



# FOUR WEEK PRE-JOINING FITNESS PROGRAMME

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## Train smarter not harder

The pre-joining fitness test (PJFT), is the first step to the joining process.

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 your lifestyle - choose the days which suit you

### Don'ts

Train if you experience any pain or discomfort whilst you are exercising. Please see 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

# Week 1

Session Number	Type of session	Explanation	Notes
Session 1	Muscular strength and aerobic conditioning	<p>5 rounds of the following:</p> <p>200m run            10 wide arm press            10 sit up twists            5 burpees            5 squats</p>	<p>Try and maintain a pace on the run that doesn't require you to rest when going into the exercises. Stay steady and controlled at approx. 70 - 80% of your max heart rate.</p> <p>With the exercise, try and complete all the reps without breaking them up, focusing on form throughout each movement.</p>
Session 2	Aerobic conditioning	<p>6 x 400m run</p> <p>1 min plank            30 seconds left side plank            30 seconds right side plank</p> <p>*rest 30 seconds between each movement and repeat 5 times.</p>	<p>Try and maintain your time throughout each 400m run.</p> <p>Start your watch each time and take note of the time it has taken you to complete the run. However long it has taken will be your rest. For example, if it has taken you 2 minutes, you will have 2 minutes recovery prior to starting the next run.</p> <p>You should aim to complete the 400m run in less than 2 minutes each round.</p>
Session 3	Muscular strength and conditioning	<p>Every minute complete the following for a total of 4 rounds:</p> <p>Minute 1 - 15 air squats            Minute 2 - 15 press ups            Minute 3 - 15 sit up twists            Minute 4 - 15 squat thrusts</p>	<p>Every minute complete the prescribed reps. For example, minute 1 conduct 15 air squats. Once complete rest until the next minute commences and then conduct 15 press ups. Continue this pattern throughout.</p> <p>On completion of the 4th exercise repeat the process a total of four times.</p> <p>You should aim to have approximately 15/20 seconds recovery each time. If you are struggling to hit the desired reps, then lower them accordingly.</p>

# Week 2

Session Number	Type of session	Explanation	Notes
Session 1	Muscular strength and conditioning	<p>Tabata session for the following exercises:</p> <ul style="list-style-type: none"> <li>1 - star jumps</li> <li>2 - press ups</li> <li>3 - squats</li> <li>4 - V-sits</li> </ul>	<p>Tabata is performed by conducting one exercise for 20 seconds of work and having 10 seconds of recovery. This is performed for a total of 8 rounds. Once 8 rounds have been completed you will move on to exercise 2 and repeat the process above.</p> <p>Make a mental note of the reps performed the first time you conduct the exercises and try and hit close to that number for the 8 rounds.</p> <p>Inbetween each exercise have a 1-minute break prior to moving on to the next exercise.</p>
Session 2	Aerobic conditioning	5km run	<p>For this, run at 70-80% of your max heart rate, by the end of your run you shouldn't feel exhausted or tired.</p> <p>During the run if you are struggling to breathe or could not say a sentence then reduce your pace accordingly.</p> <p>Aim to complete the 5km in sub 30 minutes.</p>
Session 3	Muscular strength and endurance	<ul style="list-style-type: none"> <li>25 lunges</li> <li>25 snake press</li> <li>25 outers</li> <li>25 press ups</li> <li>25 squats</li> <li>25 V-sits</li> </ul>	<p>Complete all the reps on each station prior to moving on to the next exercise. Once you have completed the reps perform 5 x 20m shuttle runs and then progress on to the snake press.</p> <p>If required, break up the reps to suit you. For example, reps of 15/10 with a quick break.</p>

# Week 3

Session Number	Type of session	Explanation	Notes
Session 1	Muscular strength and conditioning	<p>30 seconds on, 15 seconds recovery x 4 of the following exercises:</p> <ol style="list-style-type: none"> <li>1 - star jumps</li> <li>2 - wide arm press</li> <li>3 - squat thrusts</li> <li>4 - outers</li> <li>5 - dips</li> <li>6 - V-sits</li> <li>7 - squat thrusts</li> </ol>	<p>Perform as many reps as possible in the 30 second time frame. Have a 15 second recovery and then repeat this for a total of four rounds. Once four rounds have been completed move straight on to the next exercise below.</p> <p>Aim to move throughout the 30 seconds, focus on form and the movement pattern rather than speed.</p>
Session 2	Aerobic conditioning	<p>1-mile run followed by:</p> <ol style="list-style-type: none"> <li>20 press ups</li> <li>20 squats</li> <li>20 sit ups</li> <li>10 press ups</li> <li>10 squats</li> <li>10 sit ups</li> <li>5-minute run</li> </ol>	<p>Complete 1 mile at a steady pace as previously mentioned at 70-80% of your max heart rate. Then go straight into the exercises listed. Aim to complete the reps with little or no breaks focusing on form.</p> <p>Once all the exercises have been completed, start your watch and jog for 5 minutes in total.</p>
Session 3	Muscular strength and conditioning	<p>Tabata session for the following exercises:</p> <ol style="list-style-type: none"> <li>1 - squat thrusts</li> <li>2 - star jumps</li> <li>3 - press ups</li> <li>4 - crunches</li> </ol>	<p>Tabata is performed by conducting one exercise for 20 seconds of work and then have 10 seconds recovery. This is performed for a total of 8 rounds. Once 8 rounds have been completed you will move on to exercise 2 and repeat the process above.</p> <p>An increase in the number of exercises from last time. Exactly as before, record your reps for the first round and try and reach a similar number throughout each of the 8 rounds.</p>

# Week 4

Session Number	Type of session	Explanation	Notes
Session 1	Muscular strength and aerobic conditioning	<p>4 rounds of the following:</p> <p>400m run            10 wide arm press            10 sit up twists            10 press ups            10 lunges</p>	<p>An increase in distance from week 1 but one less round. Similar to week 1 maintain a pace on the run that ensures you do not need rest when going into the exercises. Stay steady and controlled at approx. 70 - 80% of your max heart rate.</p> <p>With the exercises try and complete all the reps without breaking them up and focus on form throughout each movement.</p>
Session 2	Aerobic conditioning	3-mile run	<p>Maintaining a good pace that you feel comfortable throughout is the aim of this session. Try not to set your pace too fast when you start and gradually increase it as you progress through the run.</p>
Session 3	Muscular strength and aerobic conditioning	<p>Every minute on the minute for 15 minutes, 15 squat thrusts. In the remaining time conduct air squats.</p>	<p>Every minute perform 15 squat thrusts. In the remaining time conduct air squats. These air squats are there to keep your body moving for the duration of the 15 minutes. Use them as a recovery and focus on depth and form rather than speed.</p>