

ROYAL MILITARY COLLEGE OF CANADA

PHYSICAL FITNESS GUIDE

DEPARTMENT OF ATHLETICS

As a future officer in the Canadian Armed Forces (CAF), you will have the privilege as well as the great responsibility of leading others at home and in the field of battle. A key characteristic of an effective leader is a high degree of physical fitness, not only to meet the physical requirements of the demanding tasks you will face in your career, but also due to the development of leadership qualities of commitment, discipline and determination which result from the pursuit of physical fitness. The Royal Military College (RMC) is committed to producing officers with these qualities and therefore places a high emphasis on the physical and mental development of its graduates.

CAF FORCE TEST

Every member of the CAF is required to successfully complete the FORCE test (Fitness for Operational Requirements of Canadian Armed Forces Employment), a series of 4 tasks designed to measure operational fitness - a reflection of the CAF minimal physical employment standard related to common defence and security duties known as the Universality of Service principle. Each Fall at RMC you will have the opportunity to compete in the incentive program against all members of the CAF.

Do you have what it takes to hit the Platinum level reserved for the top 0.1% of all CAF members?

For more information please visit www.cfmws.com/forceprogram

RMC PHYSICAL PERFORMANCE TEST (PPT)

The RMC PPT is a bi-annual fitness test consisting of a 2.4km timed run, maximum repetitions of push ups and sit ups, a long jump, and an agility run. Standards and expectations are high so it's imperative to begin training now.

For more information please visit <https://www.rmcc-cmrc.ca/en/training-wing/rmc-physical-performance-test-joining-instructions>

SUGGESTED TRAINING PROGRAMME

The program outlined below will be intense at times, but will help prepare you for the demanding nature of RMC.

	MONDAY Tempo Run	TUESDAY Circuit	WEDNESDAY Speed	THURSDAY Circuit	FRIDAY LSD
1	5min Jog 2.4km Run @ RPE10 THEN 1 x Max Push Ups	5min Jog 20min AMRAP 1-2 Pull Ups, 3-5 Push Ups 10 Air Squats, 10 Sit Ups 15 Glute Bridge, 15 Jumping Jacks	5min Jog 10x1min Sprint @ RPE9 Walk 3min Between Sets 5min Cool Down Jog	5 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 30sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 3km @ RPE3 THEN 3x50% of Push Ups from Monday, Rest 90sec
2	5min Jog 3x10min Run @ RPE8 Walk 2min Between Sets THEN 5min Max Push Ups	5min Jog 25min AMRAP 1-2 Pull Ups, 3-5 Push Ups 10 Air Squats, 10 Sit Ups 15 Glute Bridge, 15 Jumping Jacks	5min Jog 15x45sec Sprint @ RPE9 Walk 2min Between Sets 5min Cool Down Jog	6 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 30sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 4km @ RPE3 THEN 3x50% of Push Ups from Monday Wk 1, Rest 60sec
3	5min Jog 6x5min Run @ RPE8 Walk 2min Between Sets THEN 5min Max Push Ups	5min Jog 30min AMRAP 1-2 Pull Ups, 3-5 Push Ups 10 Air Squats, 10 Sit Ups 15 Glute Bridge, 15 Jumping Jacks	5min Jog 15x30sec Sprint @ RPE9 Walk 90sec Between Sets 5min Cool Down Jog	7 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 30sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 5km @ RPE3 THEN 3x60% of Push Ups from Monday Wk 1, Rest 90sec
4	30min Run @ RPE2 THEN 5min Max Push Ups	5min Jog 20min AMRAP 1-2 Pull Ups, 3-5 Push Ups 10 Air Squats, 10 Sit Ups 15 Glute Bridge, 15 Jumping Jacks	30min Run @ RPE2	5min Jog 5 Rounds 5-15 Push Ups, 30sec Plank 20-30 Sit Ups, 30sec Side Plank/side	30-45min Bike Ride 3x60% of Push Ups from Monday Wk 1, Rest 60sec
5	5min Jog 3x10min Run @ RPE9 Walk 1min Between Sets THEN 10min Max Push Ups	5min Jog 20min AMRAP 2-3 Pull Ups, 4-7Push Ups 15 Air Squats, 15 Sit Ups 20 Glute Bridge, 20 Jumping Jacks	5min Jog 10x1min Sprint @ RPE9 Walk 3min Between Sets 5min Cool Down Jog	8 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 45sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 5km @ RPE3 THEN 3x70% of Push Ups from Monday Wk 1, Rest 90sec
6	5min Jog 6x5min Run @ RPE8 Walk 1min Between Sets THEN 10min Max Push Ups	5min Jog 25min AMRAP 2-3 Pull Ups, 4-7Push Ups 15 Air Squats, 15 Sit Ups 20 Glute Bridge, 20 Jumping Jacks	5min Jog 15x45sec Sprint @ RPE9 Walk 2min Between Sets 5min Cool Down Jog	9 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 45sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 6km @ RPE3 THEN 3x70% of Push Ups from Monday Wk 1, Rest 60sec
7	5min Jog 12x2min Run @ RPE9 Walk 1min Between Sets THEN 10min Max Push Ups	5min Jog 30min AMRAP 2-3 Pull Ups, 4-7Push Ups 15 Air Squats, 15 Sit Ups 20 Glute Bridge, 20 Jumping Jacks	5min Jog 15x30sec Sprint @ RPE9 Walk 90sec Between Sets 5min Cool Down Jog	10 Rounds 1 Lap Around Sports Field (200m) 5-10 Push Ups, 45sec Plank 15-20 Sit Ups, 30sec Side Plank/side	5min Warm Up Walk Run 7km @ RPE3 THEN 3x75% of Push Ups from Monday Wk 1, Rest 90sec
8	5min Jog 2.4km Run @ RPE10 THEN Max Push Up Test	5min Jog 20min AMRAP 2-3 Pull Ups, 4-7Push Ups 15 Air Squats, 15 Sit Ups 20 Glute Bridge, 20 Jumping Jacks	30min Run @ RPE2	5min Jog 5 Rounds 5-15 Push Ups, 30sec Plank 20-30 Sit Ups, 30sec Side Plank/side	45min-60min Bike Ride

IMPORTANT POINTS:

Warm Up

Ensuring you're ready to tackle the physical challenges ahead requires the consistent practice of a thorough warm up prior to each training session. This will cut your risk of injury, improve your mobility, and increase your performance. Perform a combination of mobility drills, calisthenics and light conditioning until your body and mind is prepared for the demands to follow.

Cool Down

After an intense training session it's important to let your body recovery from the physical stress. Perform several minutes of light conditioning combined with mobility/stretching at the end of each session.

Swimming

A great low impact conditioning modality that you may include in your training is swimming. This can be performed on your off days as a recovery session.

AMRAP

As Many Repetitions As Possible

RPE

Rate of Perceived Exertion on a scale ranging from 1 (lowest effort) to a 10 (hardest possible effort)