ROYAL NAVY

PRE-JOINING FITNESS PROGRAMME
PREPARATION AND TRAINING SCHEDULES FOR YOUR CAREER IN THE ROYAL NAVY
Now that you are considering a career in the Royal Navy, you should be aware of the Fitness Standards expected for the Pre-Joining Fitness Test and during the first weeks of training.

This booklet describes the best way for you to get fit and prepare for the next steps towards your career.
This Royal Navy Fitness Programme has been designed for all potential and future members of the Royal Navy, with the intention of:

- TELLING YOU ABOUT THE IMPORTANCE OF PHYSICAL FITNESS within a fighting force and the reasons why the Royal Navy place such emphasis on physical conditioning.
- PROVIDING INFORMATION AND GUIDANCE ON HOW TO prepare for and maintain the fitness standards required for the Royal Navy.

It is essential that once you have attained the necessary levels of physical and medical fitness, you make every effort to maintain them. You will be required to always be fit for the duties expected of you during your Service Career.

Having passed your pre-entry fitness tests, if you should let your standard slip before joining your New Entry training establishment, you may be removed from training, so it is important to maintain your fitness levels.
This Royal Navy Fitness Programme has been designed for all potential and future members of the Royal Navy, with the intention of:
• telling you about the importance of physical fitness within a fighting force and the reasons why the Royal Navy place such emphasis on physical conditioning.
• providing information and guidance on how to prepare for and maintain the fitness standards required for the Royal Navy.

It is essential that once you have attained the necessary levels of physical and medical fitness, you make every effort to maintain them. You will be required to always be fit for the duties expected of you during your Service Career.

Having passed your pre-entry fitness tests, if you should let your standard slip before joining your New Entry training establishment, you may be removed from training, so it is important to maintain your fitness levels.
Carrying excess weight is not healthy and prevents you from performing to the best of your physical ability. ‘You are what you eat’, so the following basic dietary advice is recommended, not only in preparation for joining the RN but for life in general.

- Minimise consumption of fatty and fried foods, such as chips and crisps.
- Eat five portions of fruit or vegetables daily rather than a chocolate bar.
- Consider a piece of fruit for a far healthier immediate, energy source.
- Cut down on fizzy, sugary drinks and consider tap water or a sports drink.
- Do not drink excessive amounts of alcohol.
- Choose semi-skimmed milk as an alternative to whole milk.
- Eat white meat or fish more regularly than red meat.
- Use low fat spreads instead of butter.
- Do not add salt to your food.
- Check food labelling and compare levels of fat, sugar and salt, all of which, while essential to a healthy diet, should be consumed with restraint.
- Start the day with a substantial, healthy breakfast. e.g. cereal, fruit, yoghurt and toast.
- Eat little and often as opposed to large meals, especially late at night.

**DIETARY INFORMATION**

The ability of your body to generate power is much like that of a car. It is proportionate to the size of the engine, how well it is tuned, the aerodynamic design of its chassis and the extent of the drag factor.

You cannot do much about your natural body type and its basic aerodynamic design, because that is the result of genetics. But you can certainly influence how well your engine is tuned and how you can keep the drag factor (fat) to a minimum.
THE IMPORTANCE OF FLUID REPLACEMENT
Maintaining sufficient levels of fluid is essential when carrying out any form of physical activity. Perspiration cools the body during exercise to assist in maintaining core body temperature. If this fluid is not replaced, dehydration can rapidly occur, leading to fatigue, mental confusion and stress on the cardiovascular system.

Water is the best and most economical form of fluid replacement. While there are a number of brand drinks that advertise increased fluid replacement, water should be the bulk replacement option. As with any alternative to water, they are often very expensive, they are not always as effective at replacing lost fluid levels and they are rarely beneficial in controlling weight. Avoid caffeinated and alcoholic drinks which have a dehydrating effect.

CLOTHING
The correct clothing should be worn when training to decrease the chance of injury and increase performance. Proper running shoes are essential. Clothing should be non-restrictive and be adequate to keep the body at a steady temperature during exercise.

TRAINING PROGRAMME
By following the eight week training schedule in this booklet you should join the Royal Navy at an appropriate level of fitness and will improve your performance during initial training. Ideally the programme should be undertaken in the eight weeks immediately prior to entry, but it will also help you to prepare for the Pre-Joining Fitness Test, where applicable.

INJURIES
Seek medical advice should you receive any form of injury. If at any time during your training you experience pain or discomfort, which limits what you can do, you should STOP and only resume training after you have been advised that you may do so by your doctor. This particularly applies if you develop any pain in your knees, ankles or back, or have breathing problems.

COOL DOWN
Never end physical activity abruptly. Once your activity is completed, gradually reduce the intensity until your breathing and pulse rate have returned to a near normal state. Always carry out a thorough, whole body stretch after vigorous exercise (as described in this booklet). This will keep your muscles from tightening up and may reduce muscular soreness the following day and it will also be helpful in maintaining flexibility.

REST DAYS
While it is important for individuals to stress the body during a training session, it is during the rest period that the body adapts to the stress and recovers. Excessive training loads with inadequate rest periods may overwhelm the body’s capacity for adaptation, resulting in incomplete regeneration and reduced performance capacity. This state of prolonged fatigue may be reversible with several days to a couple of weeks of complete rest, but for some individuals in an over-trained state, full recovery may take weeks, months or even years.

Maintain your fluid levels.
- Do not wait until you become thirsty before drinking.
- Drink little and often throughout the day and especially during sustained physical activity.
- Drink while exercising.
STRETCHING

Stretching is a necessary and important part of fitness. Stretching decreases the chances of muscular injury and increases the optimum performance of the muscles, therefore achieving more from a workout.

Before stretching any muscle group, it is important to warm up your body thoroughly, through gentle exercise for approximately ten minutes.

POINTS TO NOTE:
Ensure your body is adequately warmed prior to stretching.

Always stretch slowly.

Each stretch should be held for approximately eight to ten seconds prior to exercise and 30 seconds to one minute after exercise.

Never ‘bounce’ or ‘force’ a stretch.

SHUTTLE RUNS
Try a shuttle run in the gym (substitute for a short run).

Sprint between two points in a gymnasium 55 metres apart until 275 metres is completed.
STRETCHING
Stretching is a necessary and important part of fitness. Stretching decreases the chances of muscular injury and increases the optimum performance of the muscles, therefore achieving more from a workout.

Before stretching any muscle group, it is important to warm up your body thoroughly, through gentle exercise for approximately ten minutes.

PRESS-UPS
Support position: Hands should be placed shoulder-width apart with your fingers pointing forward; your back should be straight with head and eyes looking naturally forward.

From this position your body should be lowered until your chest is just clear of the ground (arms at 90 degrees), and then extend your arms back to the support position.

Women should keep their knees on the ground throughout this exercise.

TRUNK CURLS
Adopt a position where you are lying on your back with your knees bent and your feet flat on the ground. Place hands on your thighs.

Lift your shoulders and upper back off the ground while sliding your fingers towards your knees, keeping head and eyes naturally looking forward at all times. Return to the start position and repeat.

SIT-UPS
Lie flat on your back with your knees slightly bent; soles of the feet should be flat on the floor with your hands lightly touching your temples.

Lift up your torso until your elbows touch your knees. Under control return back to the starting position.

DORSAL RAISE
Adopt a prone lying position, with your elbows tucked underneath your torso and your forearms parallel to the ground. Lift your chest off the floor and thrust your groin into the ground. This will produce a stretch sensation in the abdominal region. Return to the start position and repeat.

PLANK POSITION
Adopt a prone front lying position. Tuck your elbows underneath your torso (belly) with your forearms parallel to the ground. Tense your stomach muscles and lift your body off the floor so that the only points of contact with the ground are your toes and forearms. Hold this position for the duration stated. If you are unable to do this, begin with supporting your body on your forearms and knees.
FITNESS STANDARDS

As part of your application process, you will be required to complete a 2.4km run on a treadmill at a local fitness centre. The maximum times in which you must complete the run are contained in the table below.

<table>
<thead>
<tr>
<th>AGE</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>11 min 09 secs</td>
<td>13 min 10 secs</td>
</tr>
<tr>
<td>25-29</td>
<td>11 min 33 secs</td>
<td>13 min 37 secs</td>
</tr>
<tr>
<td>30-34</td>
<td>11 min 58 secs</td>
<td>14 min 05 secs</td>
</tr>
<tr>
<td>35-39</td>
<td>12 min 23 secs</td>
<td>14 min 33 secs</td>
</tr>
</tbody>
</table>

The actual fitness standards required during the first weeks of training, including the maximum times allowed for successful completion of the 2.4km run, can be found in the following tables.

You should aim to complete the 2.4km run within the time frames specified. Likewise, you should aim for more repetitions of the upper-body exercises than detailed - these are just the minimum requirements.

FITNESS TESTS

During your training at HMS Raleigh you will also be required to pass a series of physical tests looking at cardiovascular and upper-body strength. These will vary in length and complexity and will be challenging for most individuals. All exercises are carried out using modern controlled techniques and required scores are determined by gender only, as shown in the following table.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESS-UPS</td>
<td>23</td>
<td>17</td>
</tr>
<tr>
<td>SIT-UPS</td>
<td>39</td>
<td>29</td>
</tr>
<tr>
<td>SHUTTLE RUN (5x55m)</td>
<td>59 secs</td>
<td>72 secs</td>
</tr>
</tbody>
</table>
STRENGTH TRAINING

Strength training is consistently found to be the fitness component most highly associated with increased physical and functional activity levels. It has also been demonstrated that maintenance of muscle strength limits the effects of de-conditioning that occurs as a result of reduced activity levels.

Muscular strength may be defined as ‘the force or tension a muscle or a muscle group can exert against a resistance in one maximal contraction’.

Muscular strength endurance is defined as ‘the ability of a skeletal muscle or group of muscles to perform repeated submaximal contractions for short periods of time against a moderate to high resistance’.

To improve specific muscular endurance for any given task or exercise we must first identify the muscle groups used to carry out the task. Once identified we can work these muscles and subject them to new loads and stresses and force a physiological adaptation within the muscles to make them stronger and more efficient.

The following training schedules are designed to place stresses on the muscle groups that carry out the press-up and sit-up actions and effect an adaptation for increased strength and efficiency.

THE SWIMMING TEST

To pass the swimming test, you will be required to complete the following:

Jump into deep water wearing overalls, tread water for two minutes, then swim 50 metres and climb out at the deep end.
RUNNING INCREASES YOUR FITNESS AND IS AN INTEGRAL PART OF THE PROGRAMME
### WEEK 1

**DAY 1 – RUN**

Attempt to run at a comfortable pace for 15–20 minutes. If this cannot be achieved, jog/walk/jog as an alternative.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 2 – STRENGTH TRAINING**

- PRESS-UPS: 5-10 press-ups x 3 sets.
- SIT-UPS: 10-15 sit-ups x 3 sets.
- DORSAL RAISE: 10-15 dorsal raises x 3 sets.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 3 – SWIM RECOVER**

Non-swimmers should register at a local pool for swimming instruction; weaker swimmers should concentrate on improving all of their strokes for 20–30 minute swim periods.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 4 – REST DAY**

**DAY 5 – STRENGTH TRAINING**

- PRESS-UPS: 5-10 press-ups x 3 sets.
- TRUNK CURLS: 10-15 trunk curls x 3 sets.
- PLANK POSITION: Plank position, hold for 10 seconds x 3.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 6 – RUN**

Attempt to run at a comfortable pace for 15–20 minutes. If this cannot be achieved, jog/walk/jog as an alternative.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 7 – SWIM RECOVER**

Swim for 20–30 minutes – improving all strokes and stamina.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

### WEEK 2

**DAY 1 – RUN**

Attempt to run at a comfortable pace for 20–30 minutes. If this cannot be achieved, reduce speed but try to achieve the time.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 2 – STRENGTH TRAINING**

- PRESS-UPS: 5-10 press-ups x 3 sets.
- SIT-UPS: 10-15 sit-ups x 3 sets.
- DORSAL RAISE: 10-15 dorsal raises x 3 sets.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 3 – SWIM**

SWIM – Continue to improve swimming techniques in all strokes for 20–30 minutes then tread water for 1 minute.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 4 – REST DAY**

**DAY 5 – RUN**

Attempt to run at a comfortable pace for 20–30 minutes. If this cannot be achieved, reduce speed but try to achieve the time.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 6 – STRENGTH TRAINING**

- PRESS-UPS: 5-10 press-ups x 3 sets.
- TRUNK CURLS: 10-15 trunk curls x 3 sets.
- PLANK POSITION: Plank position, hold for 10 seconds x 3.

<table>
<thead>
<tr>
<th>Achieved</th>
</tr>
</thead>
</table>

**DAY 7 – REST DAY**
WEEK 3

DAY 1
RUN – Attempt to run at a comfortable pace for 20–30 minutes. Try and add a sprint for the last 100 metres.
Achieved

DAY 2 – STRENGTH TRAINING
PRESS-UPS: 7-12 press-ups x 3 sets.
SIT-UPS: 15-20 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

DAY 3 – SWIM TEST
SWIM – After 20 minutes of swimming without touching the sides tread water for 2 minutes.
Achieved

DAY 4 – REST DAY

DAY 5 – STRENGTH TRAINING
PRESS-UPS: 7-12 press-ups x 3 sets.
TRUNK CURLS: 15-20 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

DAY 6 – RUN
Attempt to run at a comfortable pace for 20–30 minutes. Try and add a sprint for the last 100 metres.
Achieved

DAY 7 SWIM TEST
After 20 minutes of swimming without touching the sides tread water for 2 minutes.
Achieved

WEEK 4

DAY 1 – RUN
Run at a comfortable pace for 40 minutes.
Achieved

DAY 2 – STRENGTH TRAINING
PRESS-UPS: 7-12 press-ups x 3 sets.
SIT-UPS: 15-20 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

DAY 3 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.
Achieved

DAY 4 – REST DAY

DAY 5 – TIMED RUN
Time yourself over a 2.4km run (approximately 1.5 miles).
Achieved

DAY 6 – STRENGTH TRAINING
PRESS-UPS: 7-12 press-ups x 3 sets.
TRUNK CURLS: 15-20 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

DAY 7 – REST DAY
### WEEK 5
#### DAY 1 – RUN
Run at a comfortable pace for 40 minutes.
Achieved

#### DAY 2 – STRENGTH TRAINING
PRESS-UPS: 15-20 press-ups x 3 sets.
SIT-UPS: 20-30 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

#### DAY 3 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.
Achieved

#### DAY 4 – REST DAY

#### DAY 5 – STRENGTH TRAINING
TRUNK CURLS: 20-30 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

#### DAY 6 – TIMED RUN
Time yourself over a 2.4km run (approximately 1.5 miles).
Achieved

#### DAY 7 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.

### WEEK 6
#### DAY 1
Run at a comfortable pace for 40 minutes.
Achieved

#### DAY 2 – STRENGTH TRAINING
PRESS-UPS: 15-20 press-ups x 3 sets.
SIT-UPS: 20-30 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

#### DAY 3 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.
Achieved

#### DAY 4 – REST DAY

#### DAY 5 – TIMED RUN
Time yourself over a 2.4km run (approximately 1.5 miles).
Achieved

#### DAY 6 – STRENGTH TRAINING
TRUNK CURLS: 20-30 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

#### DAY 7 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.

### WEEK 7
#### DAY 1 – RUN
Run at a comfortable pace for 40 minutes.
Achieved

#### DAY 2 – STRENGTH TRAINING
PRESS-UPS: 15-20 press-ups x 3 sets.
SIT-UPS: 20-30 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

#### DAY 3 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.
Achieved

#### DAY 4 – REST DAY

#### DAY 5 – TIMED RUN
Time yourself over a 2.4km run (approximately 1.5 miles).
Achieved

#### DAY 6 – STRENGTH TRAINING
TRUNK CURLS: 20-30 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

#### DAY 7 – SWIM RECOVER
After 20 minutes of breast-stroke tread water for 3 minutes.

---

This publication is for guidance only. The facts in it may change without notice and must not be taken to imply any contract. Details of length of service will be explained in the Armed Forces Careers Office and will be contained in the contract. Any bursary or sponsorship money may need to be repaid if you do not enter service, or if you fail or withdraw from training.
**WEEK 8**

**DAY 1 – RUN**
Run at a comfortable pace for 40 minutes.
Achieved

**DAY 2 – STRENGTH TRAINING**
SIT-UPS: 30-40 sit-ups x 3 sets.
DORSAL RAISE: 15-20 dorsal raises x 3 sets.
Achieved

**DAY 3 – SWIM RECOVER**
After 20 minutes of breast-stroke tread water for 3 minutes.
Achieved

**DAY 4 – REST DAY**

**DAY 5 – TIMED RUN**
Time yourself over a 2.4km run (approximately 1.5 miles).
Achieved

**DAY 6 – STRENGTH TRAINING**
PRESS-UPS: 25-30 press-ups x 3 sets.
TRUNK CURLS: 30-40 trunk curls x 3 sets.
PLANK POSITION: Plank position, hold for 15 seconds x 3.
Achieved

**DAY 7 – REST DAY**

---

This publication is for guidance only. The facts in it may change without notice and must not be taken to imply any contract. Details of length of service will be explained in the Armed Forces Careers Office and will be contained in the contract. Any bursary or sponsorship money may need to be repaid if you do not enter service, or if you fail or withdraw from training.
The Royal Navy is an equal opportunities employer. We seek to provide workplace conditions that are comfortable and non-threatening for all our people, whatever their gender, ethnic origin or sexual orientation.

Our aim is the total elimination of sexual and racial harassment, and all forms of bullying. These issues need close attention and proactive management. Victims of any form of abuse are encouraged to report their difficulties and can be confident of sensitive treatment by those responsible for their care.
CALL 08456 07 55 55 OR VISIT ROYALNAVY.MOD.UK/CAREERS