ROYAL MARINES
GET FIT TO APPLY
WELCOME

We have designed this poster to help you get fit for your Potential Royal Marines Course or Potential Officers Course. These are tests that take place at the Commando Training Centre Royal Marines, Lympstone, Devon. They are your first steps on the road to becoming a Royal Marines Commando or a Royal Marines Officer.

We’ve included a full programme of exercises based on those you’ll be doing in your tests. You will also find tips on diet and a weekly training schedule, plus an introduction to ‘Commando Spirit’, which you’ll develop alongside your physical fitness.

Our standards are high but not impossible. If you exercise, eat and recover sensibly, you should be ready in six to eight weeks, depending on your current level of fitness. We also recommend you see your doctor to make sure you’re medically fit before you start.

Good luck with your training, and your application to join the Royal Marines.

Visit royalmarines.mod.uk or call 08456 00 14 44

YOUR PATH TO THE GREEN BERET

Physical training is a large part of our unique way of life, which is why you will need to prepare for the physical tests in our selection process. Our tests are a tried and tested way to help make sure you have the basic levels of fitness, qualities and attitudes to join and begin your training to become a Royal Marine.

**Commando**

**Medical**

Having passed the Naval Service recruit test you’ll need to have a medical, an eye test and pass the Royal Navy fitness test (RNFT) in your local fitness centre. The RNFT includes two 2.4km (1.5 mile) runs on a treadmill set to a 2-degree incline. You must complete the first run within 12 minutes 30 seconds. You’ll have a minute’s rest and then you need to complete the second run within 10 minutes (10 minutes 30 seconds for officer candidates).

**Potential Royal Marines Course (PRMC)**

This is a three-day course held at the Commando Training Centre Royal Marines (CTCRM), Lympstone, Devon. The PRMC includes a three-mile run, a gym test, an assault course, an endurance course, a swimming test, a night out under canvas, an interview and lectures. You will need to pass this course before you can join the Royal Marines.

You can find a full breakdown of your PRMC in this poster.

**Potential Officers Course (POC)**

This is a three-day course held at the Commando Training Centre Royal Marines (CTCRM), Lympstone, Devon. The POC includes gym tests, an essay, an interview, an assault course, lectures, an endurance course, practical leadership exercises, a discussion exercise and swimming test. You will need to pass this course to proceed to the next stage of Royal Marines Officer selection.

You can find an overview of your POC in this poster and your Careers Adviser can give you full details.

**Admiralty Interview Board (AIB)**

This is a two-and-a-half day course held at HMS Sultan, Gosport, Hampshire, designed to allow you to show that you have the personal qualities you’ll need to be an effective frontline officer after your full training. The AIB includes a service knowledge test, a psychometric test, essays, leadership tasks and an interview with the Board.

You can find a full breakdown of this course on royalmarines.mod.uk. Your Careers Adviser can also give you relevant booklets and a DVD which we encourage you to watch.

**Officer**

**Welcome aboard**

On passing the PRMC, our 32-week intensive Commando recruit training course at CTCRM is divided into six modules: Foundation, Individual Skills, Advanced Skills, Operations of War, Commandos Course and the King’s Squad Pass Out Week.

You can find a full breakdown of this course on royalmarines.mod.uk.

**Welcome aboard**

On passing the POC, our 15-and-a-half month ‘Young Officer’ training course at CTCRM is split into two phases. The first 32 weeks teach you advanced tactical skills and how to command, motivate and inspire your troops. During phase-two training you put into practice everything you’ve learnt so far.

You can find a full breakdown of this course on royalmarines.mod.uk.
COMMANDO SPIRIT
STATE OF MIND

Every Royal Marines Commando has what we call 'Commando Spirit' – a unique state of mind that lets us do things most people would consider impossible.

It isn’t something that can be taught, but the PRMC or POC is your first chance to find out if you already have the basics. Then once you join us, everything you do has been designed to reinforce Commando Spirit.

Courage
Fear is natural, and we all experience it. Courage is not giving in to that fear, but getting on with the job in spite of it.

Determination
In training and on operations, you’re going to be set some incredible challenges. The key to success is always believing in yourself and never doubting you can do it.

Unselfishness
Every Royal Marines Commando looks out for his mates, or ‘opps’, and does what’s best for the team, not just himself. Being a Royal Marines Commando isn’t just about ‘toughing it out’ on your own. If you’re having problems or something is bothering you, ask for help. Remember, we’re a team and we’re all here for each other.

Cheerfulness in the face of adversity
Ours is a hard, physical life, often lived in tough conditions. But we never let it get us down, and always manage to find something to laugh about.

COMMANDO SPIRIT
VALUES

We also have a set of values that hold us together as a corps. This is what we call our ethos and it is basically a checklist for how we go about things. It is made up of the following.

Unity
We’re one strong, united team. We all do the same Commando course and, when we pass it, we wear the same green beret.

Adaptability
We have to adapt quickly to changing conditions. We can do this because of our training, skill, fitness and willingness to listen to other people’s ideas and opinions.

Humility
We let our achievements and abilities speak for themselves. But we also know there’s always something more we can learn. And the more we learn, the better we become.

Professional standards
We operate in complicated, dangerous and uncertain environments. We’ve got to be able to rely on every man to do the right thing, even under massive pressure.

Fortitude
Fortitude means having the courage to keep going when your mind and body are telling you to stop.

Commando humour
Being able to see the funny side, even when things are really tough, keeps us together and helps us get through.
THE PRMC AND POC

WHAT TO EXPECT

There are four main physical assessments on the PRMC and POC that immediately follow each other. They will be physically demanding and tiring but if you train efficiently and have a positive ‘state of mind’, you will be successful. Many of the tasks are the same across the courses but the POC will have extra tasks and tougher criteria.

The chart to the right gives you a breakdown of what you should expect to do on your course.

OTHER PRMC AND POC ACTIVITIES

On the last day of your course, you will also do the following.

- A swimming test: wearing normal swimming kit, you will jump off the diving platform and swim up to four lengths (about 100 metres) of breaststroke without any pauses. This is a test and you will need to swim at least one length to pass. If you complete at least one length but less than four, you will be graded as a weak swimmer. Because the Royal Marines are an amphibious force, operating routinely from the sea, swimming is a vital skill that will be developed in training. You cannot progress through training without passing the swimming test.
- You will go to lectures on various aspects of the Royal Marines including weapons acquaints (lessons to familiarise yourself with weapons), career opportunities and realities of training. You will also have the chance to talk openly with some of the senior recruits on camp. Ask as many questions as you like. It is important that you understand the commitment you will be taking on.

RESULTS

All candidates who stay on the course for the full three days should remember that it does not necessarily matter how well you do, as long as it is your very best effort. You will be given one of two possible results.

- Pass PRMC/POC – ready for recruit training
- Fail PRMC/POC – not ready for recruit training

- Pass PRMC/POC – ready for recruit training
- Fail PRMC/POC – not ready for recruit training

VOLUNTARY WITHDRAWAL PROCEDURE

You can withdraw yourself from the course at any time, and there may be times when you feel like quitting – but don’t. Whatever activity you are doing will soon finish and you will recover and feel better for achieving success. It is only by continuing with the full course that you can really get a feel for a career with the Royal Marines. So remember – prepare well and train hard.

Good luck.
CONTACTING US

We hope this publication has given you an insight into how to get fit to apply for a career in the Royal Marines and what you can expect from the Potential Royal Marines Course and the Potential Officers Course.

VISIT
royalmarines.mod.uk

- Chat to real people in the Royal Marines in our regular live chats.
- Keep up to date by signing up to our monthly newsletter.
- Discover a whole range of other useful links.

ENTRY REQUIREMENTS
SPONSORSHIP
GET FIT TO APPLY
POTENTIAL ROYAL MARINES COURSE (PRMC)
POTENTIAL OFFICERS COURSE (POC)
COMMANDO TRAINING CENTRE ROYAL MARINES (CTCRM)
TRAINING
JOBS
PAY AND BENEFITS
LIFELONG LEARNING
FREQUENTLY ASKED QUESTIONS
PARENTS AND GUARDIANS
NEWSLETTER

CALL
08456 00 14 44

- Check you’re eligible to apply and book your appointment to visit an Armed Forces Careers Office.

We want you to succeed and will do all we can to help. If you have any questions, or would like any further information or advice, please get in touch today.

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This publication is for guidance only. The facts in it may change without notice and it is no form of legal contract. We explain details of length of service in the Armed Forces Careers Office and it will be shown in the contract. You may need to repay any bursary or sponsorship money if you do not enter service, or if you fail or withdraw from training.

We can change salaries, bursaries and sponsorship schemes, cadetships and job specifications, without notice. Major as well as minor changes may be involved. However, we make every effort to make sure the details in this publication are correct. This publication is not an offer by the Royal Marines to any person. Publications are prepared and printed several months before being distributed so cannot always immediately reflect changes in details or in some cases a particular offer.