



# Army Pre-Conditioning Program (APCP)

Call 13 19 01 or

talk to your Careers Coach about APCP


Fitness, Confidence & Resilience Preparation

JANUARY 2023



**Army.**Challenge Yourself.



A full-page background image showing two soldiers, a man and a woman, walking towards the camera on a paved path. They are wearing Australian Army camouflage uniforms and wide-brimmed campaign hats. The man is on the left, smiling, and the woman is on the right, also smiling. They are surrounded by lush green trees and foliage, suggesting a park or training area. The lighting is bright and natural, indicating daytime.

# About

# the program

The Army Pre-Conditioning Program (APCP) is the perfect way to kick start your preparation. The boost to your fitness, confidence and resilience will help you truly unleash your potential.

APCP runs for 7 weeks at the 1st Recruit Training Battalion in Kapooka and aims to help you feel ready and prepared for your Initial Military Training (IMT). Upon completion of APCP, you will enter week 3 of IMT.

That's right, APCP gives you a head start on your IMT! Having kick-started your preparation early, you'll join the larger group at IMT with all the fundamentals and confidence you need to succeed.

# What the

# program involves

- Fitness: Including circuit, strength and endurance training.
- Skills: Basic drill and field craft, radio and teamwork.
- Adventure: Undertaking caving, roping, abseiling or kayaking.
- Personal Development: Mindset training, goal setting, public speaking and presentation skills.

While it will be challenging, you'll be supported, mentored and encouraged the entire time. You will walk out the other side with the confidence and tools to succeed in your next stage of training – and your career.



## How to join



### 1. Apply for General Entry

APCP is designed for people who want to join the Army and would like some extra support to prepare. To be eligible, you need to have already applied for a General Entry role. If you haven't applied yet and need some help with your application, give us a call on 13 19 01, or visit [defencejobs.gov.au](https://defencejobs.gov.au) to learn more.

### 2. Get recommended

APCP selections are primarily based on Career Coach or Defence Interviewer recommendation. After your initial online testing, a Careers Coach will be on hand to guide you through the recruitment process and discuss how APCP can benefit you.

### Fitness Requirements

There are multiple programs held throughout the year at Kapooka. To be eligible you must be at least 17 years old, have applied for a General Entry role in the Army, and be able to meet the fitness requirements.

Combat Roles	Push-ups	Sit-ups	Shuttle run score
Females	2	20	5.5
Males	4	20	5.5

Combat Support Roles	Push-ups	Sit-ups	Shuttle run score
Females	1	9	4.9
Males	2	9	4.9

## Indicative Schedule - 7 week program

1

The first  
two weeks



### Physical Training

During the program you'll experience the following physical training:

- Strength
- Cardio
- Core
- Prehab
- Yoga
- Swimming

2

Upskill over  
four weeks



You'll be introduced to life in the Army. It will involve a mixture of introductory course work and fitness.

### Key Training

- Soldier qualities
- Army first aid
- Radio operation
- Drill and barracks routine

Over 4 weeks you'll continue physical training and learn about all aspects of the military.

### Key Training

- History and customs
- Military structure and procedures
- Navigation skills
- Positive mindset training
- Public speaking
- Research techniques and topic presentations

3

Experience  
one week  
of adventure



Travel to Wee Jasper or Mount Buffalo to build your teamwork, confidence and resilience through adventure activities.

### Key Training

- Caving
- Roping
- Abseiling or Kayaking

4

Move  
straight into  
your IMT



### What happens after completing APCP?

On completion of APCP, you'll get a head start on your IMT, and enter at week 3 of the 12 week training program.

You'll move straight into IMT and continue your training with the extra fitness and confidence you would have developed over the program.

After you complete your IMT, you'll then start learning the skills for your specific role.