

# ROYAL NAVY

**PRE-JOINING FITNESS PROGRAMME**  
PREPARATION AND TRAINING SCHEDULES FOR YOUR  
CAREER IN THE ROYAL NAVY



**LIFE  
WITHOUT  
LIMITS**



# ROYAL NAVY FITNESS PROGRAMME

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.



# ROYAL NAVY FITNESS PROGRAMME



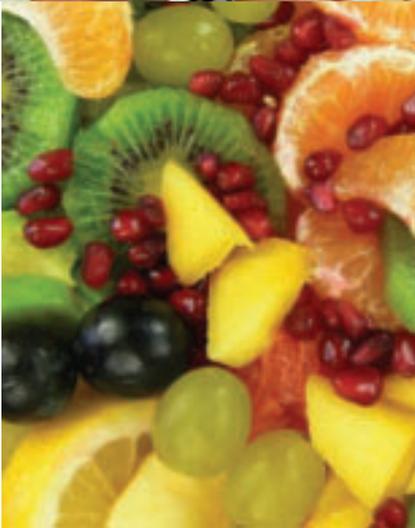


This Royal Navy Fitness Programme has been designed for all potential and future members of the Royal Navy, with the intention of:

- 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.



## 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.

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.



## 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.

### 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.



## 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.

## 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.



Lower back



Hip flexors  
(groin)



Adductors  
(inner thigh)



Quadricep  
(front of thigh)



Shoulder

Adductor  
(outer thigh)



Chest



Calf



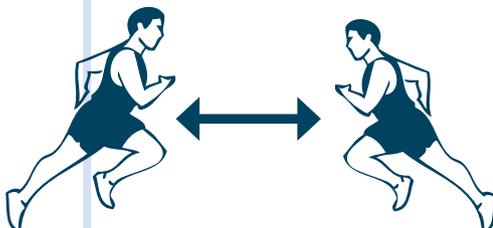
Tricep  
(back of upper arm)



Hamstring  
(back of thigh)



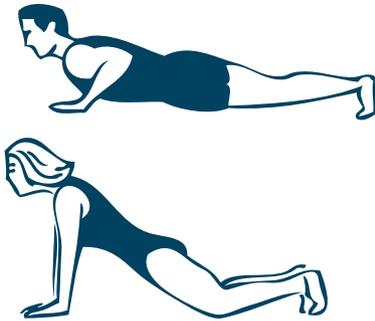
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## SHUTTLE RUNS

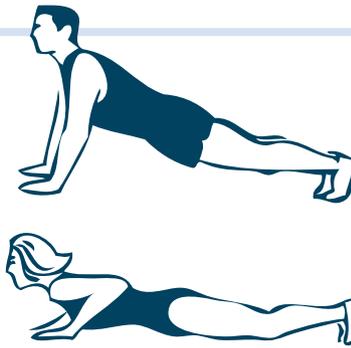
Try a shuttle run in the gym (substitute for a short run).

Sprint between two points in a gymnasium 55 metres apart until 275 metres is completed.



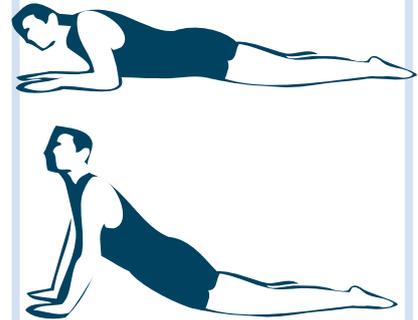
## PRESS-UPS

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.



## 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.



## 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.



## 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.



## 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.

AGE	MALE	FEMALE
15-24	11 min 09 secs	13 min 10 secs
25-29	11 min 33 secs	13 min 37 secs
30-34	11 min 58 secs	14 min 05 secs
35-39	12 min 23 secs	14 min 33 secs

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.

## 2.4KM RUN TIME REQUIRED TO ACHIEVE THE ROYAL NAVY FITNESS TEST

AGE	MALE	FEMALE
15-24	11 min 09 secs	13 min 10 secs
25-29	11 min 33 secs	13 min 37 secs
30-34	11 min 58 secs	14 min 05 secs
35-39	12 min 23 secs	14 min 33 secs

## 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.



## REQUIRED SCORES

EXERCISE	MALE	FEMALE
PRESS-UPS	23	17
SIT-UPS	39	29
SHUTTLE RUN (5x55m)	59 secs	72 secs



## 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.

## 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.



**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.

Achieved

### 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.

Achieved

### 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.

Achieved

### 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.

Achieved

### 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.

Achieved

### DAY 7 – SWIM RECOVER

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

Achieved

## 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.

Achieved

### 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.

Achieved

### DAY 3 – SWIM

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

Achieved

### 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.

Achieved

### 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.

Achieved

### 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

PRESS-UPS: 20-25 press-ups x 3 sets.  
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

PRESS-UPS: 20-25 press-ups x 3 sets.  
TRUNK CURLS: 20-30 trunk curls x 3 sets.  
PLANK POSITION: Plank position, hold for 15 seconds x 3.

Achieved

### DAY 7 – REST DAY

## 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

PRESS-UPS: 20-25 press-ups x 3 sets.  
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.

Achieved

## WEEK 8

### DAY 1 – RUN

Run at a comfortable pace for 40 minutes.

Achieved

### DAY 2 – STRENGTH TRAINING

PRESS-UPS: 20-25 press-ups x 3 sets.

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



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**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.**



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