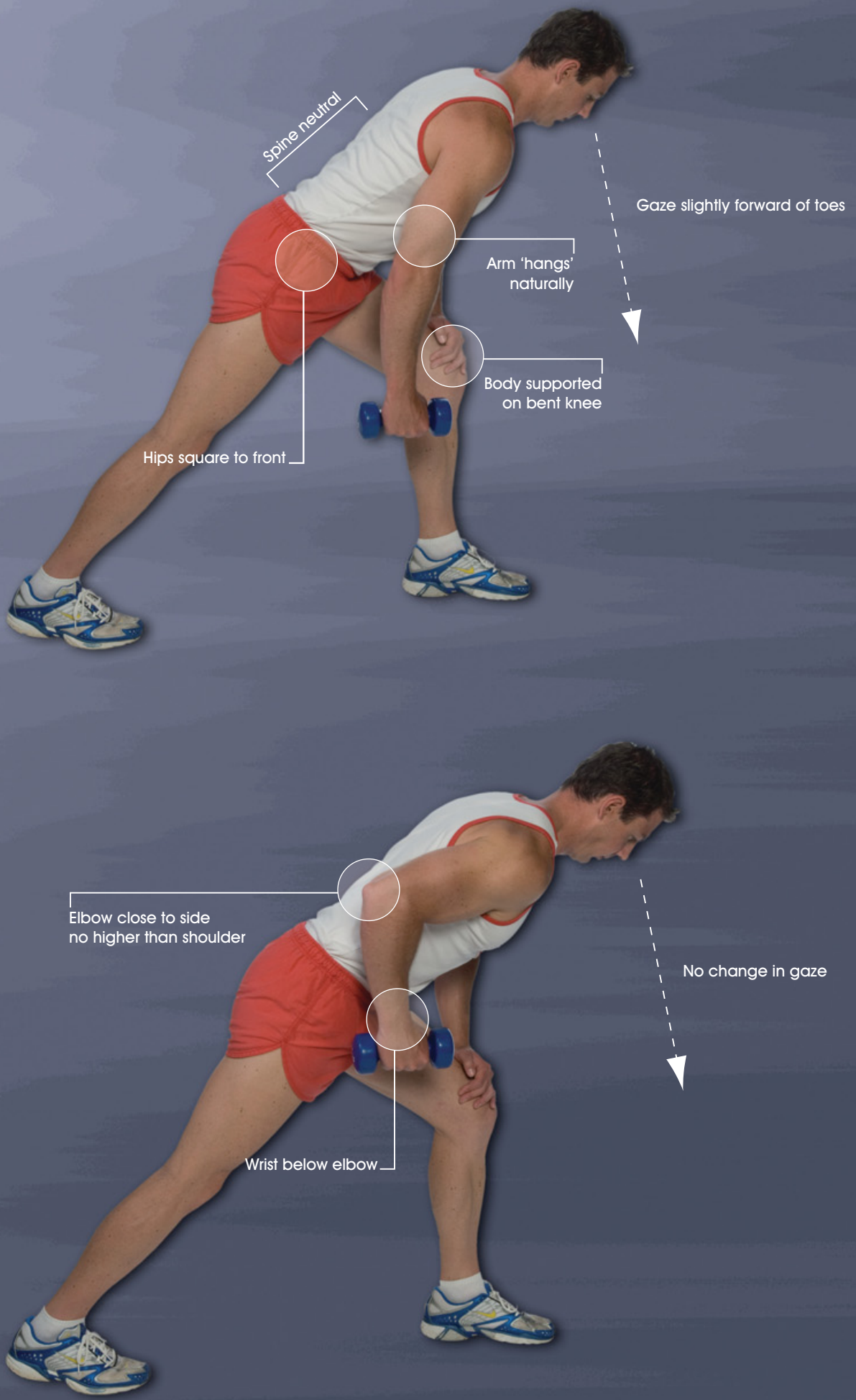

Straight line from heels to shoulders
Head in neutral position
Elbows with slight bend
Gaze forward of hands


Head in neutral position
Elbows straight with slight bend
Fingers face forward

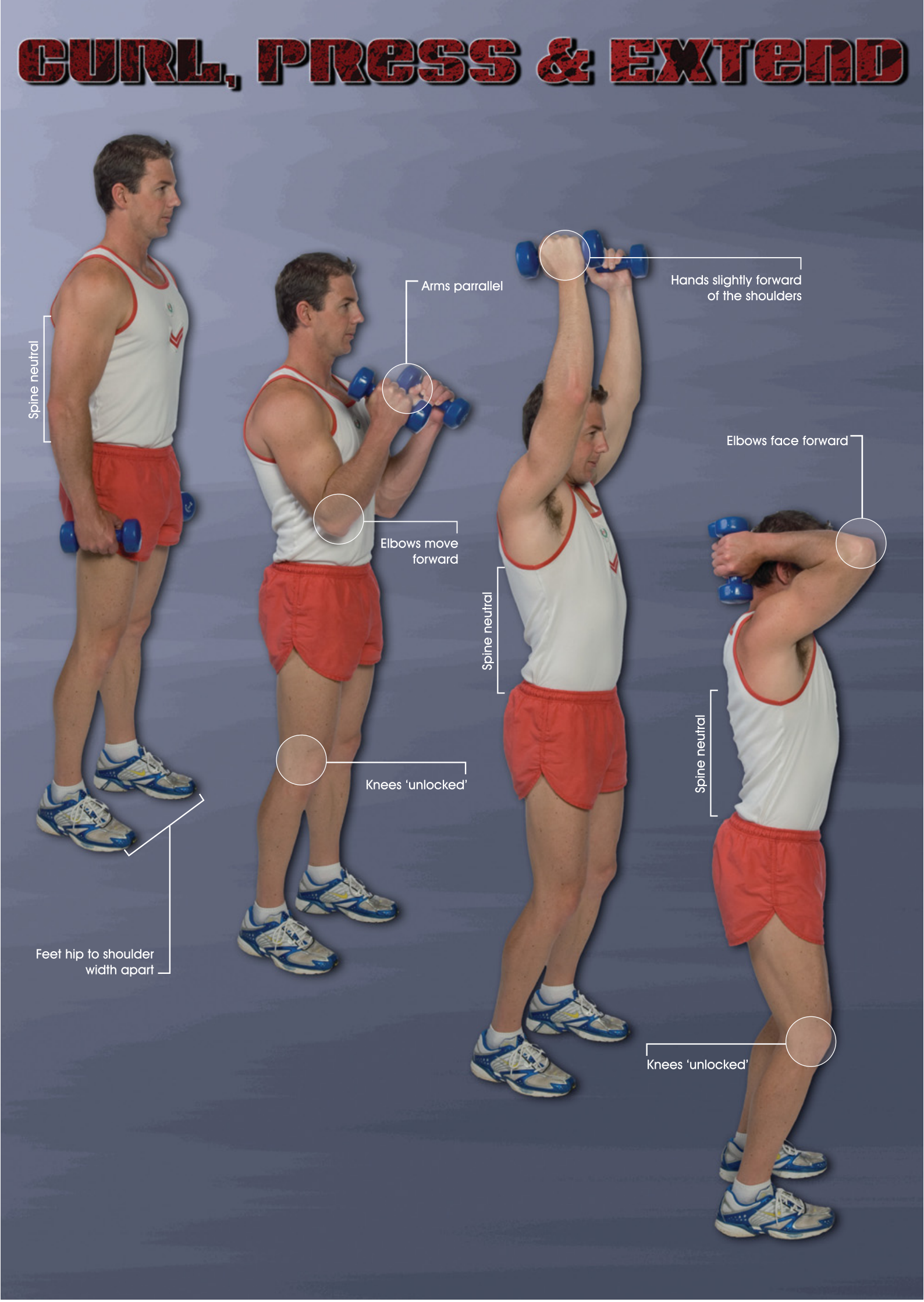

Upper arm parallel to the ground


Straight line heels to shoulders
Head still in neutral position

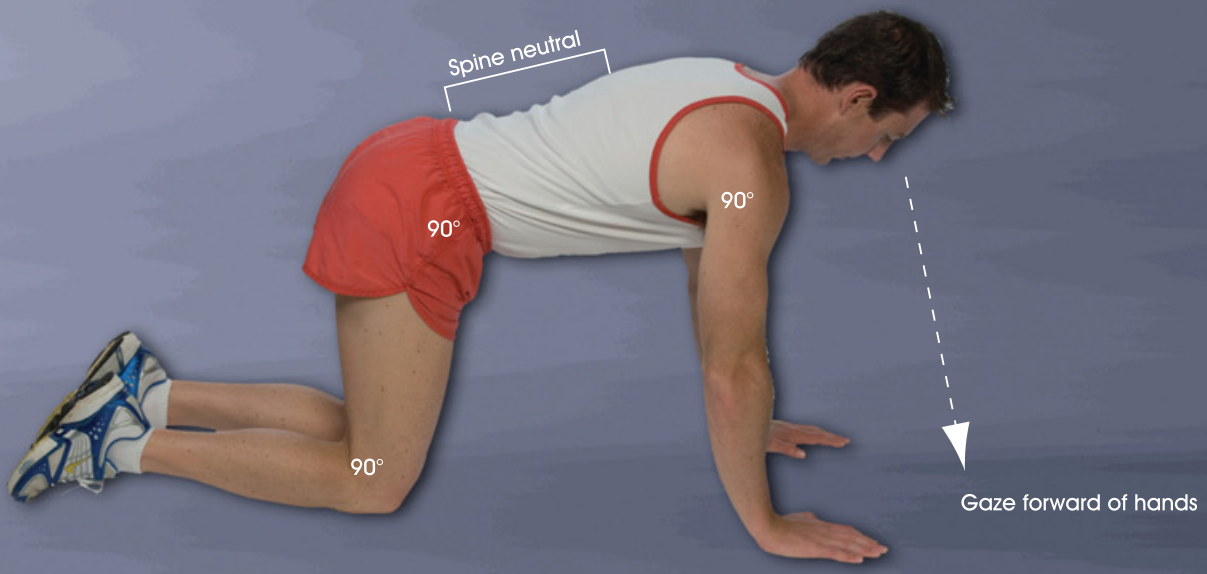
1 ARM ROW

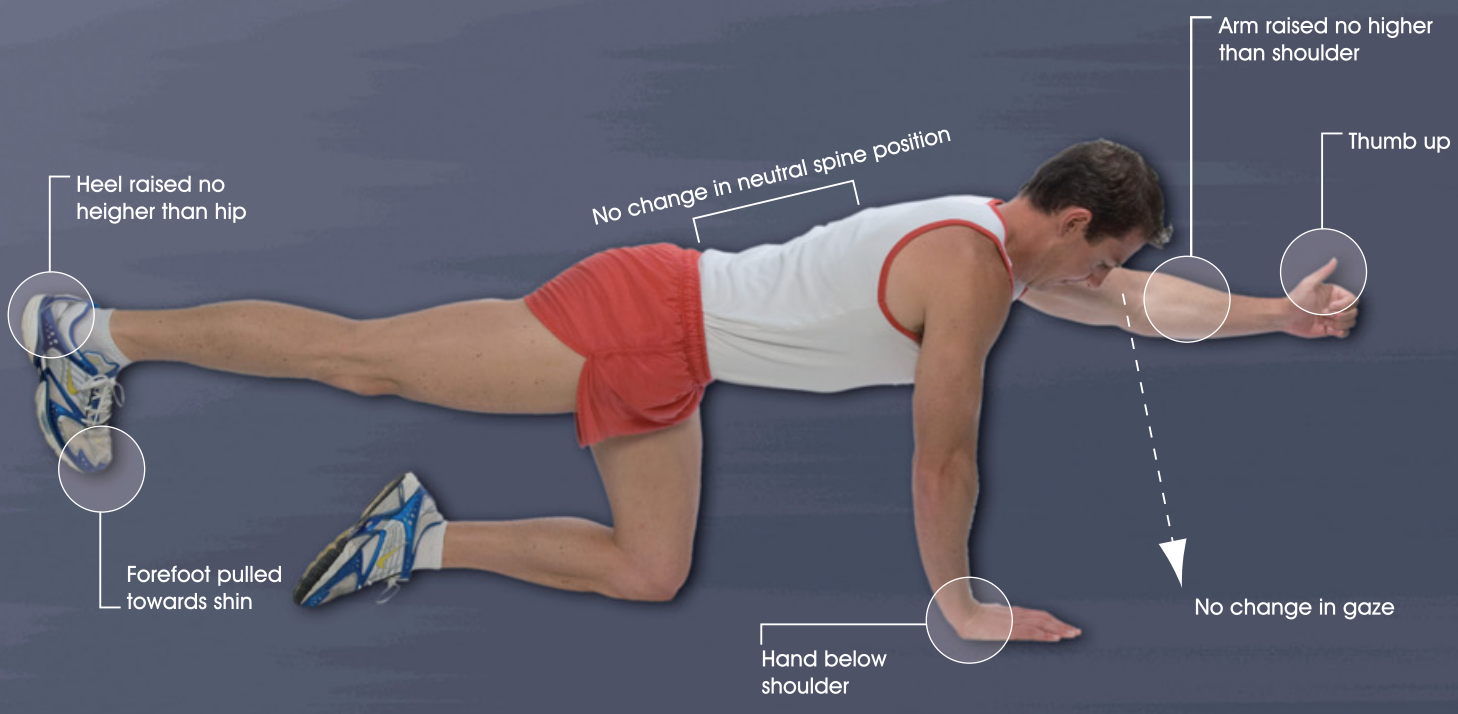

Spine neutral
Gaze slightly forward of toes
Arm 'hangs' naturally
Body supported on bent knee
Hips square to front
Elbow close to side no higher than shoulder
No change in gaze
Wrist below elbow

CURL, PRESS & EXTEND

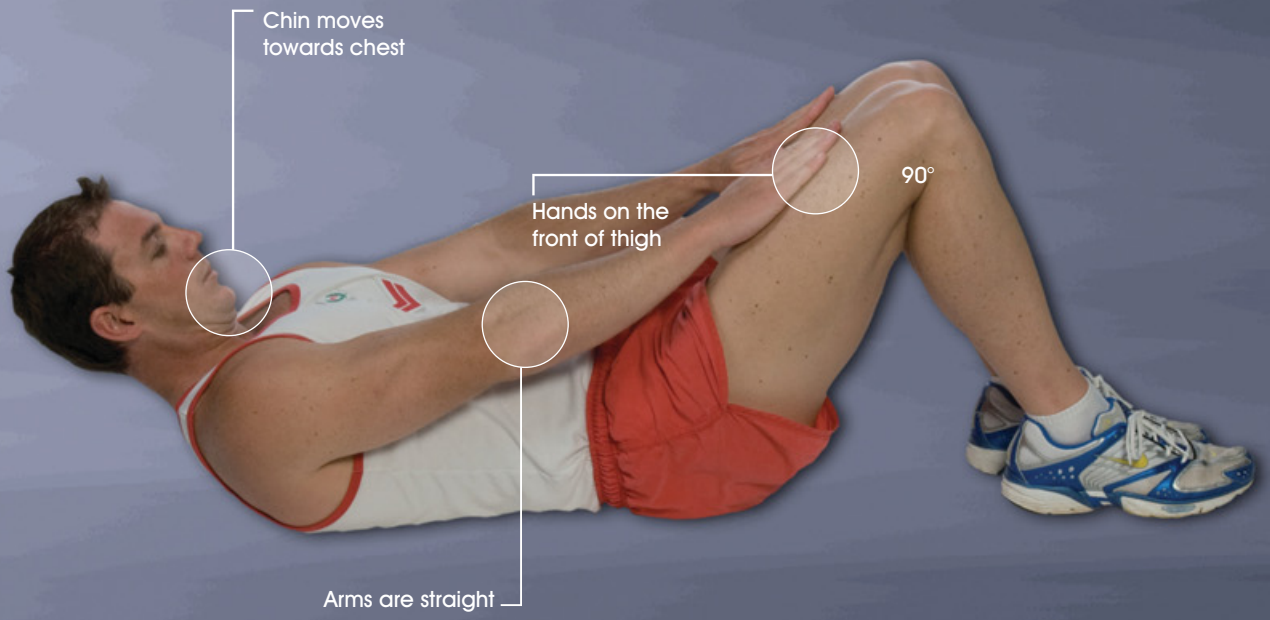


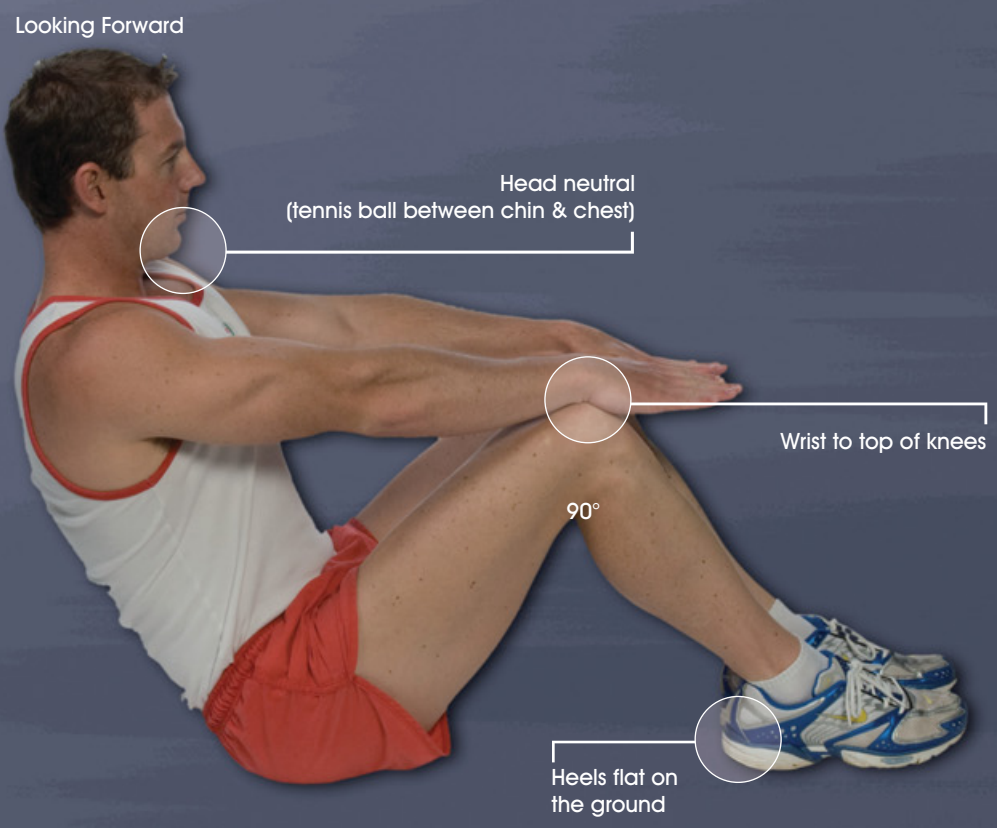
4 POINT EXTENSION



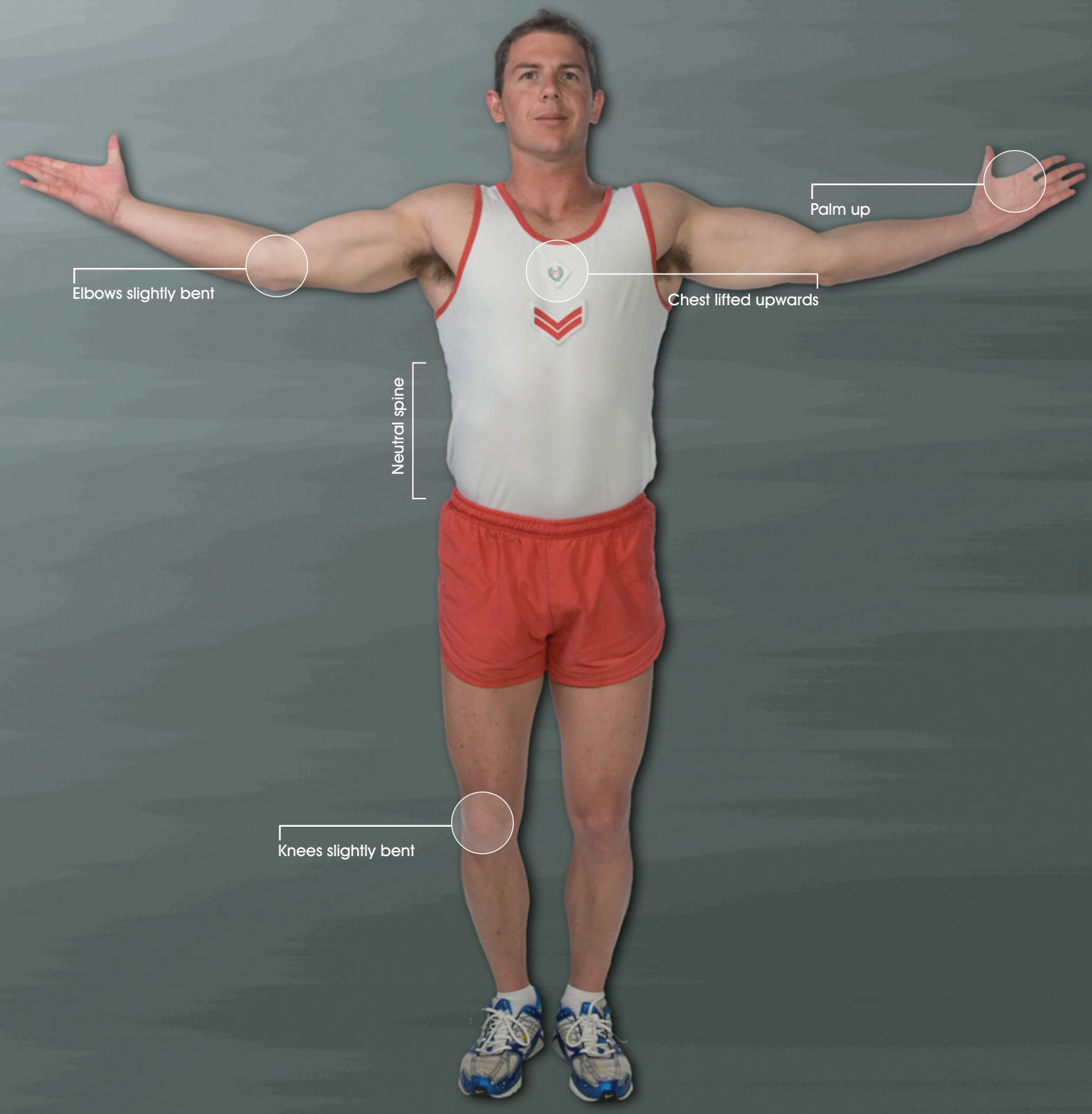


THE SIT UP

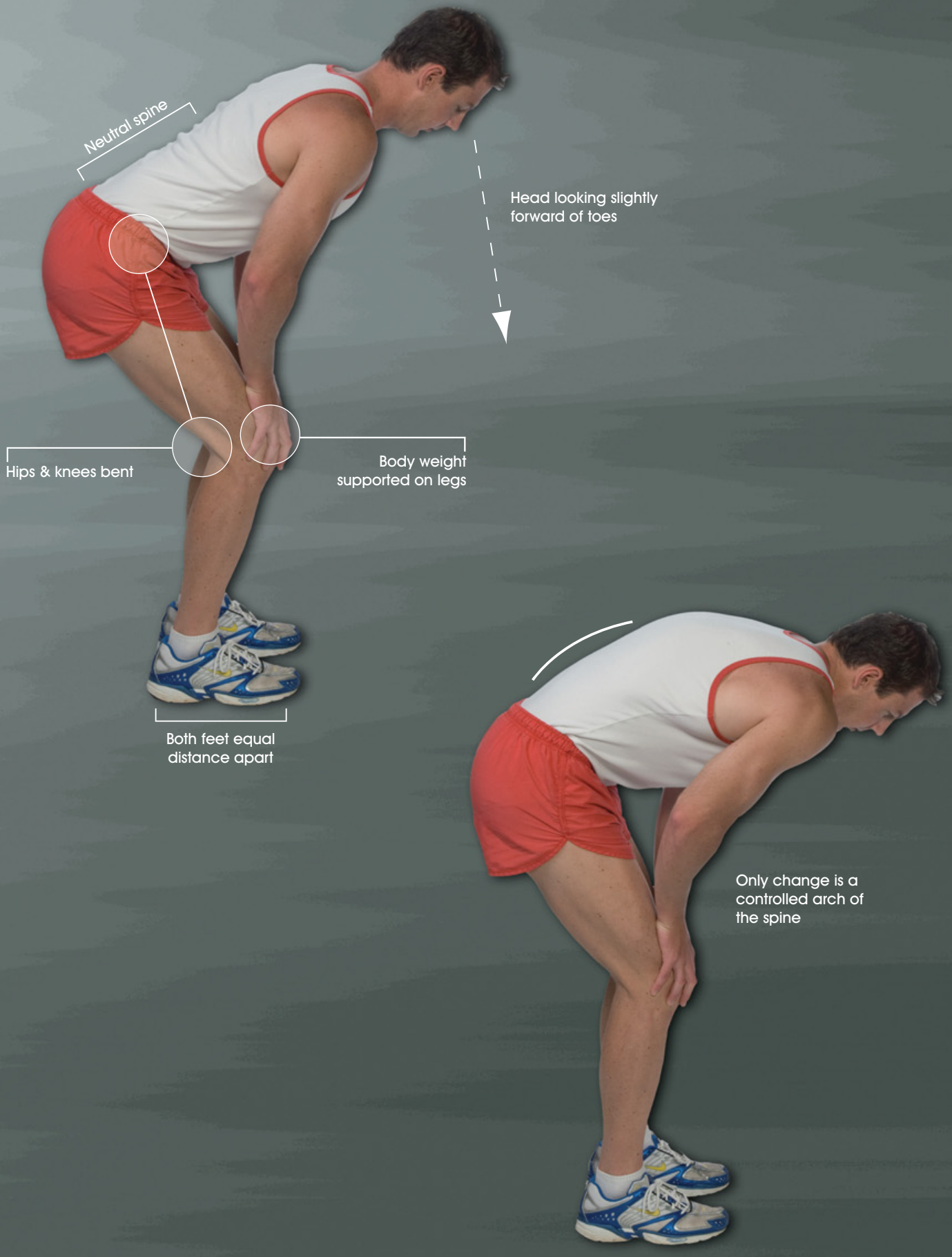

Chin moves
towards chest
Hands on the
front of thigh
90°
Arms are straight


Looking Forward
Head neutral
(tennis ball between chin & chest)
Wrist to top of knees
90°
Heels flat on
the ground

STRETCHES: CHEST & SHOULDER GIRDLE



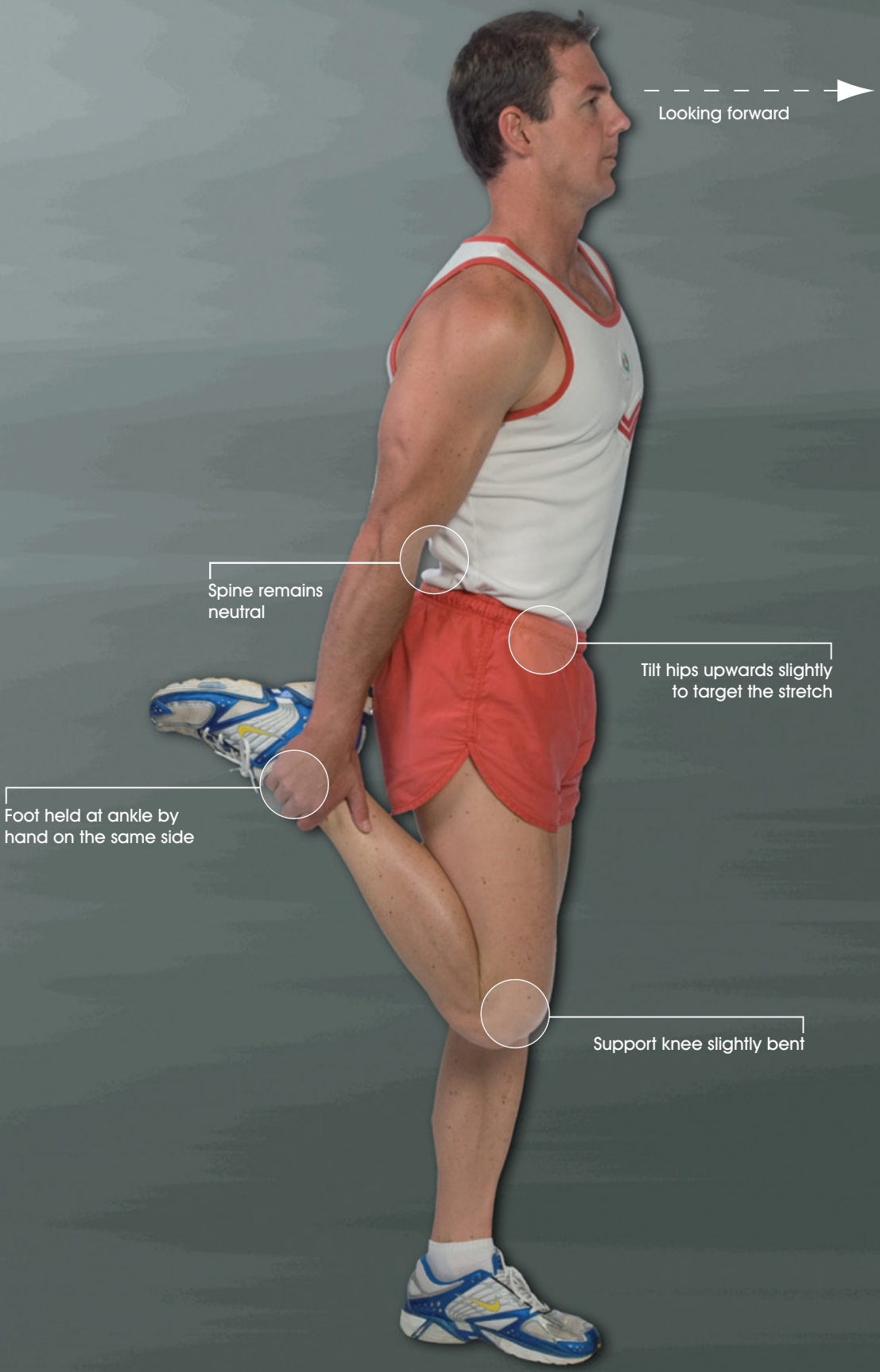
STRETCHES: LOWER BACK 1



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



STRETCHES: QUADRICEPS



STRETCHES: HAMSTRINGS



STRETCHES: CALF



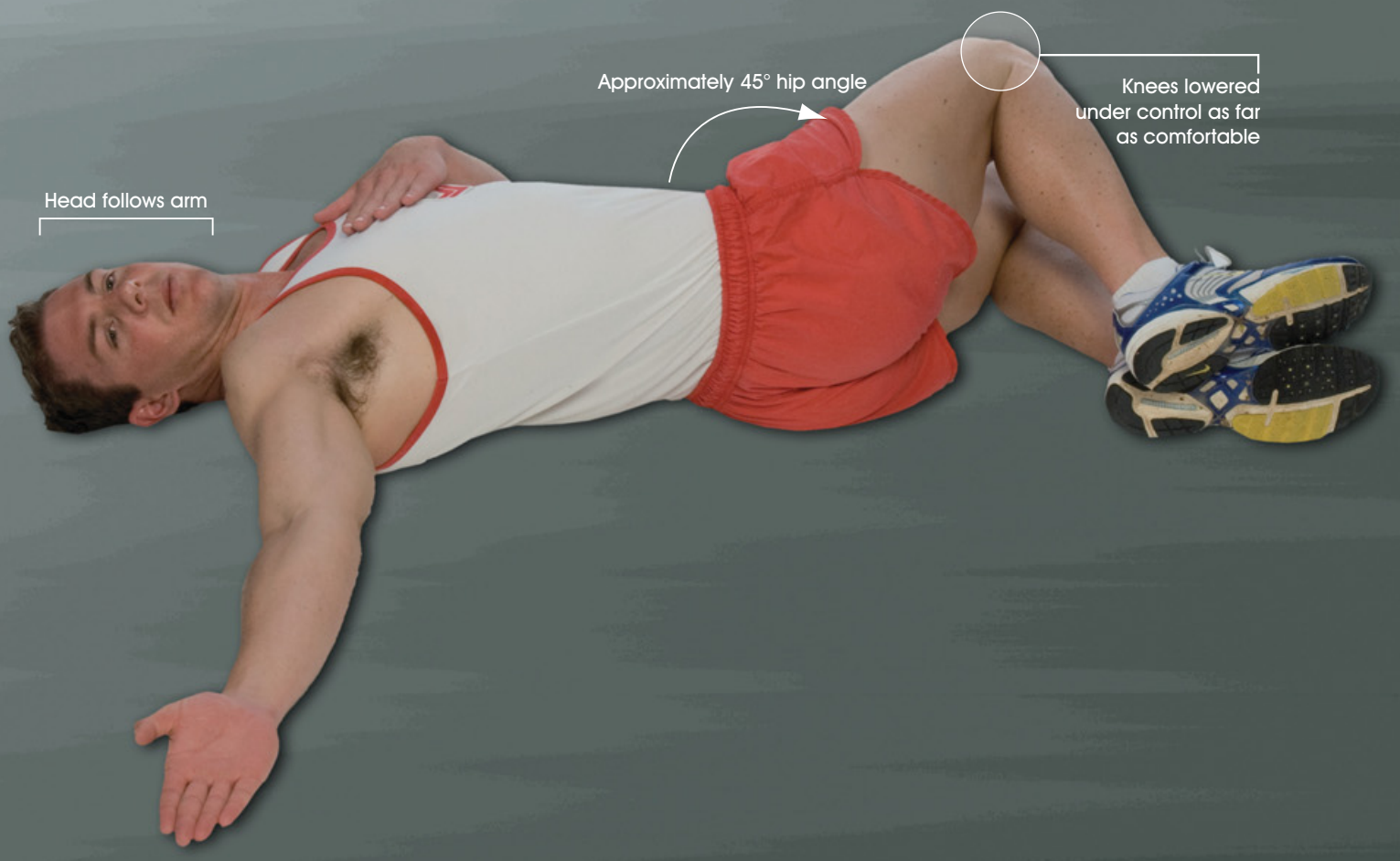
STRETCHES: DEEP CALF



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:

III CLASS IFA FITNESS ASSESSMENT RESULTS

IFA Results

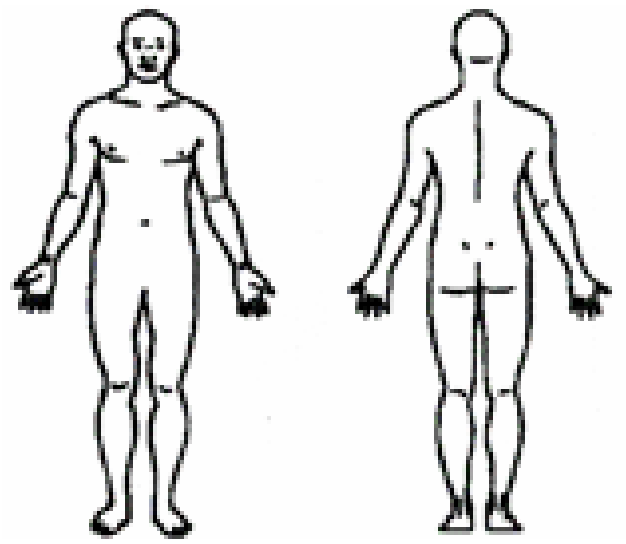
Date	Push Ups	Sit Ups	Shuttle Run Level

Notes:

Injury Management

POST SELECTION BOARD INJURY STATUS

Circle areas with current injuries
Shade areas with older injuries

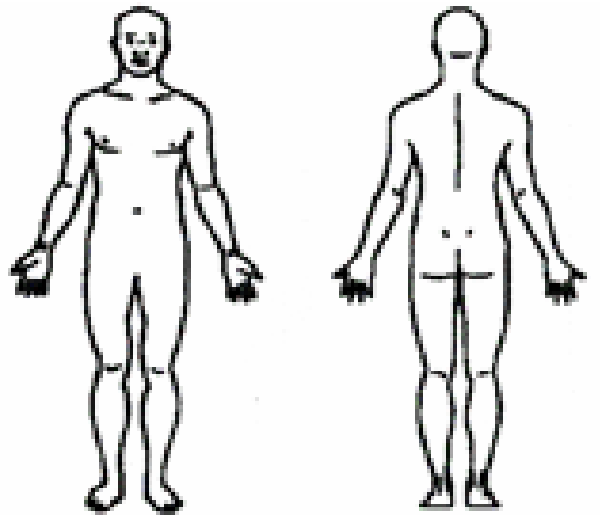


List all current injuries and causes

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

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

WEEKEND

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

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

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

WEEKEND

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

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

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

WEEKEND

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

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

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

WEEKEND

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

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

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

WEEKEND

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

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

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

WEEKEND

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