



# YOUR PRE-JOINING FITNESS TEST PLAN

## Train smarter not harder

The pre-joining fitness test (PJFT+), is the first step to the joining process. You have selected your level of ability so now you are ready to start training.

Physical fitness is an essential part of being in the Royal Navy, the day-to-day is physically demanding and so the joining process assists recruits in preparing for initial training and life in the Royal Naval Service.

This plan, if followed closely, will help you get fit to join and pass your PJFT+ with ease.

Exercise is only one part of being fit and healthy, please see the advice and guidance section on the website for more information on diet and lifestyle.

### Dos

- Ensure you are eating the right food to fuel your training.
- Hydrate regularly.
- Wear the right clothes for your training, this will help to keep you healthy and injury free.
- Follow the plan closely and make sure you are following the step-by-step guide to each exercise on the website.
- You can use the plan to fit within with your lifestyle. Choose the days which suit you.

### Don'ts

- Train if you experience any pain or discomfort whilst you are exercising. Please seek medical advice and rest until you are given the all clear.
- Over-training can cause injury. Please follow the plan closely to ensure you stay fit and healthy.

# Your plan

Your plan comprises of two different types of activity, muscular endurance which builds strength and fitness, and aerobic endurance which helps build fitness levels.

Each week you will need to undertake both muscular endurance and aerobic endurance activities.



Training type	Description
Long/Slow Distance Training	The intensity of the run should be less than 70% heart rate; this can be gauged by the "talk test" where you should be able to hold a conversation without being too winded.
Pace/Tempo Training	<p>This type of running can be performed two ways. First Method - Steady Pace, continuous running for a time duration of 15 - 20 minutes at a pace slightly faster than Long/Slow Distance Training, you should be on the limit of holding a conversation.</p> <p>Second Method - Intermittent Pace - also known as tempo intervals, the training session consists of a series of short intervals with brief recovery periods between workouts.</p> <p>Each time you exercise it should be performed at a slightly quicker pace than race pace, performing the recovery intervals at a much slower pace. Once recovered repeat this cycle for the duration, 20 - 25 minutes.</p>
Fartlek	Fartlek training involves steady running (this can be gauged by the "talk test" where you should be able to hold a conversation without being too winded) combined with either hill running or short bursts of faster than race pace running.

Intensity	Description
Low Intensity	You should be able to easily hold a conversation whilst running - this will help you judge the pace.
Medium Intensity	You should be able to hold a conversation once in a while whilst running. You will be breathing heavily. Your heart rate should be above 70%.

# Pre-PJFT+ 4 Week training program

Programme is to be conducted in a methodical way carrying out the movements in a controlled and strict manner, this will assist with aligning to standard expected at CTCRM. All sessions, timings and repetitions are to be followed as per programme. Mobility and activation work to be conducted before each session, followed by stretch and cool down at the end.

Week / Session	Session	Notes
Week 1 / Session 1	Pyramid session conducting 10 down to 1 Press-Ups/Sit-Ups/Bridge Raise.	You will conduct 10 reps on each of the exercises, then shake out if needed. Followed by 9 reps on each exercise. Have a Shake out and rest as much as needed to complete the session.
Week 1 / Session 2	1 Mile run at steady pace (able to maintain conversation) followed by 10 Burpees/10 Press-ups/10 Sit-ups.	Aim is to conduct all the exercises in one go and one after another.
Week 1 / Session 3	Every minute on the minute for 10 minutes, 3-Burpees/Push-ups/Sits-Ups.	Once the stopwatch starts, try and maintain the repetitions for the duration of time programmed. Aim to have 10-15 sec rest every minute.
Week 2 / Session 1	4 Round of: 20 Burpees/20 Press-Ups/20 Sit-Ups/40 Sec Plank. 2 Min between each round.	Aim is to achieve all of the repetitions and exercise movements in controlled and strict manner. Shake out and rest as much as needed.
Week 2 / Session 2	30 Burpees/45 Sit-Ups/30 Press-Ups/1 min Plank straight into 1 Mile run at Steady pace. Finish with 30 Burpees/45 Sit-Ups/30 Press-Ups /1 min Plank.	Aim is to achieve all of the repetitions and exercise movements in controlled and strict manner. Shake out and rest as much as needed.
Week 2 / Session 3	3 Mile Steady Run.	No faster than 30 - Min/10 Min mile pace.
Week 3 / Session 1	1 Mile run at steady pace (able to maintain conversation) followed by 40 Burpees/40 Press-ups/40 Sit-ups.	Conduct exercises at steady pace, shake out and rest when needed. Aim is to achieve all the reps in good form.
Week 3 / Session 2	Every minute on the minute for 15 min. 4-Burpees/Push-ups/Sits-Ups.	Aim is to move at speed whilst conducting the exercises in a controlled and strict manner. Whilst aiming to have 10 sec rest each minute.
Week 3 / Session 3	3 Mile run.	No faster than 27 min/9 min mile pace.
Week 4 / Session 1	Every minute on the minute for 12 minutes. First 6 minutes will be 15 Press-Ups per minute followed by 15 Sit-Ups per minute for following 6 minutes.	Once the stopwatch starts, try and maintain the repetitions for the duration of time programmed. Aim to have 10-15 sec rest every minute.
Week 4 / Session 2	4 Mile steady run. To be conducted no faster than 40 minutes and no quicker than 10 minute mile pace.	Steady pace run no faster than 40 min/10 min mile pace.
Week 4 / Session 3	Every minute on the minute for 15 minutes, 10 burpees. Followed by 1 min plank hold on front and both sides, 3 min in total.	Once the stopwatch starts, try and achieve the repetitions and exercise form for duration of time programmed. This challenge will achieve 150 burpees in 15 minutes.
Week 4 / Session 4	Every full run through of PJFT+.	To be conducted as per the test. Aiming to complete all repetitions carrying out strict movements.