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INTRODUCTION

Research has shown that less fit soldiers **are at a higher risk of both injury and failing to complete their initial training**. In fact, recent research suggests that over 80% of injuries in sport and during physical activity come from those in the lower 20% of fitness for their peer group.

To ensure that you meet the minimal level of fitness required to commence training an Initial Fitness Assessment (IFA) will be conducted for all trainees at the commencement of the Training Blocks. The expected fitness levels are:

| Stage of Training | Shuttle Run | Push Ups (Male/Female) | Sit Ups |
|-------------------|-------------|---------------------------|---------|
| TB 2 | Level 8.0 | 22/12 | 52 |
| TB 3 | Level 8.5 | 28/15 | 58 |
| TB 4 | Level 9.0 | 35/18 | 65 |
| TB 5 | Level 9.1 | 40/70 | 70 |

It is again reiterated that these standards are the minimum standards expected and that the fitter you are prior to the commencement of your training, the lower your chance of injury during training. As such, a specific conditioning program has been developed to assist you in optimising your physical fitness prior to commencing your Training Blocks.

Each Training Block Program is divided into three key cycles, each with a different focus. Following the completion of these cycles, a multimodel cycle can be followed to maintain fitness levels until the commencement of the training block.

ACCOMPANYING GUIDE

The RMC Physical Conditioning (RES FAC) Guide ('Guide') has been provided to accompany this program in order to help guide you through the training process, minimize injuries and maximise performance.

Whilst it is recommended that the 'Guide' be reviewed prior to the commencement of the program, **it is imperative that Chapter 5 'INJURY PREVENTION AND MANAGEMENT' be read prior to the commencement of your program.**

EXERCISE AND STRETCHING TECHNIQUE GUIDES

The exercise and stretching technique guides provide some key technique points for the exercises and stretches you are required to perform as part of your program.

TRAINING DIARY

Your Training Diary consists of three main parts; the Assessment History, the Injury Management profile and the main Training Diary. You are to complete the top sections of the Assessment History and Injury Management profile immediately upon receipt of this booklet. The Training Diary is to be filled out immediately after each training session throughout the duration of the training. On completion of the program (see FAQ 4 below), you are to complete the bottom section of the Injury Management profile.

The Training Diary is to be filled out in clear and legible handwriting and may be collected for auditing at any time by staff (as detailed in the 'guide')

FAQs

1. I missed a session when do I catch it up?

If you miss a single session do **not** try and catch it up. This will overload your training volume. Miss the session and continue on with the next day in the program.

Eg. Missed session Week 1: Day 2
Recommence Week 1: Day 3

2. I missed a few sessions due to illness, where do I re-start my training from?

If you missed no more one week of training, restart your program one week previous on the day you are returning.

Eg. Missed Week 4: Day 2 - 4
Recommence Week 3: Day 5

If you missed more than one week of training, restart your program the following Monday at the beginning of your cycle.

Eg. Missed Cycle 1: Week 3 - 4: Day 2 - 4
Recommence Cycle 1: Week 1: Day 1

3. I had an injury so had to stop training, where do I re-start from?

Firstly ensure that you have fully recovered from your injury and have medical clearance to recommence training. Then follow the guidelines above in FAQ 2.

4. When do I finish the program?

A week prior to commencing your Training Block, you should finish the program on the Day 3 session and rest until your formal training commences.

TRAINING BLOCK 3 PROGRAM

SESSION OVERVIEW

| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-------------------------|----------------|---------------|---------------|---------------|---------------|---------------|
| Cycle 1 | WEEK 1 | Assessment | WLW | Metabolic | Neuromuscular | |
| | WEEK 2 | Neuromuscular | Metabolic | Neuromuscular | Metabolic | Circuit |
| | WEEK 3 | Neuromuscular | Metabolic | Neuromuscular | WLW | Neuromuscular |
| | WEEK 4 | Neuromuscular | Metabolic | Neuromuscular | Metabolic | Circuit |
| Cycle 2 | WEEK 5 | Assessment | WLW | Neuromuscular | Metabolic | |
| | WEEK 6 | Metabolic | Neuromuscular | Metabolic | Neuromuscular | Circuit |
| | WEEK 7 | Metabolic | Neuromuscular | Metabolic | Circuit | Metabolic |
| | WEEK 8 | WLW | Neuromuscular | Metabolic | Circuit | Metabolic |
| Cycle 3 | WEEK 9 | Assessment | WLW | Neuromuscular | Metabolic | |
| | WEEK 10 | Neuromuscular | Metabolic | Neuromuscular | Metabolic | Circuit (BFA) |
| | WEEK 11 | WLW | Metabolic | Neuromuscular | Metabolic | Circuit |
| | WEEK 12 | Neuromuscular | Metabolic | WLW | Neuromuscular | |
| Multimodal Cycle | | | | | | |

Cycle 1: Anatomical Adaptation / Neuromuscular Phase / Metabolic Base

- This cycle will focus on preparing your body for more vigorous training sessions.
- New neuromuscular (resistance training) exercises will be learnt and physical tolerance developed.
- Basic metabolic fitness will be developed / maintained

Cycle 2: General Conditioning / Metabolic Phase / Neuromuscular Maintenance

- This cycle will focus on general conditioning.
- More advanced metabolic conditioning will be introduced to increase both endurance and speed.
- Developed neuromuscular fitness will be maintained and advanced

Cycle 3: Specific Conditioning Phase

- This cycle will increase focus on specific conditioning for your Training Block.
- Developed metabolic and neuromuscular fitness will be maintained and transferred to more military specific activities

The Multimodal Cycle

- This cycle can be of an undetermined length and will employ developed characteristics from all three cycles in order to maintain high level gains in preparation for your Training Block

CYCLE 1: NEUROMUSCULAR CONDITIONING FOCUS (WEEKS 1 – 4)
SESSION OVERVIEW

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---------------|--|---|--|---|--|
| WEEK 1 | Session 1 Assessment (A1) | Session 2 WLW (WLW 1.1) | Session 3 Metabolic (MET 1.1) | Session 4 Neuromuscular (NM 1.1) | |
| WEEK 2 | Session 5 Neuromuscular (NM 1.2) | Session 6 Metabolic (MET 1.2) | Session 7 Neuromuscular (NM 1.3) | Session 8 Metabolic (MET 1.3) | Session 9 Circuit (CT 1.1) |
| WEEK 3 | Session 10 Neuromuscular (NM 1.4) | Session 11 Metabolic (MET 1.4) | Session 12 Neuromuscular (NM 1.5) | Session 13 WLW (WLW 1.2) | Session 14 Neuromuscular (NM 1.6) |
| WEEK 4 | Session 15 Neuromuscular (NM 1.7) | Session 16 Metabolic (MET 1.5) | Session 17 Neuromuscular (NM 1.8) | Session 18 Metabolic (MET 1.6) | Session 19 Circuit (CT 1.2) |

Using the Overview and the Program

To determine your training session for the day look at overview guide above to determine:

- a) the focus of the training (eg. Metabolic), and
- b) the session number (eg. MET 1.2)

Then look for the corresponding session in the program below by:

- c) first looking up the training focus name (eg. Metabolic) and
- d) then looking at the main body session numbers (Met 1.2)

Weight Load Walking

Cycle 1

| | |
|----------------|---|
| Warm up | <p>Start with a slow walk gradually increasing pace to a moderate walking pace over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced walking.</p> |
|----------------|---|

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|-------------------------------|-----------------------------|--------------|--------------------------------|----------------------|------------------------|
| Metabolic Conditioning | WLW 1.1 (42-44 MINS) | | | | |
| | Distance | Dress | Load | Speed | Terrain |
| | 4 km | <u>3</u> | LC 1 – 20% of your body weight | 11 min/km 5.5km/h | Relatively flat ground |
| | WLW 1.2 (60 MINS) | | | | |
| | Distance | Dress | Load | Speed | Terrain |
| | 5.5 km | <u>3</u> | LC 1 – 20% of your body weight | 11 min/km 5.5km/h | Relatively flat ground |

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| General Points: |
| <ul style="list-style-type: none"> ▪ See the load carriage guide on page 51 and dress and load guides in the RMC Physical Conditioning Guide on page 2-7 |

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| Cool down | <p>On finishing the walk, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body.</p> <p>Use the stretching technique guide on page 41 and conduct as discussed in the Cool Down section of the RMC Physical Conditioning Guide on page 5-3.</p> <p>Check your feet for signs of blisters and check your inner thigh for signs of friction rash.¹</p> |
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PERSONAL COMMENTS:

¹ Treatment for blisters is discussed in 'The RMC Physical Conditioning Guide'.

Metabolic Cycle 1

| | |
|----------------|---|
| Warm up | <p>Start with a walk, gradually increasing pace to a moderate paced jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs.</p> <p>For the next 3 to 5 minutes include some range of motion movements for the lower body interspersed with moderate paced jogging /running.</p> |
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|---|---------------------------------|--------------|------------------------|---|
| Metabolic Conditioning | MET 1.1 – 1.3 (20 MINS) | | | |
| | Exercises: | Time | Approx Distance | Intensity RPE² |
| | Run - Long Slow Distance | 20 mins | 3.3 - 5 km | RPE of 6-8 |
| | MET 1.4 (25 MINS) | | | |
| | Exercises: | Time | Approx Distance | Intensity |
| | Run - Long Slow Distance | 25 mins | 2.5 – 3.5 km | RPE of 6-8 |
| | MET 1.5 (20 MINS) | | | |
| | Exercises: | Time | Approx Distance | Intensity |
| | Run - Fartlek (Speed Play) | 20 mins | 3.0 – 4.5 km | RPE of 6-9 2 mins easy at an RPE of 5-6 1 min at an RPE of 7-8 1 min at an RPE of 8-9 Repeat x 5 |
| | MET 1.6 (25 MINS) | | | |
| | ALTERNATE SESSION OPTION | | | |
| | Exercises: | Time | Approx Distance | Intensity |
| Run - Long Slow Distance OR <i>Other - Long Slow Distance</i> | 25 mins | 3.4 – 5.1 km | RPE of 6-8 | |
| <ul style="list-style-type: none"> ▪ This session has an alternate option for those wishing to complete a metabolic session that does not involve running. Any other metabolic / aerobic exercise can be used as long as it is of a continuous nature (aerobics class, cycle, Elliptical machines, rower etc). ▪ You must ensure that, if you select an alternate option, you maintain the required intensity of the work out. session. | | | | |

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| <p>General Points:</p> <ul style="list-style-type: none"> ▪ The aim is for a continuous effort – avoid walking if possible. ▪ Ensure you are wearing appropriate footwear³ ▪ Avoid running on concrete where possible (bitumen is a better option, a field track, grass or dirt path are better still). ▪ If at any times you feel dizziness, or chest pains you are to cease the activity and seek medical aid. |
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² RPE is explained on page 5-5 'The RMC Physical Conditioning Guide'.

³ Footwear is discussed in 'The RMC Physical Conditioning Guide'

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| Cool down | Once finishing the run, gradually slow down the pace over 2-3 minutes. Complete some stretches for both lower and upper body. Use the stretching technique guide on page 41 and conduct as discussed in the Cool Down section of the RMC Physical Conditioning Guide on page 5-3. Check your feet for signs of blisters. ⁴ |
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PERSONAL COMMENTS:

⁴ Treatment for blisters is discussed in 'The RMC Physical Conditioning Guide'

Neuromuscular

Cycle 1

| | |
|----------------|---|
| Warm up | <p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs (see the RMC Physical Conditioning Guide).</p> <p>Include each of the exercises as part of the specific phase of the warm up. Complete at least 3–5 repetitions of each exercise x 2 sets, in a slow controlled format.</p> |
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|---|---|--------------|--------------|--------------|--------------|--------------|
| Neuromuscular Conditioning | NM 1.1 (15-20 MINS) | | | | | |
| | Exercises: | Set 1 | Rest | Set 2 | | |
| | Lunge | 90 secs | 30 secs | 60 secs | | |
| | Squat | 90 secs | | 60 secs | | |
| | Push Up | 60 secs | | 45 secs | | |
| | One Arm Row* | 90 secs | | 60 secs | | |
| | Curl/Press/ Extend* | 60 secs | | 45 secs | | |
| | Full sit-up with feet not held | 90 secs | | 60 secs | | |
| | NM 1.2 & SESSION 1.3 (25 MINS) | | | | | |
| | Exercises: | Set 1 | Rest | Set 2 | Rest | Set 3 |
| | Lunge | 90 secs | 30 secs | 60 secs | 30 secs | 60 secs |
| | Squat | 90 secs | | 60 secs | | 60 secs |
| | Push Up | 60 secs | | 45 secs | | 45 secs |
| | One Arm Row* | 90 secs | | 60 secs | | 60 secs |
| | Curl/Press/ Extend* | 60 secs | | 45 secs | | 45 secs |
| Full sit-up with feet not held | 90 secs | 60 secs | | 60 secs | | |
| NM 1.4 (30-35 MINS) | | | | | | |
| Exercises: | Set 1 | Rest | Set 2 | Rest | Set 3 | |
| Lunge | 120 secs | 60 secs | 90 secs | 30 secs | 60 secs | |
| Squat | 90 secs | | 90 secs | | 60 secs | |
| Push Up | 90 secs | | 60 secs | | 45 secs | |
| One Arm Row* | 120 secs | | 90 secs | | 60 secs | |
| Curl/Press/ Extend* | 90 secs | | 60 secs | | 45 secs | |
| Full sit-up with feet not held | 90 secs | | 90 secs | | 60 secs | |
| NM 1.5 (30-40 MINS) | | | | | | |
| Exercises: | Set 1 | Rest | Set 2 | Rest | | |
| Lunge* | Max | 60 secs | Max | 30 secs | | |
| Squat* | Max | | Max | | | |
| Push Up | Max | | Max | | | |
| One Arm Row* | Max | | Max | | | |
| Curl/Press/ Extend* | Max | | Max | | | |
| Full sit-up with feet not held | Max | | Max | | | |
| <ul style="list-style-type: none"> ▪ Complete one exercise (all sets) before moving to the next – There is 30 secs rest after the completion of each exercise ▪ For the MAX sessions, do as many repetitions as you can with good technique – KEEP THE REPETITION SPEED AT 3-4 SECS PER REPETITION | | | | | | |

Neuromuscular Conditioning

| NM 1.6 (30 - 40MINS) | | | | | |
|---|-------------------------------|---------|------------------------------|---------|------------------------------|
| ALTERNATE SESSION OPTION | | | | | |
| Exercises: | Set 1 | Rest | Set 2 | Rest | Set 3 |
| Lunge* OR <i>Leg Press</i> | 120 secs <i>10-15 reps</i> | 60 secs | 90 secs <i>10-15 reps</i> | 30 secs | 60 secs <i>10-15 reps</i> |
| Squat* OR <i>Bar Squat</i> | 90 secs <i>10-15 reps</i> | | 90 secs <i>10-15 reps</i> | | 60 secs <i>10-15 reps</i> |
| Push Up OR <i>Bench Press</i> | 90 secs <i>10-15 reps</i> | | 60 secs <i>10-15 reps</i> | | 45 secs <i>10-15 reps</i> |
| One Arm Row* <i>OR</i> <i>Chin Up</i> | 120 secs <i>Max</i> | | 90 secs <i>Max</i> | | 60 secs <i>Max</i> |
| Curl/Press/ Extend* <i>OR</i> <i>Shoulder Press</i> | 90 secs <i>10-15 reps</i> | | 60 secs <i>10-15 reps</i> | | 45 secs <i>10-15 reps</i> |
| Full sit-up with feet not held | 90 secs | | 90 secs | | 60 secs |
| <ul style="list-style-type: none"> This session has an alternate option for those wishing to complete a traditional resistance training session. All recommended alternate exercises and repetitions are <i>italised</i>. | | | | | |
| NM 1.7 (45-50 MINS) | | | | | |
| Exercises: | Set 1 | Rest | Set 2 | Rest | Set 3 |
| Lunge* | 120 secs | 60 secs | 90 secs | 30 secs | 90 secs |
| Squat* | 120 secs | | 90 secs | | 90 secs |
| Push Up | 120 secs | | 60 secs | | 60 secs |
| One Arm Row* | 120 secs | | 90 secs | | 90 secs |
| Curl/Press/ Extend* | 120 secs | | 60 secs | | 60 secs |
| Trunk rotation / twist | 90 secs | | 60 secs | | |
| Full sit-up with feet not held | 120 secs | | 90 secs | | 90 secs |
| Rev Crunch | 90 secs | | 60 secs | | |
| 4pt Extension | 90 secs | | 60 secs | | |
| <ul style="list-style-type: none"> Only complete two sets of the three new exercises (in bold) After completing the last set for each exercises (either 2 or 3 sets) move straight to the next exercise and begin work | | | | | |
| NM 1.8 (50 -55MINS) | | | | | |
| Exercises: | Set 1 | Rest | Set 2 | Rest | Set 3 |
| Lunge* | 120 secs | 60 secs | 90 secs | 30 secs | 60 secs |
| Squat* | 120 secs | | 90 secs | | 60 secs |
| Push Up | 120 secs | | 90 secs | | 60 secs |
| One Arm Row* | 120 secs | | 90 secs | | 60 secs |
| Curl/Press/ Extend* | 120 secs | | 90 secs | | 60 secs |
| Trunk rotation / twist | 90 secs | | 60 secs | | 60 secs |
| Full sit-up with feet not held | 120 secs | | 90 secs | | 60 secs |
| Rev Crunch | 90 secs | | 60 secs | | 60 secs |
| 4pt Extension | 120 secs | | 90 secs | | 60 secs |

General Points:

- Repetition speed = **3-4 seconds per repetition**, therefore 60 secs of push ups should equal no more than 20 push ups at 3 seconds each.
 - For lunges and the one arm row – half the time for each side (eg left leg lunge 45 secs, right leg lunge 45 secs)
 - See exercise technique guide on page 31
 - **Complete one exercise (all sets) before moving to the next – There is no rest between the last set of an one exercise and the first set of the next exercise**
 - Slow and controlled movement for the exercises
 - The aim is to keep moving at a constant pace for the time duration.
- * Hold a weight of between 3 – 5 kg in each hand**

Cool down

Once finished the last station, continue to walk around for around 3 minutes before completing some stretching activities. Include stretches for the legs and upper body.

Use the stretching technique guide on page 41 and conduct as discussed in the Cool Down section of the RMC Physical Conditioning Guide on page 5-3.

PERSONAL COMMENTS:

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Circuit Cycle 1

| | |
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| Warm up | <p>Start with a slow walk gradually increasing pace to a moderate pace jog over 5 minutes. Include arm movements like chest press, shoulder press, rowing and swimming to warm up the upper limbs (see the RMC Physical Conditioning Guide).</p> <p>Include circuit exercises as part of the specific phase of the warm up, completing several repetitions of each exercise in a slow controlled format.</p> |
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|-----------------------------------|-----------------------------------|----------------------|----------------------|----------------------|----------------------|
| Circuits | CT 1.1 (35 - 40 MINS) | | | | |
| | Exercises: | Rotation 1 | Rotation 2 | Rotation 3 | |
| | 1. Skip/Step Up OR Run | 90 secs per exercise | 90 secs per exercise | 60 secs per exercise | |
| | 2. Lunge * | | | | |
| | 3. Shadow box | | | | |
| | 4. Push Up* | | | | |
| | 5. One Arm Row* | | | | |
| | 6. Skip/Step Up OR Run | | | | |
| | 7. Curl/Press/ Extend* | | | | |
| | 8. Skip/Step Up OR Run | | | | |
| | 9. Full sit-up with feet not held | | | | |
| | CT 1.2 (40 -45MINS) | | | | |
| | Exercises: | Rotation 1 | Rotation 1 | Rotation 1 | Rotation 1 |
| | 1. Skip/Step Up OR Run | 90 secs per exercise | 90 secs per exercise | 60 secs per exercise | 30 secs per exercise |
| | 2. Lunge * | | | | |
| | 3. Shadow box | | | | |
| | 4. Push Up* | | | | |
| | 5. One Arm Row* | | | | |
| | 6. Skip/Step Up OR Run | | | | |
| 7. Curl/Press/ Extend* | | | | | |
| 8. Skip/Step Up OR Run | | | | | |
| 9. Full sit-up with feet not held | | | | | |

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| <p>General Points:</p> <ul style="list-style-type: none"> ▪ See circuit concept on page 5-3 of the RMC Physical Conditioning Guide. ▪ Repetition speed = 3-4 seconds per repetition, therefore 60 secs of push ups should equal no more than 20 push ups at 3 seconds each. ▪ For lunges and the one arm row – half the time for each side (eg left leg lunge 45 secs, right leg lunge 45 secs) ▪ See exercise technique guide on page 31 ▪ For the aerobic based sessions aim for an intensity of 6-8 RPE⁵ ▪ Session is continuous – aim for no rest between exercises or rotations ▪ Slow and controlled movement for the exercises ▪ The aim is to keep moving at a constant pace for the time duration. <p>* Hold a weight of between 3 – 5 kg in each hand</p> |
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| Cool down | <p>Once finished the last station (exercise 9), gradually decrease running intensity and regress to a fast walk then slower walk over a period of 3 minutes.</p> <p>Include stretches for the legs and upper body. Use the stretching technique guide on page 41 and conduct as discussed in the Cool Down section of the RMC Physical Conditioning Guide on page 5-3.</p> |
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⁵ RPE is explained on page 5-5 'The RMC Physical Conditioning Guide'.

PERSONAL COMMENTS: