



# JTF2

Pre-Selection  
Physical Fitness  
Training Program



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## Pre-Selection Physical Fitness Training Program



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2006



# ACKNOWLEDGEMENTS

The Canadian Forces Personnel Support Agency, Directorate of Human Performance and Health Promotion, in conjunction with ParticipACTION, have developed this program for JTF 2.

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THE JTF 2 PRE-SELECTION  
PHYSICAL FITNESS TRAINING PROGRAM



**DARE TO BE CHALLENGED**



## FOREWORD

The Joint Task Force Two (JTF 2) Pre-Selection Physical Fitness Training Program has been developed by the Canadian Forces Personnel Support Agency (CFPSA) in conjunction with ParticipACTION. The purpose of this comprehensive fitness program is to help candidates prepare properly for the physical demands of the Phase III selection process. Phase III is a structured assessment process and measures performance while placing candidates under physical and mental stress. Extremely high levels of personal physical fitness and motivation are critical to the successful completion of Phase III. This training program is designed to assist you in reaching the high level of physical fitness required to complete the JTF 2 Phase III Selection Process.

**This is an extremely strenuous training program. Prior to attempting it, it is recommended that you complete the Army Physical Fitness Training Program contained in the Army Fitness Manual (AFM). The JTF 2 Pre-Selection Physical Fitness Training Program is an extension of the Army Physical Fitness Training Program.**

Successful completion of Level 4 in the AFM will ensure that you have an adequate base level of fitness to undertake this program. Pursuing it with inadequate fitness will put you at risk of serious injury. Should you require a copy of the AFM or assistance with your training program, please contact your local Personnel Support Programs (PSP) Fitness Staff.



CP Photo Archive/Dario Lopez-Mills

**DARE TO BE CHALLENGED**



## INTRODUCTION

**Joint Task Force Two (JTF 2) is the Canadian Forces unit responsible for counter-terrorism operations.**

Every operational member of JTF 2 is unique, as each is trained to perform a task that makes that person vital to the success of the mission. The physical demands of JTF 2 operations require that members have excellent levels of physical fitness and an uncommonly high degree of determination to overcome physical and mental challenges. Physical fitness is a critical attribute required for the demanding job of a Special Operations Assaulter (SOA). In view of the strenuous nature of SOA tasks and the element of public and soldier safety, it is essential that SOAs have the physical capabilities to meet the demands of the job. Therefore, the physical demands placed upon candidates during the selection and training processes reflect the actual job demands.



## REQUIREMENTS

CF members who have completed the "Application for Service with JTF 2" form, and who have met the minimum medical category for service with JTF 2, must complete all components of the JTF 2 Physical Fitness Selection Test and meet established fitness standards. This training program will not only prepare you for the Selection Test, but more importantly will prepare you for the rigours of the phase III selection process

JTF 2 Physical Fitness Selection Test protocols and standards may be obtained by contacting your local PSP fitness staff. Candidates who fail to meet the established JTF 2 Physical Fitness Selection Standards will not be permitted to continue with the selection process.

## PHYSICAL FITNESS COMPONENTS

The Physical fitness components necessary for successful completion of the JTF 2 selection process in order of importance include:

- **Aerobic Power** or  $VO_2$  max: This is the maximum rate that your body uses oxygen to fuel the work you are doing. It is also very important in your ability to recover during and following intense intermittent work, to endure repeated days of intense work, and to resist heat stress.
- **Aerobic Capacity:** This is your ability to work at a reasonably high rate for a prolonged period of time. It reflects your endurance over hours and days and is an important component to Phase III.
- **Anaerobic Capacity:** This is your ability to resist and tolerate the fatigue that occurs at very high rates of work extending from 1 to over 5 minutes in duration.
- **Muscular Strength:** This is the ability of your muscles to exert force in specific movements and is very important in lifting, carrying, climbing, pushing, pulling, and combatives. It is also important in resisting injuries and for providing the base for power development.
- **Muscular Endurance:** This is the ability of your muscles to do repeated contractions against light loads. Although building strength will improve your muscular endurance, it is improved most effectively using low loads with high repetitions.
- **Power and Speed (Anaerobic Power):** Power is the ability of your muscles to provide acceleration while speed is the ability to maintain a high velocity. They are very important for success in sprinting and jumping activities.

## PREPARATION

**This is a strenuous program designed to get you to an elite level of fitness and allow you to perform at the highest possible level. You should, therefore, have reached Level 4 or equivalent in the AFM before embarking on this program. Undertaking this program without the necessary prerequisite fitness levels will put you at risk of serious injury.**

- When training at these intensities, frequencies, and durations, it is important for you to get proper rest, re-hydration, nutrition, and sleep. Rest and recovery days are built in to the program in specific places to ensure that you are properly rested to optimize your training and minimize the risks of chronic fatigue. In addition you must insure that you are fully re-hydrated (see page 9), re-fuelled and nourished (see page 10-11) and that you are getting at least 8 hours sleep each night during this training phase.
- Training in the heat can be dangerous to your health and it can decrease the quality of training that you can do. Acclimating to the heat, selecting the proper clothing, re-hydrating properly, and avoiding the hottest time of the day are important strategies to incorporate into your daily program. Advice for these appears on page 9.
- Following accepted safety practices will insure that you minimize the risks of injury and maximize both your enjoyment and the benefits of your training. See pages 6-7 for tips on this.
- With the high volumes of training required in this program, the risk of becoming “overtrained” increases. The symptoms of overtraining and the strategies to avoid this condition are noted on page 8.

## INJURY PREVENTION AND SAFETY

Many strategies for avoiding injury and training safely involve common sense and being able to read your environment and how your body is responding. To assist you with this, the following section highlights some strategies for you to follow.

- **Have a health check-up.** It is always wise to get medical clearance prior to starting any new exercise program. The Canadian Forces EXPRES Health Appraisal Questionnaire should be completed by all candidates. Refer to page 14 of this manual.
- **Warm-up:** Begin each training session with a few minutes of a low intensity exercise that includes your large muscle groups (ie. jogging) and add in low intensity, short duration actions that simulate the kind of work you are going to do that session (for example, on a strength day do a few reps with low loads in the specific movements involved in that workout).
- **Cool-down:** End each training session with a few minutes of low intensity exercise using your large muscle groups and the muscles you used in your workout. This enhances recovery by maintaining blood flow to these areas to remove wastes and heat, as well as deliver fluids, fuels, and hormones.
- **Train with a partner:** This is especially important when doing resistance exercises with free weights so you can spot for each other, and when training in the pool. However, it is also important in your other workouts for both motivation and support should any dangerous situations arise or should you get injured and need assistance.
- **Pamper your feet and legs:** Select shoes that are fitted properly and are designed for the activity. Running shoes with good heel and arch support as well as cushioning and stability are a must. Your socks should be fitting to reduce friction, and clean to avoid infections. Wash and dry your feet thoroughly after each workout to avoid infections and use moisturizing cream daily to avoid dryness and cracking of the skin. Run on flat, even and resilient surfaces like tracks, asphalt, and level grass while avoiding concrete, uneven, sloped, and winding surfaces.

- **Select the right clothing:** Wear comfortable clothing that doesn't restrict movement or cause abrasions. During the cold weather you should layer your clothing and wear a wind-breaker, as well as ear and hand protection. In the heat, wear waterproof 15+ SPF lotion, white reflective top and shorts, as well as a peaked hat.
- **Protect your back:** Protect your back from undue stress during lifting, carrying, and all your dynamic activities. Assume a posture that has the back in its natural and gentle curve. Avoid extreme positions. When lifting, face the object and use your legs. Turn while carrying loads by moving your feet not by twisting.
- **Use proper technique:** When using free weights, machines or even body weight as your resistance during strength training, be sure you know the proper technique for each exercise. It is wise to use a light load while learning new exercises and to focus on technique when going to failure where technique often gets abandoned. Remember to breathe properly when exerting against a resistance. Exhale during the exertion phase and inhale during the preparation phase.
- **Make sure equipment is safe:** Check benches to insure they are stable and will hold your weight and the load. Check the collars on free weights to insure they are secure and that the support pin on stack weights is properly inserted. Check floor surface for clutter or slippery sections and insure that free weights are properly racked.
- **Stretch after exercise:** Stretching is both a good recovery strategy as well as a good way to reduce muscle stiffness and soreness following heavy work. Static stretching is best and it should focus on the muscle groups used during the training session (page 29-31).
- **Replace your fluids:** During hard workouts we lose a significant amount of fluid through sweat. If these fluids aren't replaced, you will fatigue quickly, lose work capacity, and make yourself more susceptible to infections and injury. You should drink at least enough fluid to replace any weight lost during the workout and about 250 mL extra. Electrolyte solutions are best but water and or diluted fruit juices are also effective (page 9).

- **Avoid overtraining:** With high volumes of training like those proposed in this program, the potential for becoming “overtrained” is increased. The overtrained state exhibits such symptoms as chronic fatigue, indifference to training, insomnia, inability to concentrate on tasks, loss of appetite, unexplained weight loss, prolonged muscle aches, increases in soft tissue injuries and infections, increased heart rate after waking, and an inability to maintain performance. The best ways to avoid this state are to:

- Adhere to the rest and recovery schedules in the program.
- Use the **Fitness Check** week to only do the tests as indicated. This will help you unload from the previous training weeks.
- Make sure you are being properly nourished and re-hydrated (see pages 9-11).
- Establish good bedtime habits to ensure 8 hours of sleep per night.
- Minimize other stressors in your life to allow you to devote your energy to training and building the training effect. Use the counseling services available to you if you need help in dealing with problems.
- Get minor injuries such as abrasions, bruises, strains, and cuts treated immediately.

- **Take care of injuries:** If you do sustain an injury, act quickly to minimize damage and speed healing. The **RICE** strategy outlined below will help to insure that inflammation is reduced and recovery is initiated. It is always wise to seek medical help as soon as possible after an injury or if a minor injury persists.

- **Rest** the injured body part.
- **Ice** the injured area for 10–20 minutes every 2–3 hours.
- **Compress** the injured area with an elastic bandage or towel if swelling occurs.
- **Elevate** the injured area above the level of the heart.

## Strategies for Exercising in the Heat and for Re-hydration

Exercising in warm and/or humid environments can present performance and health problems. As your body temperature rises and you begin to sweat, the fluid loss will reduce your ability to work. This can cause problems to your heart and circulatory system. As well, if your body temperature goes above its normal range it can cause you to faint and even do harm to many of your tissues.

Some symptoms of the onset of heat stress are dizziness, disorientation, headache, and chills (in spite of being overheated!). Therefore, it is important to replace your fluids (re-hydrate) *and* to prevent heat stress. Here are some strategies to help you prevent problems associated with exercise in the heat:

- Avoid exercise outdoors at the hottest times of the day. This is usually between 11:00 AM and 3:00 PM.
- Wear white, loose-fitting clothing that allows air to circulate through it.
- Liberally apply water-proof 15+SPF skin lotion to all exposed areas.
- Do repeated short exposures to the heat over about a week to help acclimatize.
- Use any artificial means of cooling available during heavy work in the heat, such as a sprinkler, fan, cool towels, etc.
- Re-hydrate at a rate of 1 liter per hour during and following exercise. The amount following exercise should be sufficient to replace any weight loss during exercise plus an extra 250 mL.
- The best replacement fluids are electrolyte drinks with 5–10% sugar, cool to cold, and taken in volumes of about 250mL every 15 minutes. The sensation of thirst lags behind de-hydration so begin to re-hydrate early in exercise (before you get thirsty) and *immediately* upon stopping.

As a **bonus** from your aerobic training, high levels of aerobic fitness will help you perform in *and* acclimate better to hot environments.

## FUELLING YOUR TRAINING ENGINE

This two-a-day training program and Phase III of the selection process are very physically demanding. They require that you are especially careful about proper nutrition. To be successful and get the greatest return for your training investment, you must have the necessary energy to train and the right nutrients to build the training effect. Here are some guidelines to help:

- **Eat a balanced diet.** This may seem obvious, but it is the fundamental rule for a sound foundation to your performance and health. Take some time to read “Canada’s Food Guide to Healthy Eating” and the accompanying “Using the Food Guide” (both publications are available through your PSP fitness staff member). Then follow them!
- **Focus on carbohydrates for fuel.** For your aerobic, anaerobic, speed, and strength workouts, the fuel which can limit your work capacity is carbohydrates. These are stored in muscle in limited amounts (as a compound called glycogen) and when they run out you are unable to continue to perform or train. So it is important prior to training, during training, and following training to replace this vital fuel. Carbohydrates come in many food forms and include:
  - **Grains** in cereals, pastas, breads, and rice. These are especially beneficial in the hours prior to exercise, but are also helpful after.
  - **Fruits and juices** such as oranges, apples, peaches, pears, grapefruit, berries, and bananas. These are good prior to, during, and after exercise.
  - **Root vegetables** such as potatoes, sweet potatoes, and yams. When mashed, boiled, or baked these are especially good after exercise and most effective in the two hour window following your workout.
  - **Sugared electrolyte drinks** such as Gatorade or Powerade are great for re-hydrating during and following exercise and to help you replace your carbohydrates. They lack other nutrients, though, so be sure to include the other components of a balanced diet!

- **Eat protein** as an important part of your balanced diet. Good sources are fish, poultry, lean beef, shellfish, eggs, and cheese. Protein provides the building blocks for new muscle and enzymes to provide energy.
- **Eat lots of fresh vegetables** as part of your balanced diet as they provide vitamins, minerals, fuel, and other nutrients for both health and high performance.
- **Keep fat intake to a minimum.** This includes such items as butter, oils, creamy sauces, fried foods, fatty cuts of meat, and snacks like potato chips and peanuts.
- **Keep alcohol intake to a minimum** as it is low in nutrients, high in calories, and impairs your mental performance. In addition, alcohol is very dehydrating and its detrimental effects can last for up to 48 hours.

**JTF 2 does not recommend the use of dietary supplements during training and prohibits their use during Phase III of the selection process. In order to meet the additional caloric demands of the training program it is recommended that candidates adhere to a balance diet by adding additional nutrients and fluids.**

For more information on nutrition for the athlete and dietary supplements, it is recommended that you review the Dietary Supplements Dilemma and Top Fuel for Top Performance brochures available at your local PSP Health Promotion Office or by downloading a copy at

[http://www.forces.gc.ca/health/Services/Engraph/health\\_promotion\\_home\\_e.asp](http://www.forces.gc.ca/health/Services/Engraph/health_promotion_home_e.asp)

[http://www.forces.gc.ca/health/Services/health\\_promotion/Engraph/factsheet\\_toc\\_e.asp](http://www.forces.gc.ca/health/Services/health_promotion/Engraph/factsheet_toc_e.asp)

## HINTS FOR LONG DISTANCE MARCHING

### *Preparing for a March*

- Trim toenails at least every two or three weeks.
- Cut toenails short and square, and straight across.
- Keep feet clean and dry, use foot powder.
- Wear clean, dry, unmended, good-fitting socks with seams and knots outside.
- A nylon sock liner can reduce friction and add protection.
- Carry an extra pair of socks on long marches.
- When breaking in a new pair of boots alternate with another older pair.

### *Warm-Up Exercises*

Follow the instructions on pages 30-32 to ensure a complete and thorough warm-up prior to undertaking a march. A comprehensive warm-up will make your march more comfortable and minimize the potential for injury.

### *After a March*

- Wash and dry socks, and dry boots
- Medicate blisters, abrasions, corns and calluses.
- Inspect painful feet for sprains and improper fitting socks and boots.
- Feet can develop red, swollen, tender skin along the sides of the feet from prolonged marching that can cause blisters. If this occurs your feet may require aeration, elevation, rest and you may need wider footwear.
- Prevent major foot problems by keeping your feet clean. Blisters and abrasions surrounded by dirt and perspiration can cause infection and serious injury.
- If possible, give your feet a daily footbath and dry your feet well.

### *Blisters*

Common causes of blisters and abrasions are improperly conditioned feet, ill-fitting footwear and socks, improperly maintained footwear, heat, and moisture. They are normally caused by friction or pressure, as opposed to impact.

**To clean a blister:** Wash gently around it with soap and water, being careful not to break the skin. If unbroken, use a sterilized needle or knifepoint to prick the lower edge of the blister to remove fluid. (To sterilize needle or knifepoint, hold in a flame.) Do not remove the skin; cover the blister with an absorbent adhesive bandage or similar dressing, extending beyond the edge of the blister. After applying the dressing, lightly dust the outside of the dressing and entire foot with foot powder.

**Blisters (cont'd):** Use just enough foot powder since it can harden and become irritating. Foot powder lessens friction on the skin and prevents the raw edges of the adhesive plaster from adhering to socks. The adhesive plaster should be smooth so it can serve as a "second skin." Check the blister periodically for proper drying. After the blister has dried, remove the adhesive plaster. Carefully inspect the foot for other problem areas that are red and tender that may need the protection of an adhesive plaster. Cover abrasions and cuts on the foot with absorbent adhesive bandages for rapid healing.

### *Care for Boots and Socks*

Two important factors in fitting boots are:

- The space between the end of your big toe and the toe of the boot should be the width of the thumb
- In the unlaced boot, there should be enough space under the lower edge of the tongue to insert an index finger.

Poorly fitted boots can cause blisters, abrasions, calluses, and corns:

- Boots that are too small cause pressure
- Boots that are too large cause friction.

If the tops of the toes are involved, the cap is too low or too stiff. If the ends of the toes are affected, the boot is too short or too loosely laced. If the sides of the big and little toes become irritated, the boot is too narrow. Boots that are too long, too loosely laced, or have too wide a heel space can cause irritation at the heel.

Proper lacing of boots not only prevents blisters but also prevents improper blood flow in the foot. Laces can assume a seesaw action, which can produce a long blister across the instep. To prevent blistering, lacing over the instep should be avoided. If possible, broad laces should be used and an extra pair should be carried.

To check the fit of socks, you should stand with his weight evenly distributed on both feet. If the socks fit correctly, no tightness or fullness should exist. The wool cushion-sole sock is best because it offers good foot protection.

You should allow for  $\frac{3}{4}$  of an inch for shrinkage of new socks. Those that are too large wrinkle inside the shoe, rub the feet, and cause blisters and abrasions. Socks that are too small wear quickly and reduce blood flow in the foot. When Wearing two pairs of socks, you should wear an outer pair at least a half size larger than usual. Socks must be changed daily - dirty socks are conductors of heat and allow warmth to escape. They should be washed in lukewarm water to preserve the fibre of the sock since hot water can cause them to shrink. Socks should be completely dry before wearing.

## HEALTH APPRAISAL QUESTIONNAIRE

This questionnaire is a screening device to identify personnel for whom fitness evaluation and physical activity might be inappropriate at this time.

### TO THE BEST OF YOUR KNOWLEDGE...

1. Do you have a medical condition which restricts you from participating in a fitness evaluation or a progressive training program? Yes  No
2. Do you have arthritis or any other recurring problems with your shoulders, elbows, wrists, pelvis, back, hips, knees, ankles or feet which may prevent you from participating in a fitness evaluation or a progressive training program? Yes  No
3. Do you experience pain, tightness, squeezing or a heaviness in your chest when you exercise? Yes  No
4. Do you ever get dizzy or faint when you exercise? Yes  No
5. Have you ever had a heart attack, a stroke or other heart-related problems? Yes  No
6. Do you suffer from such things as asthma, bronchitis, emphysema, diabetes, hypoglycemia, epilepsy, high blood pressure, or cancer? Yes  No
7. Are you pregnant or do you believe that you might be? Yes  No
8. Are you taking medication (prescribed or otherwise) that could affect your ability to undertake a fitness evaluation? Yes  No   
If yes, please provide the name of the medication  
\_\_\_\_\_
9. Is there any other reason you would like to talk to a physician prior to your fitness evaluation or training program? Yes  No

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE.  
ANY QUESTIONS I HAD WERE ANSWERED TO MY SATISFACTION.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

*If you answered "YES" to one or more questions on the above CF EXPRES Health Appraisal Questionnaire, do not commence this training program until you have discussed this training program with a Medical Officer (MO) and received clearance to proceed.*

# THE JTF 2 FITNESS PROGRAM

If you are at Level 4 of the Army Fitness Standard, this 12-week training program should bring you to Level 6 as shown on the JTF 2 **Fitness Check** table on page 27 and lead you naturally into Phase III. If you are not at Level 4, you should follow the AFM until you are, then switch to the JTF 2 program. The following table provides an overview of the program. Full details of each training session are included in the **Training Prescription** charts on pages 19-20.



## THE TRAINING PROGRAM AT-A-GLANCE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	FC	FC	FC	RD	FC	FC	RD
WEEKS 2 & 3	TD	TD	TD	RD	TD	TD	RD
WEEKS 4 & 5	TD	TD	TD	RD	TD	TD	RD
WEEK 6	FC	FC	FC	RD	FC	FC	RD
WEEKS 7 & 8	TD	TD	TD	RD	TD	TD	RD
WEEKS 9 & 10	TD	TD	TD	RD	TD	TD	RD
WEEK 11	FC	FC	FC	RD	FC	FC	RD
WEEK 12	TA	TA	TA	RD	TA	TA	RD

FC = Fitness Check

TD = Training Day

RD = Rest/Recovery Day

TA = Taper Day

## THE SET-UP

- The time allocated to progress from Level 4 to Level 6 is 12 weeks, including three **Fitness Check** weeks and a taper week just prior to the onset of Phase III. If you need to repeat certain weeks or you don't reach Level 6 in all components by the end of Week 11, then your preparation program will be longer.
- Week 1 involves a **Fitness Check**. This is repeated twice — each time after four weeks of training. The **Fitness Check** items are described on pages 21-26.
- Each four-week training period is divided into two-week blocks. Training days are numbered 1 to 7, with Day 1 normally being Monday. However, Day 1 can be any day of the week that you decide to start the program.
- There are two rest and recovery days each week: Day 4 and Day 7. These days are crucial as they allow you to build your fitness, resist over-training, and ensure that the quality of training is maintained throughout the training week. Note that these days are not scheduled back to back (on the weekend, for example), since two days off in a row can lead to a loss in fitness *and* require you to train five days straight. Too many days of training without rest can lead to a build up in fatigue and a reduced quality of training.
- The strength, speed, and power circuits are similar to those included in the Army Fitness Manual. They are employed here due to their task specificity, use of equipment and facilities readily available, and — most important — to prepare you properly for Phase III. You should be familiar with the terms used, such as RM, load, reps, and sets. If not, refer to the AFM to review them.
- Week 12 is a special week and should immediately precede the start of Phase III. It is called a “taper” period and involves reducing the *amount* of training while keeping the *intensity* of the training sessions high. This will maintain the training effect but reduce your fatigue level and allow you to give your best performance during Phase III.

## - DOING IT

- Each training day includes AM (morning) and PM (late afternoon or early evening) sessions. This allows the volume of training to be sufficient to get you to target fitness levels and it simulates the high volumes of work that occurs during Phase III.
- The AM sessions are devoted to continuous runs to develop aerobic capacity (on Days 1, 3, and 6) and interval runs for aerobic power and anaerobic capacity (on Days 2 and 5). The distances/paces for these sessions are noted in the Training Prescription chart.
- The PM sessions on Days 1, 3, and 6, are devoted to building upper- and lower-body strength, speed, and power. The circuits for these are shown on pages 34 to 60 and in the **Training Prescription** chart.
- Swimming workouts are done in the PM sessions on Days 2 and 5. These are designed to improve your swimming-specific aerobic power and capacity in preparation for Phase III. These sessions cover distances between 400 and 1000 meters as well as treading water. On Day 2, treading water is interspersed between interval swims in weeks 4/5 and follows the swim in weeks 9/10. These are low impact activity that challenge both aerobic fitness and leg strength.
- If you are having trouble finishing workouts or you miss workouts in any week, you can either repeat that week or go back to the previous week and move on from there.

The **Training Prescription** chart with full details of the program appears on pages 19-20. This is followed by the **Fitness Check** details, the warm-up/cool-down stretching routine, and the circuits.

## TIPS TO INCREASE YOUR CHANCES OF SUCCESS

Research has shown that candidates who complete the full 12 weeks of this training program significantly enhance their chances of completing Phase III of selection. In 2005, candidates who followed the 12 week program were twice as likely to complete Phase III when compared to candidates who partially followed the program or followed another prescribe exercise program. Here are some strategies prior to starting the program that can increase you likelihood of completing the 12 weeks.

- **Talk to your supervisor.** Time is the number one reason why many candidates do not complete the full 12 week program. Talk to your supervisor and explain the program requirements. In many instances supervisors will allow candidates to complete one of the two prescribed sessions during work hours while the second sessions is completed on the candidate's time.
- **Train as a group.** If there are a number of candidates from your unit participating in the selection process talk to your local PSP staff to assist in coordinating group workouts. In the past, PSP staff in a number of locations have lead some of the prescribed fitness sessions which gives the candidate the added motivation of training as a group or team.
- **Talk to PSP Staff.** After reading the manual if you have questions or require assistance, do not hesitate to talk to a member of your Base or Wing PSP staff, he or she can assist you with the fitness checks or even help in tailoring the program to your individual strengths and weaknesses.

**JTF 2 TRAINING PRESCRIPTION CHECK**

	<b>DAY 1</b> MONDAY	<b>DAY 2</b> TUESDAY	<b>DAY 3</b> WEDNESDAY	<b>DAY 4</b> THURS.	<b>DAY 5</b> FRIDAY	<b>DAY 6</b> SATURDAY	<b>DAY 7</b> SUNDAY
Fitness Check WEEK 1	<p><b>Aerobic Fitness Check</b></p> <p>AM: 2400m run</p>	<p><b>Strength Check</b></p> <p>AM: bench press, chin-ups PM: pull-ups, squats</p>	<p><b>Aerobic Fitness Check</b></p> <p>AM: 8km run PM: stretch, easy jog</p>	<p><b>Recovery and Regeneration</b></p> <p>AM: stretch PM: stretch</p>	<p><b>Strength/Aerobic Check</b></p> <p>AM: push-ups, 400m run PM: curl-ups, 800m run</p>	<p><b>Power Check</b></p> <p>AM: jumps (long/vertical)(2) PM: sprints (20/40m)</p>	<p><b>REST</b></p>
Fitness Check WEEK 2 & 3	<p><b>AEROBIC CONTINUOUS</b></p> <p>8km Run (times for km 1-8) 5:15, 5:00, 4:45, 4:30, 4:30, 4:30, 4:45, 5:00</p> <p>PM: <b>STRENGTH</b> Free Weights or Machines UB Circuit 1, 2, or 3 LB Circuit 1, 2, or 3 ( LOAD / REPS PER SET / SETS ) 12RM 11, 9 2</p>	<p><b>AEROBIC/ ANAEROBIC INTERVALS</b></p> <p>Run / easy x reps (pace) 30s / 30s x 5 (150m/30s) 1min / 1min x 4 (275m/1min) 2min / 2min x 3 (550m/2min) 3min / 3min x 2 (800m/3min)</p> <p>PM: <b>SWIMMING</b> 800m</p>	<p><b>POWER/STRENGTH Plyometrics</b> Circuit 1: 1 set Sprints Circuit 1: 20m x 6:40m x 4:60m x 1 Strength UB Circuit 1, 2 or 3 ( LOAD / REPS PER SET / SETS ) 15RM 14, 12 2 OR Body Weight UB Circuit 4 ( LOAD / REPS PER SET / SETS ) BW to failure 2</p> <p><b>WEIGHTLOAD MARCH</b> Distance/ Time/ weight (pace) 8km/ 1:30/ 24.5kg (533kph)</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p><b>AEROBIC/ ANAEROBIC INTERVALS</b></p> <p>Run / easy x reps (pace) 30s / 30s x 1 (175m/30s) 1min / 1min x 2 (300m/min) 2min / 2min x 3 (575m/2min) 3min / 3min x 4 (800m/3min)</p> <p>PM: <b>SWIMMING</b> 800 m and tread water for 5 min x 3</p>	<p><b>AEROBIC CONTINUOUS</b></p> <p>10km Run 48min</p> <p>PM: <b>POWER/STRENGTH Plyometrics</b> Circuit 1: 2 reps Sprints Circuit 1: 20m x 6:40m x 4:60m x 2 Body Weight UB Circuit 4 ( LOAD / REPS PER SET / SETS ) BW to failure 3</p>	<p>AM: stretch PM: stretch</p>
Fitness Check WEEK 4 & 5	<p><b>STRENGTH</b></p> <p>Free Weights or Machines UB Circuit 1, 2, or 3 LB Circuit 1, 2, or 3 ( LOAD / REPS PER SET / SETS ) 10RM 7, 8, 8 3</p> <p>PM: <b>WEIGHTLOAD MARCH</b> Distance/ time/ weight (pace) 8km/1:20 / 24.5kg (6.0kph)</p>	<p><b>AEROBIC/ ANAEROBIC INTERVALS</b></p> <p>Run / easy x reps (pace) 30s / 30s x 5 (175m/30s) 1min / 1min x 4 (300m/min) 2min / 2min x 3 (575m/2min) 3min / 3min x 2 (825m/3min)</p> <p>PM: <b>SWIMMING</b> 900m tread water 5min x 3</p>	<p><b>AEROBIC CONTINUOUS</b></p> <p>9.0km Run (each 1.5km) 5:30, 7:30, 7:15, 7:00, 6:45, 6:30</p> <p>PM: <b>POWER/STRENGTH Plyometrics</b> Circuit 1: 3 reps Sprints 10m x 2; 20m x 2; 40m x 2; 60m x 2; 80m x 2; 100m x 2 Weights UB Circuit 1, 2 or 3 ( LOAD / REPS PER SET / SETS ) 15RM 11, 12, 13 3 OR Body Weight UB Circuit 4 ( LOAD / REPS PER SET / SETS ) BW to failure 3</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p><b>SWIMMING</b> (Week 4) 200m crawl, 200m breast, 200m side, 200m back tread water for 2 minute between each</p> <p>NOTE: only 50m of each in Week 5</p> <p>PM: <b>WEIGHTLOAD MARCH</b> Distance/ Time/ weight (pace) 10km/ 1:48 / 24.5kg (5.5kph)</p>	<p><b>AEROBIC CONTINUOUS</b></p> <p>10km Run 46min 6km Run 27min (Week 5)</p> <p>PM: <b>POWER/STRENGTH Plyometrics</b> Circuit 1: 3 reps (Week 4 only) Sprints 20m x 4; 40m x 4; 60m x 2; 80m x 2 20m x 2; 40m x 2; 100m x 1 (Week 5 only) Body Weight UB Circuit 4 ( LOAD / REPS PER SET / SETS ) BW to failure 3 BW to failure 1 (Wk 5)</p>	<p>AM: stretch PM: stretch</p>
Fitness Check WEEK 6	<p><b>Aerobic Fitness Check</b></p> <p>AM: 2400m run</p>	<p><b>Strength Check</b></p> <p>AM: bench press, chin-ups PM: pull-ups, squats</p>	<p><b>Aerobic Fitness Check</b></p> <p>AM: 8km run PM: stretch, easy jog</p>	<p><b>Recovery and Regeneration</b></p> <p>AM: stretch PM: stretch</p>	<p><b>Strength/Aerobic Check</b></p> <p>AM: push-ups, 400m run PM: curl-ups, 800m run</p>	<p><b>Power Check</b></p> <p>AM: jumps (long/vertical)(2) PM: sprints (20/40m)</p>	<p><b>REST</b></p>

	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY	DAY 6 SATURDAY	DAY 7 SUNDAY	
WEEKS 7 & 8	<p><b>AM: STRENGTH</b> Free Weights or Machines UB Circuit 1,2, or 3 LB Circuit 1,2, or 3 (LOAD / REPS PER SET / SETS ) 12RM 10, 11 2</p> <p><b>PM: WEIGHTLOAD MARCH</b> Distance/ time/ weight/ pace) 8km/ 1:40 / 20kg (6.0kph)</p>	<p><b>AM: AEROBIC/AEROBIC INTERVALS</b> Run / easy x reps (pace) 30s / 30s x 5 (175m/30s) 1min / 1min x 4 (325m/min) 2min / 2min x 3 (600m/2min) 3min / 3min x 2 (850m/3min)</p> <p><b>PM: SWIMMING</b> <u>1000m</u></p>	<p><b>AM: AEROBIC CONTINUOUS</b> 9.0km Run (each 1.5km) 5:15, 7:00, 7:15, 7:00, 6:45, 6:30</p> <p><b>PM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 2 reps Sprints: Circuit 1: 20m x 6:40m x 4; 60m x 2 Weights UB Circuit 1, 2 or 3 (LOAD / REPS PER SET / SETS ) 15RM 14, 12, 10 3 <b>OR</b> Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 3</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p><b>AM: AEROBIC/AEROBIC INTERVALS</b> Run / easy x reps (pace) 30s / 30s x 1 (175m/30s) 1min / 1min x 2 (325m/min) 2min / 2min x 3 (600m/2min) 3min / 3min x 4 (850m/3min)</p> <p><b>PM: SWIMMING</b> <u>1000m swim</u></p>	<p><b>AM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 2 reps Sprints Circuit 1: 20m x 2; 40m x 4; 60m x 6 Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 2</p> <p><b>PM: WEIGHTLOAD MARCH</b> Distance/ time/ weight/ pace) 10km/ 1:48 / 30kg (5.5kph)</p>	<p><b>AM: AEROBIC CONTINUOUS</b> 10km Run 44min 6km Run 26min (Week 10 only)</p> <p><b>PM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 2 reps (Week 9 only) Sprints 20m x 6:40m x 4; 80m x 2, 100m x 1 20m x 2, 40m x 2, 100m x 1 (Week 10 only) Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 3 BW to failure 1 (Wk 10)</p>	<p>AM: stretch PM: stretch</p>
WEEKS 9 & 10	<p><b>AM: STRENGTH</b> Free Weights or Machines UB Circuit 1,2, or 3 LB Circuit 1,2, or 3 (LOAD / REPS PER SET / SETS ) 12RM 11, 10 2</p> <p><b>AM: WEIGHTLOAD MARCH</b> Distance/ time/ weight/ pace) 8km/ 1:40 / 24.5kg (6.0kph)</p>	<p><b>AM: AEROBIC/AEROBIC INTERVALS</b> Run / easy x reps (pace) 1min / 1min x 4 (325m/min) 2min / 2min x 3 (600m/2min) 3min / 3min x 2 (850m/3min) 4min / 4min x 1 (1125m/4min)</p> <p><b>PM: SWIMMING</b> <u>1000m</u></p>	<p><b>AM: AEROBIC CONTINUOUS</b> 7.5km Run (each 1.5km) 5:00, 7:20, 6:20, 7:20, 6:20</p> <p><b>PM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 2 reps Sprints: Circuit 1: 20m x 6:40m x 4; 60m x 2 Weights UB Circuit 1, 2 or 3 (LOAD / REPS PER SET / SETS ) 15RM 11, 12, 10 3 <b>OR</b> Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 3</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p><b>AM: WEIGHTLOAD MARCH</b> Distance/ time/ weight/ pace) 13km/ 2:18 / 24.5kg (5.5kph) Do easy run from Wk 2-3 in Wk 10 only</p>	<p><b>AM: AEROBIC CONTINUOUS</b> 10km Run 44min 6km Run 26min (Week 10 only)</p> <p><b>PM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 2 reps (Week 9 only) Sprints 20m x 6:40m x 4; 80m x 2, 100m x 1 20m x 2, 40m x 2, 100m x 1 (Week 10 only) Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 3 BW to failure 1 (Wk 10)</p>	<p>AM: stretch PM: stretch</p>	
Fitness Check WK 11	<p><b>Aerobic Fitness Check</b> AM: 2400m run</p>	<p><b>Strength Check</b> AM: bench press, chin-ups PM: pull-ups, squats</p>	<p><b>Aerobic Fitness Check</b> AM: 8km run PM: stretch, easy jog</p>	<p><b>Recovery and Regeneration</b> AM: stretch PM: stretch</p>	<p><b>Strength/Aerobic Check</b> AM: push-ups, 400m run PM: curl-ups, 800m run</p>	<p><b>Power Check</b> AM: jumps (long/vertical/2) PM: sprints (20/40m)</p>	<p><b>REST</b></p>	
TAPER WEEK 12	<p><b>AM: AEROBIC CONTINUOUS</b> 5km Run (times for km 1-5) 4:30, 4:15, 4:00, 4:00, 4:30</p> <p><b>PM: STRENGTH</b> Free Weights or Machines UB Circuit 1,2, or 3 LB Circuit 1,2, or 3 (LOAD / REPS PER SET / SETS ) 12RM 11, 10 2</p>	<p><b>AM: AEROBIC/AEROBIC INTERVALS</b> Run / easy x reps (pace) 1min / 1min x 2 (325m/min) 2min / 2min x 2 (600m/2min) 3min / 3min x 1 (850m/3min) 4min / 4min x 1 (1125m/4min)</p> <p><b>PM: SWIMMING</b> 400m swim and tread water for 10 minutes after 3 min rest</p>	<p><b>AM: AEROBIC CONTINUOUS</b> 3km Run 1030</p> <p><b>PM: POWER/STRENGTH</b> Plyometrics: Circuit 1: 1 rep Sprints: Circuit 1: 20m x 3; 40m x 2; 60m x 1 Weights UB Circuit 1, 2 or 3 (LOAD / REPS PER SET / SETS ) 15RM 14 <b>OR</b> Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 1</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p>AM: stretch/ easy jog</p> <p>PM: stretch</p>	<p><b>AM: AEROBIC CONTINUOUS</b> 2km Run 7:00</p> <p><b>PM: POWER/STRENGTH</b> Sprints 20m x 3; 40m x 2; 80m x 1 Body Weight UB Circuit 4 (LOAD / REPS PER SET / SETS ) BW to failure 1</p>	<p>AM: stretch PM: stretch</p>	

## THE FITNESS CHECK WEEK

The Fitness Check Week is designed to help you *evaluate* the level you have obtained in each fitness component. It is also used throughout the program as an “*unloading*” week where the overall volume of work is lower than the volume of work during the training weeks.

The following fitness components are checked using the indicated tests. The schedule for the tests (day and time of session) are noted on the **Training Prescription** charts on pages 18-19.

• **Aerobic Power**

- 2400m run

• **Aerobic Capacity**

- 8 km run

• **Anaerobic Capacity**

- 400m run
- 800m run

• **Upper Body Strength**

- Bench Press
- Pull-ups
- Push-ups
- Chin-ups
- Curl-ups

• **Lower Body Strength**

- Squats

• **Lower Body Power**

- Vertical Jump
- Long Jump
- 2-Jump

• **Lower Body Speed**

- 20m/ 40m Sprints



## CHECKING YOUR FITNESS

Note: Use the **Fitness Check** table on page 27 to determine your level in each of the 16 fitness items. Record your *level* on the **Tracking Progress** form on page 28 along with your *score* (time, reps, or distance) for each item. This should help you see your progress and where you need to improve to reach Level 6.

### Checking Your Aerobic Fitness

*NOTE: Remember to do a good warm-up and stretch prior to and a cool-down and stretch following each of the Fitness Check sessions (pages 29-31).*

You should do these Fitness Checks with a partner who can act as both a safety “spotter” and a recorder.

#### AEROBIC POWER

- **2400 Meter Run:** This is six laps of a 400m track. Pace yourself to give you the best average speed. Do an easy jog and stretching warm-up prior to the run. In order to meet Level 6 standard, you should average 85 seconds per lap.

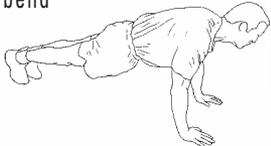


#### AEROBIC CAPACITY

- **8 Kilometer Run:** This can be run over a flat measured course or 20 laps of a 400m track. As with the 2400m run, select a pace to give you the highest average speed. Warm-up and stretch well prior to the run. In order to meet the Level 6 standard, you should average about 4:20 per kilometer or 1:45 per lap.

# Checking Your Strength

## UPPER BODY STRENGTH

- **Bench Press:** Take a position with feet flat on the floor, back flat on the bench, and a secure grip on the bar with the hands approximately shoulder width apart. Lift and lower the load from about 8 cm above the chest to almost full extension. Keep the load under control for about 2 seconds in each of the lift and lower phases. Prior to the test do a warm-up with a light load, then start the test with a 65kg load. Work with a partner to ensure safety.
    - If you can lift this comfortably, continue and do as many reps as possible. If you struggle to lift this load, drop down to 55kg to do your Fitness Check.
    - If you do more than 20 reps with 65kg, use 75kg for your next Fitness Check.
  
  - **Push-ups:** Take a position with hands flat on the floor shoulder-width apart, fingers pointing forward, and back straight with your head up. Lower yourself until you reach a 90 degree bend in the elbows and raise until arms are straight. Note the number of push-ups completed without stopping. Do not rush; perform the push-ups smoothly.
- 
- A line drawing of a person in a push-up position. The person is lying on their stomach with their arms extended downwards, supporting their body weight. Their feet are together and flat on the ground. The person's head is up and their back is straight.
- **Chin-ups:** Take a position with an *underhand* grip on the bar and hands approximately shoulder-width apart. Raise yourself until your chin is above the bar, and lower until your arms are straight. Come to a momentary stop at the bottom. Keep your feet still and do not swing. Note the number of chin-ups completed without stopping. Do not rush; perform the chin-ups smoothly.
  
  - **Pull-ups:** Take a position with an *overhand* grip on the bar and hands approximately shoulder-width apart. Raise yourself until your chin is above the bar, and lower until your arms are straight. Come to a momentary stop at the bottom and do not swing. Note the number of pull-ups completed without stopping. Do not rush; perform the pull-ups smoothly.

## LOWER BODY STRENGTH

- **Squats:** Take a standing position with feet shoulder-width apart, toes pointed slightly outward, back erect, and barbell on the shoulders. Squat to a 90 degree bend at the knees and then return to full extension. Prior to the test, do a warm-up using a light load (ie. 5 or 6 reps at 50% of the prescribed load), then start the test with a load of 80kg. Work with a partner to ensure safety.
  - If you can lift this comfortably, continue to do as many reps as possible. If you struggle to lift this load, drop down to 70kg to do your Fitness Check.
  - If you do more than 20 reps, use 90kg for your next Fitness Check.



## ABDOMINAL STRENGTH

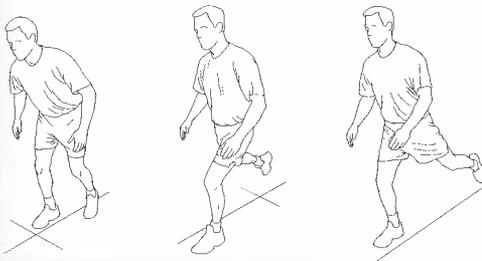
- **Curl-ups:** Take a position on your back with knees bent to approximately 90 degrees, feet free, and hands behind your ears. Curl-up to touch your elbows to your knees. This pace involves a momentary stop at the top and bottom of the curl-up. To meet the Level 6 (JTF2) standard you must do this for five minutes.



# Checking Your Power, Speed, and Anaerobic Capacity

## LEG POWER

- **Long Jump:** Take a position with feet approximately shoulder-width apart, toes on a line at the start of an area marked off in centimetres. Using a full arm swing and full knee bend, jump as *far* as possible. Measure the distance from the start to where your heels touch down. Take the best score of three attempts.
- **Vertical Jump:** Place a vertical line on a wall extending from the floor to a height of 300 cm. Stand next to the line, raise your arm as high as possible while keeping your heels on the ground and note the height you reach with the tips of your fingers. Step slightly away from the wall, place your feet shoulder-width apart, and with a full arm swing and deep knee bend jump as high as possible and note where your fingers strike the line. Do this 3 times and record the highest height you achieve. Your actual score is the difference between your standing reach and the height achieved on your best jump.
- **2-Jump:** Take a position with the toes of one foot on a line at the start of an area marked off in centimetres. With a full arm swing and knee bend, jump from the start foot to the other foot and then forward to the start foot again — along the marked line. Measure the distance from the start to heel strike at the end of the second jump. Take the best score of three attempts. (If you wish to see which leg is more powerful, you can adapt this to two separate single jumps starting with different feet. There is some skill in this, so part of a difference may be due to limb preference and prior learning. Regardless, it will show where you may need to develop additional usable power.



*NOTE: Follow the order on each Fitness Check item as listed on the program and remember to warm-up and stretch prior to your jumping tests.*

## LEG SPEED



- **20/40m Sprint:** Mark off a course on a running track at 20m and 40m distances. It would be ideal to use timing lights for this, but a stopwatch in experienced hands is good. If using a stopwatch you should do the two sprints separately. Use the best score of two trials. Remember to use a high leg action and powerful arm swing to maximize acceleration and velocity. The lights will give you accuracy to .01 s while the stopwatch should be read to .1 s.

*Be sure to warm-up and stretch prior to, and stretch following, each sprint.*

## ANAEROBIC CAPACITY

- **400/800m Runs:** It is convenient to use a 400m track but a measured distance on a flat running surface is also good.

*NOTE: Be sure to warm-up and stretch prior to, and cool-down and stretch following, both runs.*



You are expected to be at Level 6 for entry into JTF 2 and you should have met Level 4 in the AFM prior to your application. If you have reached Level 7 on one or more items but still have to improve in others, you can reduce the number of training sessions per week to one on the attained items and substitute an additional session on the component(s) which still need improvement. The priority should be in the following order:

1. **Aerobic Power**
2. **Aerobic Capacity**
3. **Upper Body Strength**
4. **Lower Body Strength**
5. **Power and Speed  
(Anaerobic Power)**

# FITNESS CHECK

FITNESS ITEMS	ARMY FITNESS CHECKS				JTF2 FITNESS CHECKS		
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7
<b>AEROBIC</b>				AFM standard		JTF2 standard	JTF2 advanced
2400m Run Standard (min:s)	13:15-11:46	11:45-10:31	10:30-9:16	9:15-8:31	8:30-8:16	8:15-8:00	< 8:00
5km Run Standard (min:s)	29:00-27:01	27:00-26:01	26:00-23:01	23:00-22:01			
8km Run Standard (min:s)					37:30-35:01	35:00-34:01	< 34:00
<b>STRENGTH</b>							
<b>Upper Body</b>							
<b>Bench Press Standards</b>							
75kg					13-14 reps	15-16 reps	17+ reps
65kg	9-13 reps	14-17 reps	18-20 reps	21-23 reps	24-25 reps	26-27 reps	28+ reps
55kg	11-16 reps	17-21 reps	22-27 reps	28-32 reps	33-34 reps	35-36 reps	37+ reps
45kg	14-20 reps	21-26 reps	27-32 reps	33-38 reps	39-40 reps	41-43 reps	44+ reps
Push-ups Standard	20-29 reps	30-39 reps	40-44 reps	45-49 reps	50-52 reps	53-54 reps	55+ reps
Chin-ups Standard					12-14 reps	15-17 reps	18+ reps
Pull-ups Standard					9-11 reps	12-13 reps	14+ reps
<b>Lower Body</b>							
<b>Squat Standards</b>							
90kg					9-11 reps	12-14 reps	15+ reps
80kg	5-8 reps	9-11 reps	12-14 reps	15-18 reps	15-18 reps	19-21 reps	22+ reps
70kg	6-9 reps	10-13 reps	14-17 reps	18-21 reps	18-21 reps	22-25 reps	26+ reps
60kg	7-11 reps	12-16 reps	17-20 reps	21-24 reps	21-24 reps	25-28 reps	29+ reps
<b>Abdominal Core</b>							
Curl-ups Standard	20-44 reps	45-74 reps	75-99 reps	100-124 reps	100-124 reps	125-149 reps	150+ reps
<b>POWER AND SPEED</b>							
Long Jump Standard	200-229cm	230-249cm	250-274cm	274-289cm	290-294cm	295-299cm	300+cm
Two-Jump Standard	325-374cm	375-449cm	450-499cm	500-524cm	525-532cm	533-539cm	540+cm
Vertical Jump Standard					50-54 cm	55-59 cm	60+ cm
40m Sprint Standard	6.20-5.91s	5.90-5.61s	5.60-5.31s	5.30-5.26s	5.25-5.21s	5.20-5.16s	<5.16s
20m Sprint Standard					3.00-2.91s	2.90-2.86s	<2.86s
<b>Anaerobic Capacity</b>							
400m Run Standard					1:15-1:11s	1:10-1:06s	< 1:05s
800m Run Standard					2:45-2:31s	2:30-2:21s	< 2:20s

## TRACKING YOUR PROGRESS

FITNESS ITEMS	WEEK 1		WEEK 6		WEEK 11	
	SCORE	LEVEL	SCORE	LEVEL	SCORE	LEVEL
<b>AEROBIC</b>						
2400m Run (min:s)						
8km Run (min:s)						
<b>STRENGTH</b>						
<i>Upper Body</i>						
Bench Press						
75kg (165lbs)						
65kg (145lbs)						
55kg (120lbs)						
45kg (100lbs)						
Push-ups						
Chin-ups						
Pull-ups						
<i>Lower Body</i>						
Squats						
90kg (200lbs)						
80kg (175lbs)						
70kg (155lbs)						
60kg (130lbs)						
<i>Abdominal Core</i>						
Curl-ups						
<b>POWER AND SPEED</b>						
Long Jump						
Two-Jump						
Vertical Jump						
40m Sprint						
20m Sprint						
<i>Anaerobic Capacity</i>						
400m Run						
800m Run						



**DARE TO BE CHALLENGED**



## WARM-UP AND COOL-DOWN STRETCHING

A good warm-up is a crucial component of your training routine. At the beginning of each session do three minutes of light aerobic activity — brisk walking, easy marching, or jogging. Then do some gentle arm circles and leg swings (from the hip, standing, with one hand against a wall for balance if you like).

Follow this with the stretching sequence shown here to help prepare you for the workout. Spend about 10 minutes on it. Don't rush.

At the end of each session, to cool down, stretch for another 5 minutes. Return to the exercises that stretch the muscles most used during the session you have just completed.

### GUIDELINES

- On each exercise, stretch slowly to the end of your range of motion and hold for a minimum of 10 seconds at the beginning. Increase this to 15 second "holds" when you are accustomed to the exercises. Repeat 2-3 times. (For #10 – Ankle Rocker, use gentle, continuous movement.)
- The stretching exercises shown here describe a stretch on one side of the body or one limb. **Be sure to stretch one side of the body and then the other and both limbs when you are warming up.**
- Stretch until you feel a tightness. If you feel pain, you are stretching too far.
- Inhale and exhale on each repetition, exhaling strongly as you initiate the stretch. Don't hold your breath.

## STRETCHING SEQUENCE

### 1<sup>n</sup> Overhead Stretch



Interlock your fingers above your head, straighten your arms and stretch them up and slightly back.

### 2<sup>n</sup> Side Stretch



Reach one arm overhead and the other down the side of the leg.

### 3<sup>n</sup> Sit-Reach



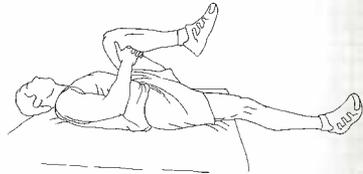
One leg straight, one bent with sole of the foot near knee of straight leg. Reach out along straight leg.

### 4<sup>n</sup> Groin Stretch



Relax with your knees bent and soles of your feet together for a comfortable stretch. For an added stretch, put gentle pressure on the insides of your knees with your hands.

### 5<sup>n</sup> Low-Back Stretch



Pull one knee toward your chest by grasping the back of the thigh with your hands. Keep the back of your head touching the floor.

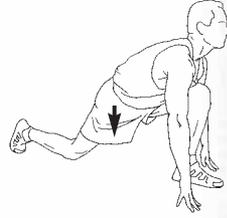
*NOTE: At the end of each session, to cool down, return to the exercises that stretch the muscles most used during the session you have just completed.*

### 6 = Leg Crossover



Place one bent leg across the other, stretching it toward the floor with gentle pressure from the opposite hand. Look in the other direction toward your outstretched arm.

### 7 = Lunge



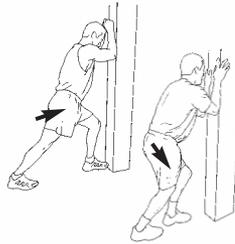
Crouch over your bent front leg with the knee directly above the ankle. Place the knee of the back leg on the floor, then gently press the hip downward.

### 8 = Thigh Stretch



Bend one knee, grasp the ankle, and pull your heel gently toward the buttock. Place your other hand on a wall for balance if you like, and don't arch your back.

### 9 = Calf Stretch



One foot in front of the other and feet pointing straight ahead. Rock forward toward a wall bending the front leg to stretch the calf muscle of the back (straight) leg. Repeat with legs closer together and squatting to stretch the soleus muscle lower in the back leg.

### 10 = Ankle Rocker



Slowly rock on the outside of the feet, from heels, to side, to toes, to the other side. The knees should make a circular motion.



DHD 98-0019-10

**DARE TO BE CHALLENGED**



## STRENGTH-TRAINING CIRCUITS

There are twelve circuits included here:

- four for **upper-body (UB)** strength
- four for **lower-body (LB)** strength
- four for **abdominal-core (AbCore)** strength.

Do the circuits on the required days as set out in the **Training Prescription Charts** (pages 18-19). Here are a few reminders:

- Whenever *stack weights* or *free weights* are available, do the circuits using them (UB and LB 1, 2, or 3) on Day 1 and Day 3. With the weights, you can control the load effectively and make good progress.
- If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can *substitute* the same numbered exercise from any of the other circuits (e.g., #1 in Circuit 4 for #1 in Circuit 2).
- When doing body-weight circuits do repetitions to failure *or* the RM noted, whichever comes first. (If you find the RM too easy for any of these exercises, you can add a few more repetitions or slow down the tempo.)
- Breathe comfortably when doing the exercises. Inhale and exhale on each repetition — exhaling on effort.
- Take short rest periods of 45-60s between sets and individual exercises.

- Use the illustrations and descriptions for each exercise as a guide to make sure you do the right technique. For exercises done in a standing position, the feet should be shoulder-width apart for good balance and with the toes pointing slightly outward.
- When using stack weights or a barbell, hold the bar with the thumbs facing in toward one another unless noted otherwise. If the bar should be held with the thumbs facing out, this will be stated in the exercise description.
- Work with a partner. You can spot one another and provide technique guidance and encouragement. This is especially important for safety on free-weight exercises like bench press and squats.
- Do not sacrifice proper technique in order to increase the training load.

# UPPER-BODY CIRCUIT #1

## *Using Stack Weights*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other UB circuits.*

### **1 BENCH PRESS**

Lying flat on the bench, grasp the bar in a secure grip with the hands a comfortable distance apart, then press it to arms' length above the chest.

### **2 LAT PULL-DOWNS**

Seated on a bench (or kneeling), pull the bar down in front of your face to shoulder level.

### **3 BACK EXTENSIONS**

With the feet secured, hang your upper body down over the end of a bench with the hands clasped behind the head. Raise the upper body until parallel with the floor.

### **4 SHOULDER PRESS**

Seated, push the bar up from shoulder height until the arms are fully extended overhead.

### **5 TRICEP EXTENSIONS**

Hands close together and elbows bent 90°, push hands down until the arms are straight.

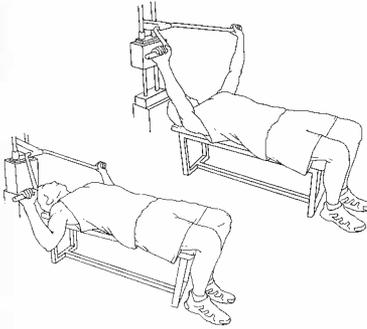
### **6 BICEP CURLS**

Arms down in front and fully extended, grasping the bar with the thumbs facing out. Curl the bar, pulling the hands up under the chin.

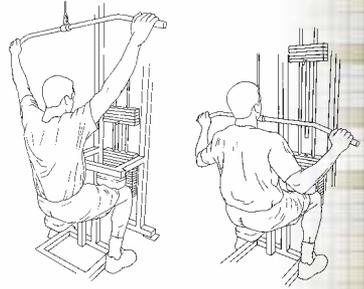
### **7 ABDOMINAL CORE**

Select one of the AbCore circuits from pages 42 to 45.

**1 BENCH PRESS**



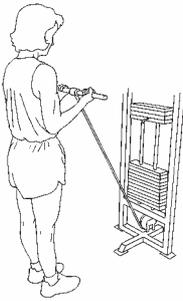
**2 LAT PULL-DOWNS**



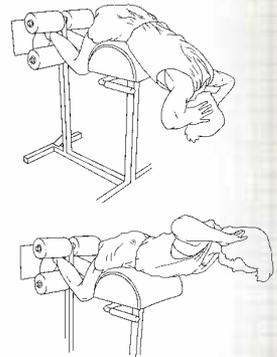
**7 ABDOMINAL CORE**

Select a circuit from pages 42 to 45.

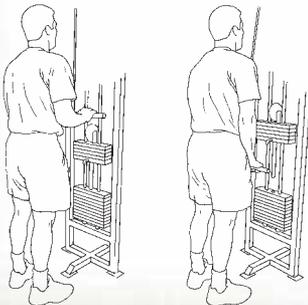
**6 BICEP CURLS**



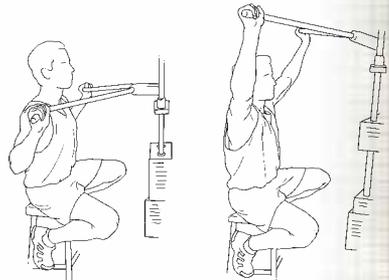
**3 BACK EXTENSIONS**



**5 TRICEP EXTENSIONS**



**4 SHOULDER PRESS**



## UPPER-BODY CIRCUIT #2

### *Using Free Weights (Barbell)*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other UB circuits.*

#### **1 BENCH PRESS**

Lying flat on the bench, grasp the bar in a secure grip with the hands a comfortable distance apart, then press it to arms' length above the chest.

#### **2 BENT-OVER ROW**

Standing and bent forward with a slight bend in the knees and arms extended below, pull the barbell into your abdomen keeping your elbows close to your sides. Keep your back flat.

#### **3 DEAD LIFT**

Grasp barbell in front with arms extended and legs bent, straighten legs to assume upright standing position.

#### **4 MILITARY PRESS**

Seated with arms bent in front and barbell supported at shoulder height, push it to full extension overhead.

#### **5 TRICEP EXTENSIONS**

Seated with barbell supported behind the neck, press the bar to full extension overhead. Keep elbows close to your head.

#### **6 BICEP CURLS**

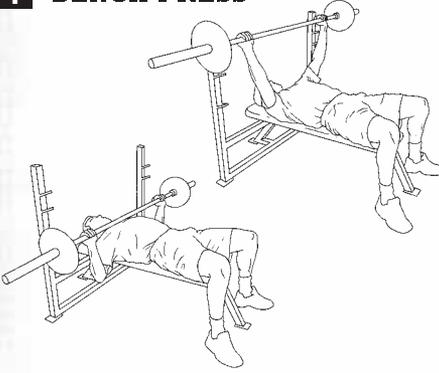
Standing, arms extended below in front and grasping the barbell, curl it up to shoulder height then curl it back down.

#### **7 ABDOMINAL CORE**

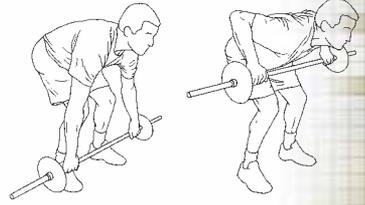
Select one of the AbCore circuits from pages 42 to 45.

*Note: Exercises 4 and 5 can also be done in a standing position. Work with a partner on these two exercises (and #1), spotting each other for safety.*

**1 BENCH PRESS**



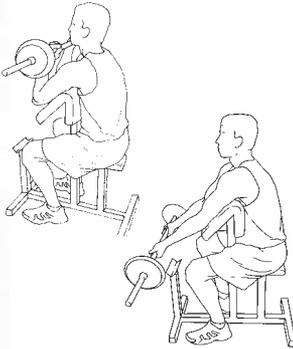
**2 BENT-OVER ROW**



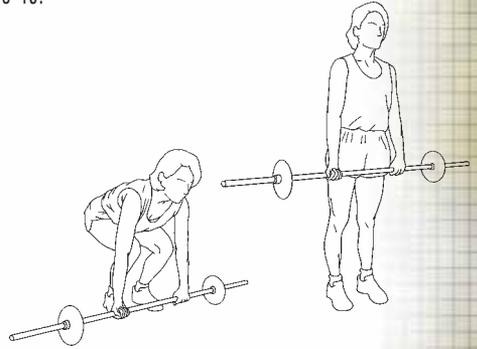
**7 ABDOMINAL CORE**

Select a circuit from pages 42 to 45.

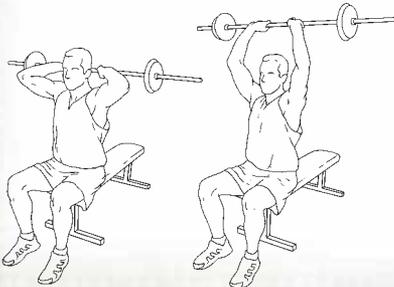
**6 BICEP CURLS**



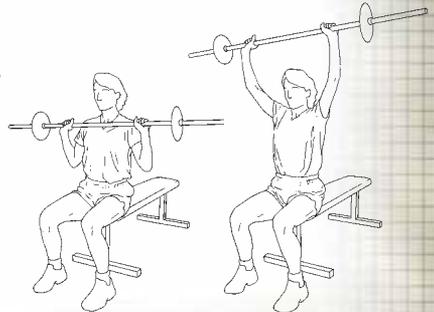
**3 DEAD LIFT**



**5 TRICEP EXTENSIONS**



**4 MILITARY PRESS**



## UPPER-BODY CIRCUIT #3

### *Using Free Weights (Dumbbells)*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other UB circuits.*

#### **1 BENCH PRESS**

Lying flat on the bench, grasp the dumbbells above the shoulders with the thumbs facing in, then press them to arms' length above the chest.

#### **2 BENT-OVER DUMBBELL ROW**

Standing and bent forward with a slight bend in the knees and arms extended below grasping dumbbells, pull them into the abdomen keeping elbows close to your sides. Keep your back flat.

#### **3 DEAD LIFT**

Bent forward with knees slightly bent and grasping dumbbells at the sides with arms extended, lift the upper body to return to an upright standing position.

#### **4 SEATED PRESS**

Holding dumbbells at shoulder height, straighten the arms pressing the dumbbells to full arm extension overhead.

#### **5 TRICEP EXTENSIONS**

Holding one dumbbell overhead with both hands, bend the elbows to lower the weight behind the head then return to full arm extension.

#### **6 BICEP CURLS**

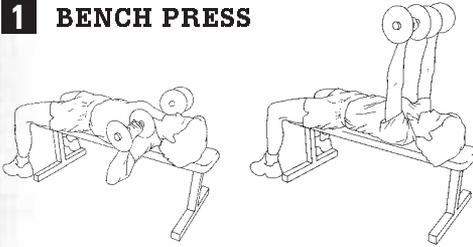
Standing, arms extended below and at your sides grasping the dumbbells. Curl one dumbbell up to shoulder height then curl it back down. Do alternately with the other arm.

#### **7 ABDOMINAL CORE**

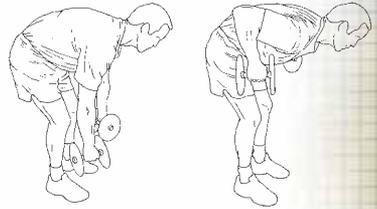
Select one of the AbCore circuits from pages 42 to 45.

*Note: Exercises 4 and 5 can also be done in a standing position. Work with a partner on these two exercises (and #1), spotting each other for safety.*

**1 BENCH PRESS**



**2 BENT-OVER DUMBBELL ROW**

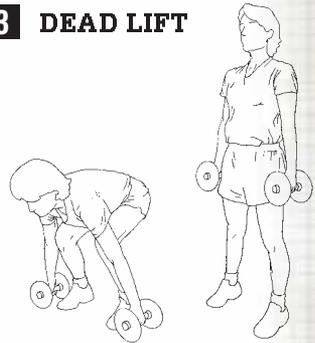


**7 ABDOMINAL CORE**  
Select a circuit from pages 42 to 45.

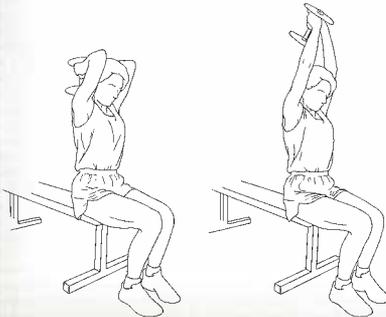
**6 BICEP CURLS**



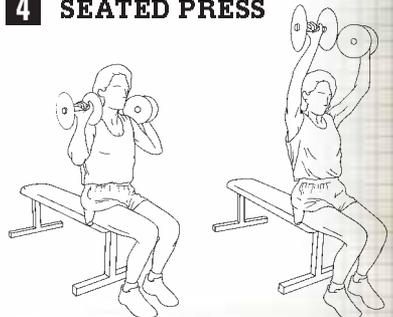
**3 DEAD LIFT**



**5 TRICEP EXTENSIONS**



**4 SEATED PRESS**



## UPPER-BODY CIRCUIT #4

### Body Weight Exercises

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other UB circuits.*

#### **1 PUSH-UPS (fingers forward)**

With the body held straight, push up, straightening the arms.

#### **2 PULL-UPS (hands over)**

Hands shoulder-width apart, pull up until your chin is over the bar. Inhale as you pull up, exhale on the way back down.

#### **3 BACK EXTENSIONS**

With the feet secured, hang your upper body down over the end of a bench with the hands clasped behind the head. Raise the upper body until parallel with the floor.

#### **4 PUSH-UPS (hands wide)**

With the body held straight and hands out wide (more than shoulder-width apart), push up straightening the arms.

#### **5 DIPS**

With the palms supported on a chair or bench behind your back, extend the arms until they are straight.

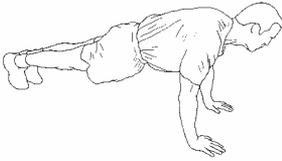
#### **6 CHINS (hands under)**

Hands shoulder-width apart with thumbs facing out, pull up until your chin is over the bar. Inhale as you pull up, exhale on the way back down.

#### **7 ABDOMINAL CORE**

Select one of the AbCore circuits from pages 42 to 45.

**1 PUSH-UPS (fingers forward)**



**2 PULL-UPS (hands over)**



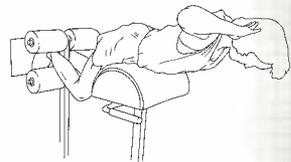
**7 ABDOMINAL CORE**

Select a circuit from pages 42 to 45.

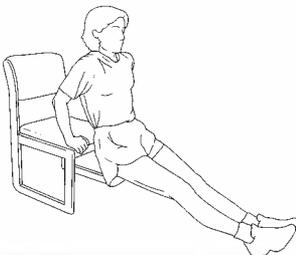
**6 CHINS (hands under)**



**3 BACK EXTENSIONS**



**5 DIPS**



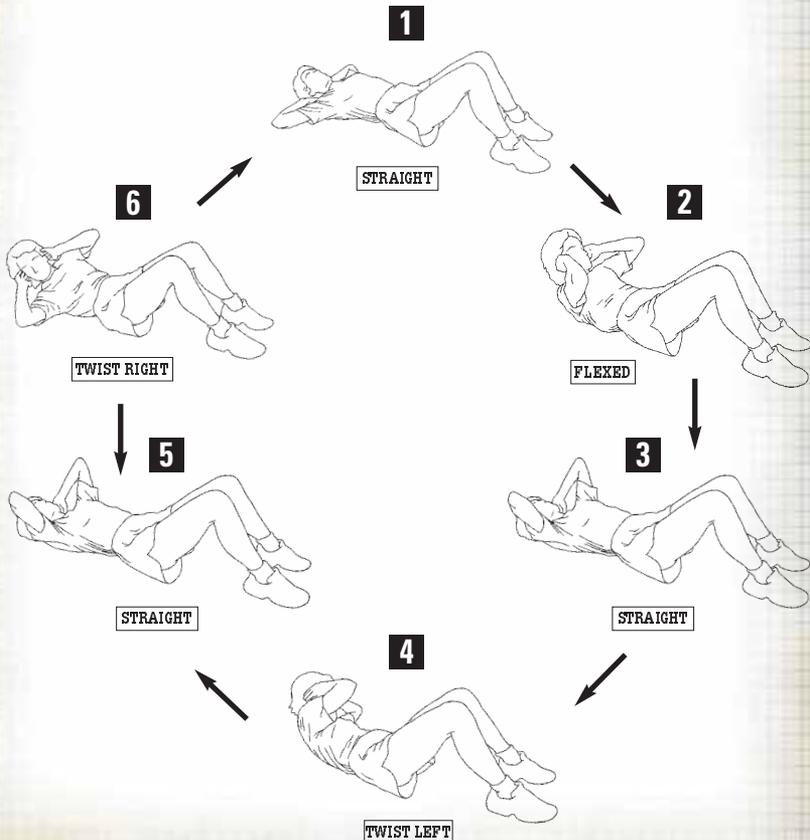
**4 PUSH-UPS (hands wide)**



## ABDOMINAL-CORE (ABCORE) CIRCUIT #1

### *Floor Exercises*

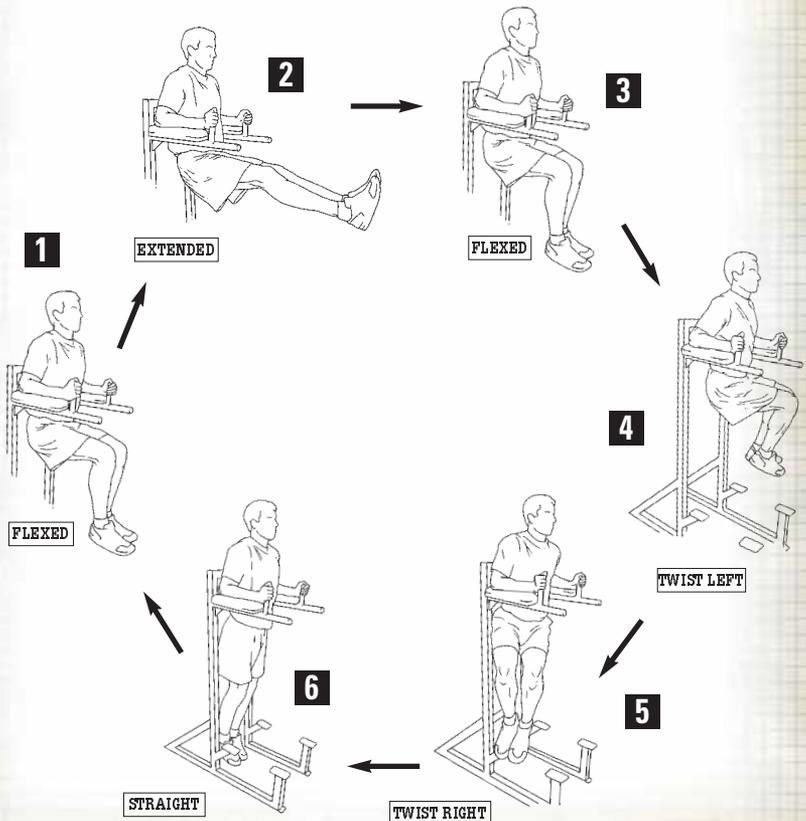
- Keep the lower body stable with the feet flat on the floor. Use the abdominal muscles to lift and twist the upper body as shown in the sequence.
- When you get to position #6, continue to #1 and repeat the sequence.
- To begin, do the sequence (positions 1 through 6) 20 times for one set. Repeat two more times for a total of 3 sets of 20. Rest 2-3 minutes between sets.
- When you can do 3 x 20 comfortably, increase to 3 x 30, then again to 3 x 40.
- When you can do 3 x 40 comfortably, move on to Circuit #2.



## ABDOMINAL-CORE (ABCORE) CIRCUIT #2

### *Supporting on a Dip Bar*

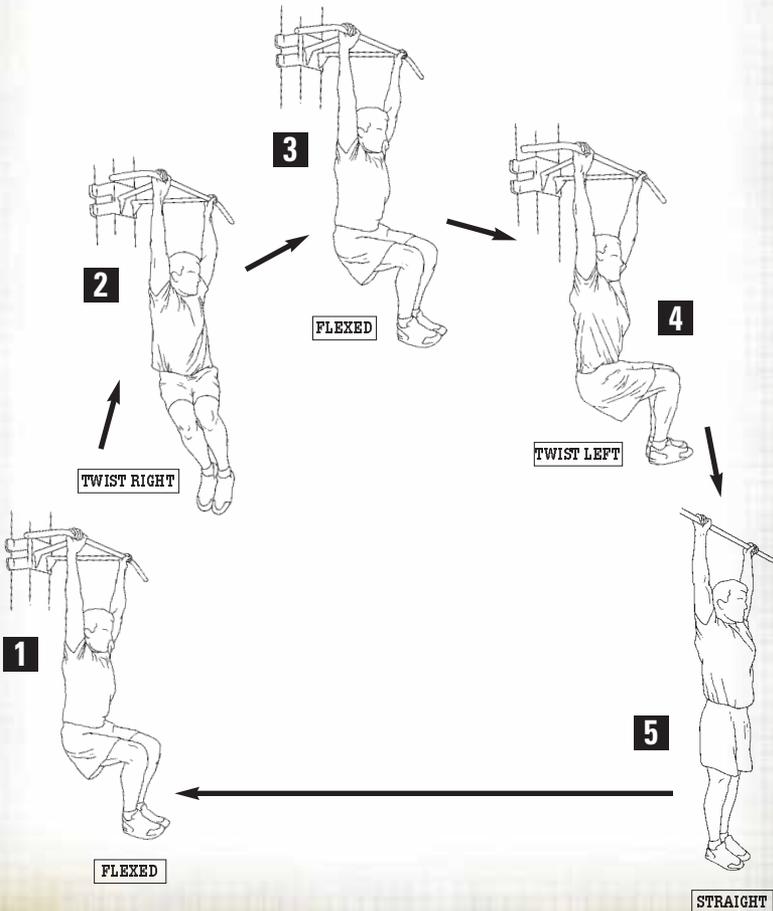
- Support the upper body on a dip bar to keep it stable. Use the abdominal muscles to move the lower body as shown in the sequence.
- When you get to position #6, continue to #1 and repeat the sequence.
- To begin, do the sequence (positions 1 through 6) 20 times for one set. Repeat two more times for a total of 3 sets of 20. Rest 2-3 minutes between sets.
- When you can do 3 x 20 comfortably, increase to 3 x 30, then again to 3 x 40.
- When you can do 3 x 40 comfortably, move on to Circuit #3.



## ABDOMINAL-CORE (ABCORE) CIRCUIT #3

### *Hanging from a Chin Bar*

- Hang from a chin bar and keep the upper body in a stable position. Use the abdominal muscles to move the lower body as shown in the sequence.
- When you get to position #5, continue to #1 and repeat the sequence.
- To begin, do the sequence (positions 1 through 6) 20 times for one set. Repeat two more times for a total of 3 sets of 20. Rest 2-3 minutes between sets.
- When you can do 3 x 20 comfortably, increase to 3 x 30, then again to 3 x 40.

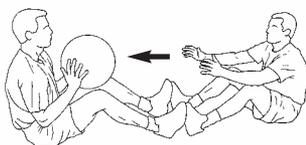


## ABDOMINAL-CORE (ABCORE) CIRCUIT #4

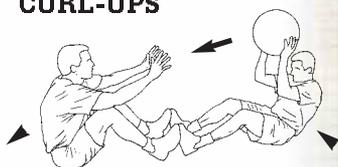
### Partner Plyometric Drills

- This is a demanding, dynamic routine so do Circuit 1, 2, or 3 for the first two weeks of your program before trying this circuit.
- Use a medicine ball for these exercises. Start with a light one and increase the weight gradually.
- Do 2 sets of 20 repetitions of each exercise during Weeks 3 to 6. Do 3 sets of 20 during Weeks 7 to 12.

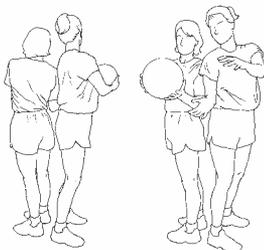
#### 1 SITTING CHEST PASS



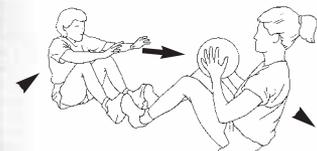
#### 2 OVERHEAD PASS DOING CURL-UPS



#### 5 360° BALL PASS



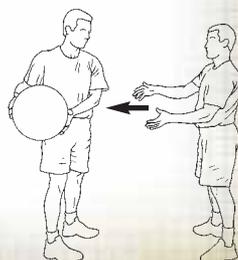
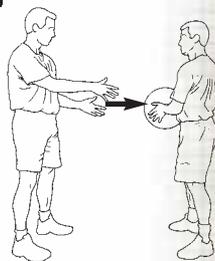
#### 4 CHEST PASS DOING CURL-UPS



#### 3 STANDING SHUFFLE PASS

**Notes on each exercise:**

1. Holding your upper body in a stable position, do push passes back and forth.
2. Start with the ball overhead. Pass to your partner who lies down then does a curl-up returning the pass. Catch it, lie down, curl up and return the pass yourself. Continue the sequence without pause.
3. Pass the ball to your partner's opposite side. Twist as you pass and catch. Repeat on the other side.
4. Follow sequence as in #2 but doing chest passes instead of overhead ones.
5. Standing back-to-back with your partner, turn and hand the ball off then turn to the other side to receive it again. Repeat in the other direction.



## LOWER-BODY CIRCUIT #1

### *Using Stack Weights*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other LB circuits.*

#### **1 LEG PRESS**

Set seat for a 90° bend at the knees and with the insteps on the pedals, push the pedals away extending the legs fully. (Can also do single-leg press.)

#### **2 HAMSTRING CURLS**

With kneecaps just past the end of the bench, flex the knees, pulling the heels toward the buttocks.

#### **3 CALF EXTENSIONS**

Insteps on the pedals and legs straight, push pedals away from you with your toes.

#### **4 QUAD EXTENSIONS**

Shins behind the padded movement bar, extend the knees to straighten the legs in front.

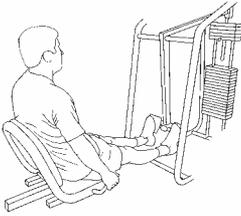
#### **5 HIP ADDUCTION**

With the padded loop just below the knee, draw the leg closest to the pulley across in front of the other.

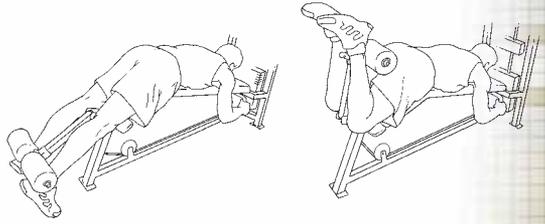
#### **6 HIP ABDUCTION**

With the loop just below the knee on the leg farthest away from the pulley, draw that leg up and away.

**1 LEG PRESS**



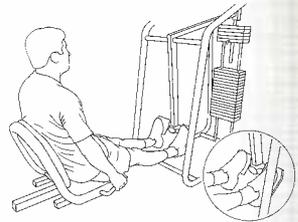
**2 HAMSTRING CURLS**



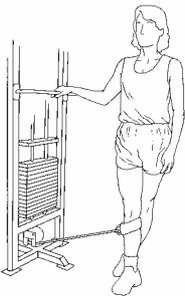
**6 HIP ABDUCTION**



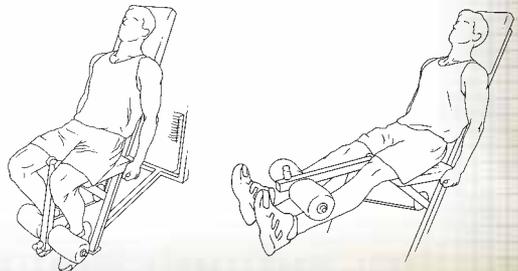
**3 CALF EXTENSIONS**



**5 HIP ADDUCTION**



**4 QUAD EXTENSIONS**



## LOWER-BODY CIRCUIT #2

### *Using Free Weights (Barbell, etc.)*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other LB circuits.*

#### **1 SQUATS**

Standing erect, feet shoulder-width apart, toes pointing slightly outward, and barbell held on shoulders, bend legs to squat (no lower than thighs parallel with the floor) then return to full standing position.

#### **2 HAMSTRING CURLS**

Lying face down on the floor with the knees just supported at the end of the bench, bend the knees, curling the heels toward the seat with partner resistance.

#### **3 CALF RAISES**

Forefeet supported on a low board and barbell held securely on the shoulders, raise up on the toes then slowly lower heels to the floor.

#### **4 LUNGE SQUATS**

Using a barbell or dumbbells, step forward with one foot, knee dropping toward the floor, back heel off the floor. Alternate legs.

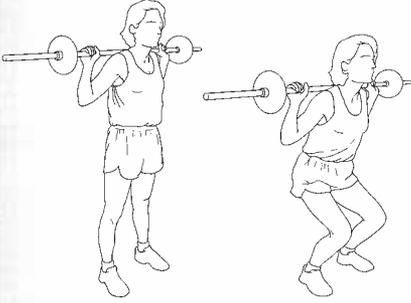
#### **5 HIP ADDUCTION**

Standing side on to a wall or bench for balance and using an ankle weight or tubing, draw the outside leg inward and across in front of the other.

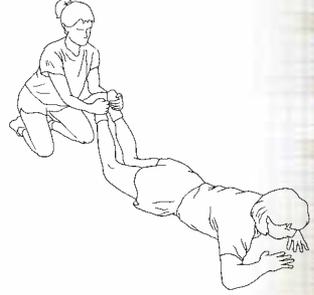
#### **6 HIP ABDUCTION**

Standing side on to a wall or bench for balance and using an ankle weight or tubing, draw the outside leg up and away.

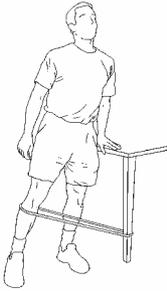
**1 SQUATS**



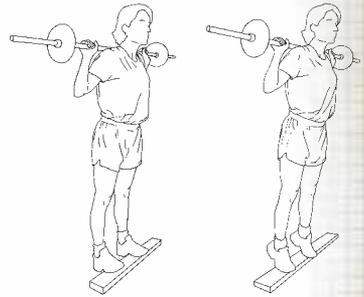
**2 HAMSTRING CURLS**



**6 HIP ABDUCTION**



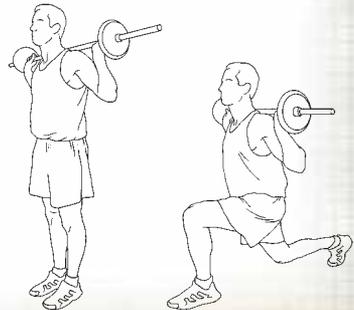
**3 CALF RAISES**



**5 HIP ADDUCTION**



**4 LUNGE SQUATS**



## LOWER-BODY CIRCUIT #3

*Using Free Weights (Dumbbells, etc.)*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other LB circuits.*

### **1 SQUATS**

Standing erect, feet shoulder-width apart, toes pointing slightly outward, and holding dumbbells at the sides, bend legs to squat (no lower than thighs parallel with the floor) then return to full standing position.

### **2 HAMSTRING/ BACK EXTENSIONS**

With the feet secured, hang your upper body down over the end of a bench with the hands holding a light dumbbell behind the head. Raise the upper body until parallel with the floor.

### **3 CALF RAISES**

Forefeet supported on a low board and dumbbells held at sides, raise up on the toes then slowly lower heels to the floor.

### **4 LUNGE SQUATS**

Using a barbell or dumbbells, step forward with one foot, knee dropping toward the floor, back heel off the floor. Alternate legs.

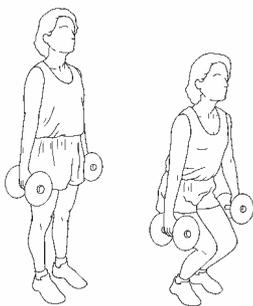
### **5 HIP ADDUCTION**

Standing side on to a wall or bench for balance and using an ankle weight or tubing, draw the outside leg inward and across in front of the other.

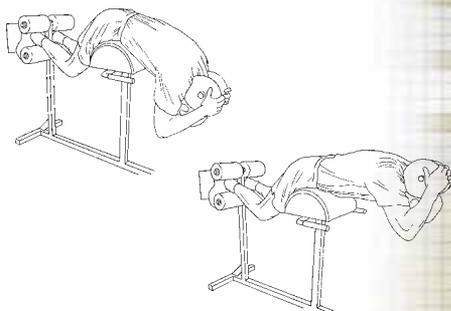
### **6 HIP ABDUCTION**

Standing side on to a wall or bench for balance and using an ankle weight or tubing, draw the outside leg up and away.

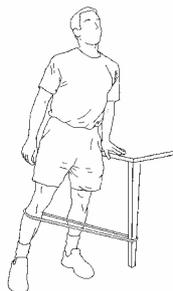
**1 DUMBBELL SQUATS**



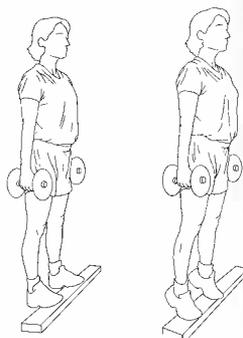
**2 HAMSTRING/BACK EXTENSIONS**



**6 HIP ABDUCTION**



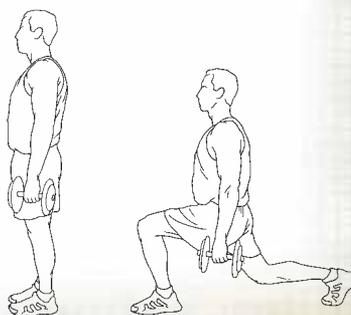
**3 CALF RAISES**



**5 HIP ADDUCTION**



**4 LUNGE SQUATS**



## LOWER-BODY CIRCUIT #4

### *Body-Weight Exercises*

*If equipment or a weight you need isn't available or it feels uncomfortable doing a particular exercise, you can substitute the same number exercise from any of the other LB circuits.*

#### **1 SQUATS**

With hands on hips, bend the legs squatting (no lower than thighs parallel with the floor) then return to full standing position.

#### **2 FRONT-SIDE LUNGE**

Step forward and to the side (45°) with one leg, bending the leg and shifting your weight over it. Repeat alternately to the other side.

#### **3 CALF RAISES**

Forefeet supported on a low board, raise up on the toes then slowly lower heels to the floor.

#### **4 ONE-LEGGED WALL SQUATS**

With one leg extended in front, support body weight on the other leg and slide the back down the wall until the leg has a 90° bent.

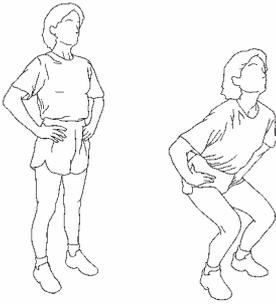
#### **5 HIP ADDUCTION**

Lying on your side, rest the foot of the top leg on a bench about 30 cm high then pull the bottom leg up to the top one. Switch sides and repeat.

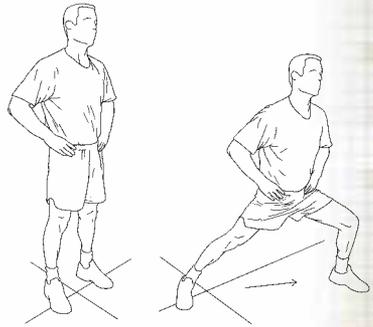
#### **6 HIP ABDUCTION**

Lying on your side, raise both legs 10-15 cm while keeping the legs together. Switch sides and repeat.

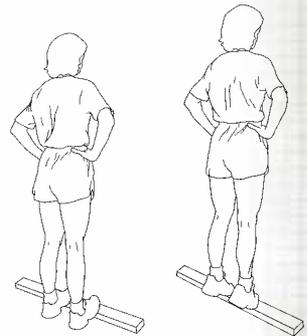
**1 SQUATS**



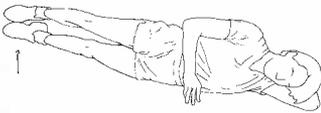
**2 FRONT-SIDE LUNGE**



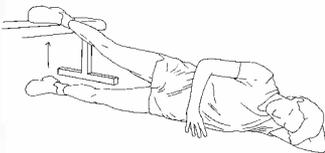
**3 CALF RAISES**



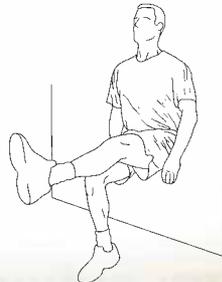
**6 HIP ABDUCTION**



**5 HIP ADDUCTION**



**4 ONE-LEGGED WALL SQUATS**





**DARE TO BE CHALLENGED**



## POWER AND SPEED TRAINING

There are two training routines included here:

- a **plyometric** circuit
- a **sprint** program

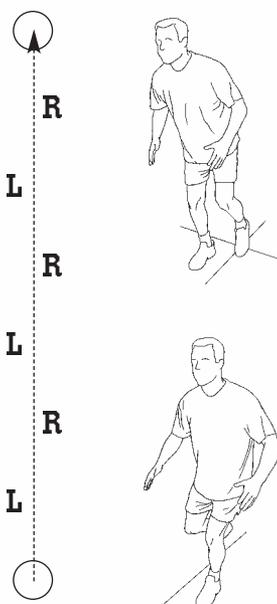
Do the routines on the required days as set out in the **Training Prescription Charts** (pages 18-19). Here are a few pointers:

- Do a *thorough* warm-up on the days you do these routines. They are challenging and dynamic and you want to make sure your body is ready for them.
- Give a little extra attention to the highlighted warm-up stretching exercises during plyometrics and sprint training (as shown on pages 30 and 31):
  - on **plyometric** days: #7, #8, and #10
  - on **sprint** days: #8, #9 and #10
- Use the illustrations and descriptions on the next 4 pages to guide you in the right technique.

## PLYOMETRIC CIRCUITS

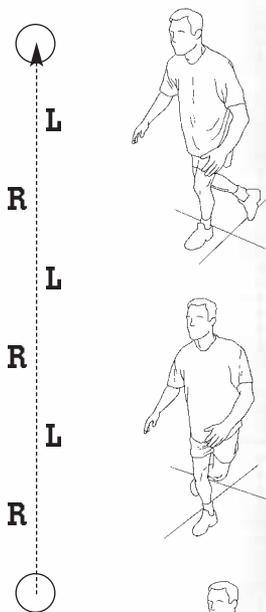
### *Jumping and Bounding Routine*

- Emphasize **stretching exercises 7, 8, and 10** (on pages 30-31) during your warm-up.
- Mark out a 20m distance on a grass surface for Drills 1 to 4.
- Go through the circuit in sequence: Drill 1, walk back, Drill 2, etc., through to Drill 4, then for Drill 5 do the movement 6-10x, ...
- Use the illustrations as a guide for the proper movement.
- Repeat the circuit 2x during Weeks 2 and 3, then 3x after that.



#### **DRILL 1**

Jump from left foot to right foot straight down the line.

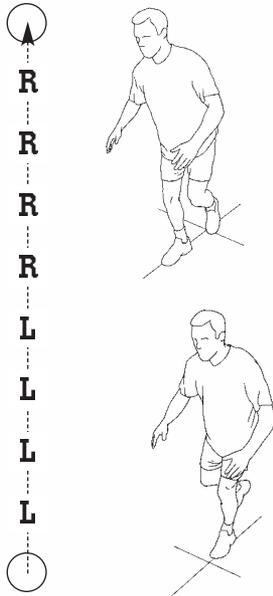


#### **DRILL 2**

Jump from right foot to left foot, crossing over the mid-line.

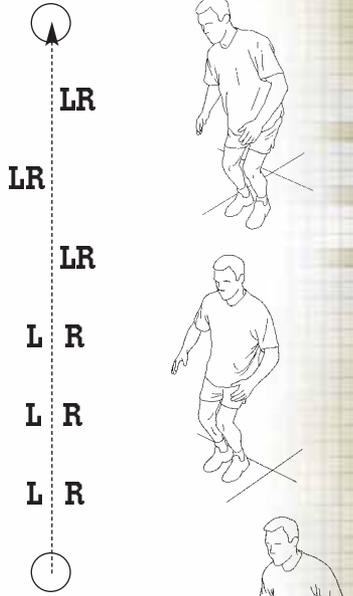


○ – denotes cone or marker on ends



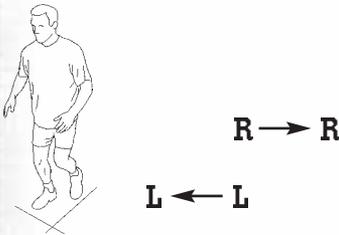
**DRILL 3**

Hop on same leg 4x,  
then other leg 4x...



**DRILL 4**

Double leg jumps in straight line  
for 10m, then double-leg jumps  
from side to side for 10m.



**DRILL 5**

Stand on left leg  
and jump to the  
left, then stand on  
right leg and  
jump to the right.



**DRILL 6**

Clapping push-ups

## SPRINT PROGRAM

### *Acceleration Running*

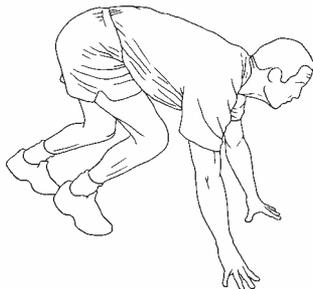
- Emphasize stretching **exercises 9 and 10** (on pages 30-31) during your warm-up.
- Mark out the required distances on a grass field, running track, or other firm surface.
- Do the combination of sets noted for each specific training session. These are shown in the **Training Prescription Charts** (pages 18-19).
- Follow each set with three minutes recovery (easy walking, stretching) before starting the next set.
- Accelerate from the start to the “all out” speed you can reach in the distance run.

**SET 1** Sprint 20m then jog back.

**SET 2** Sprint 40m then jog back.

**SET 3** Sprint 60m then jog back.

**SET 4** Sprint 80m then jog back.





THE JTF 2 PRE-SELECTION  
PHYSICAL FITNESS TRAINING PROGRAM



**DARE TO BE CHALLENGED**

# Instructions for Completing the Personal Training Record

## Sample PERSONAL TRAINING RECORD

There are four **Workout Records** on the front and back of each sheet in this section. Use one Workout Record for each training session.

Complete each Recording Form as follows:  
(see sample at right)

### BLOCK A

- Note the Program **Week** and **Day**, and the actual **Date** of the workout.

### BLOCK B: AEROBIC/ ANAEROBIC

- Check  if you did the prescribed program. - **OR** -
- Record the distance(s) and the time(s) of your run(s).

### BLOCK C: STRENGTH

- Check  if you did the prescribed program.
- Indicate the **Routine** and **Circuit Number** (e.g., UB #1, LB #1) in the top row.
- In succeeding rows, list the **Exercises** performed along with the **Load (L)** and **Repetitions (R)** for each set completed.

### BLOCK D: SWIM

- Check  if you did the prescribed program. - **OR** -
- Record the distance(s) and the time(s) of your swim(s).

### BLOCK E: SPEED AND POWER

- For Plyometrics, indicate the number of times the circuit was **Repeated**.
- For Sprints, indicate the **Distances** in the set and number of sets **Repeated**.

**A** Week **4** Day **3** Date **June 7**

**B** **AM - AEROBIC/ANAEROBIC**

As Prescribed  or:

Distance(s) km	1.5	1.5	1.5	1.5	1.5		
Time(s)	5:30	7:30	7:15	7:00	6:45	6:30	

**C** **PM - STRENGTH** As Prescribed  or:

UB # <b>4</b> List Exercise:	Set 1		Set 2		Set 3		Set 4	
	L	R	L	R	L	R	L	R
push-ups	BW	45	BW	41				
pull-ups	"	7	"	6				
back ext	"	11	"	11				
push-up W	"	28	"	21				
dips	"	14	"	12				
chins	"	10	"	8				
Abcore 1	"	90	"	81				
LB # _____ List Exercise:								

**D** **SWIM** As Prescribed  or:

Distance(s)							
Time(s)							

**E** **SPEED AND POWER**

Plyometrics	Number of Repts	<b>3</b>					
Sprints	Number of Sets	<b>2</b>					
Distance(s) m	10	20	40	60	80	100	



























## PERSONAL TRAINING RECORD

**A** Week \_\_\_ Day \_\_\_ Date \_\_\_\_\_

**B AM - AEROBIC/ANAEROBIC**

As Prescribed  or:

Distance(s) km									
Time(s)									

**C PM - STRENGTH** As Prescribed  or:

UB # _____ List Exercise:	Set 1		Set 2		Set 3		Set 4	
	L	R	L	R	L	R	L	R
LB # _____ List Exercise:								

**D SWIM** As Prescribed  or:

Distance(s)									
Time(s)									

**E SPEED AND POWER**

<b>Plyometrics</b>	Number of Reps <input type="checkbox"/>								
<b>Sprints</b>	Number of Sets <input type="checkbox"/>								
Distance(s) m									

## PERSONAL TRAINING RECORD

**A** Week \_\_\_ Day \_\_\_ Date \_\_\_\_\_

**B AM - AEROBIC/ANAEROBIC**

As Prescribed  or:

Distance(s) km									
Time(s)									

**C PM - STRENGTH** As Prescribed  or:

UB # _____ List Exercise:	Set 1		Set 2		Set 3		Set 4	
	L	R	L	R	L	R	L	R
LB # _____ List Exercise:								

**D SWIM** As Prescribed  or:

Distance(s)									
Time(s)									

**E SPEED AND POWER**

<b>Plyometrics</b>	Number of Reps <input type="checkbox"/>								
<b>Sprints</b>	Number of Sets <input type="checkbox"/>								
Distance(s) m									

































Please direct any comments or suggestions  
pertaining to this manual in writing to

**CANADIAN FORCES PERSONNEL SUPPORT AGENCY**  
*Directorate of Human Performance and Health Promotion*

4210 Labelle Street  
Ottawa, Ontario  
K1A 0K2