Canadian Armed Forces Pre-Basic Military Training 6-Week Advanced Fitness Training Program

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Purpose of the 6-week advanced fitness training program

This 6-week advanced Pre Basic Military Training (Pre-BMT) is tailored towards active candidates who wishes to perform highly during their BMT. There is an increased focus on strength development and aerobic intensity; while maintaining a progression on ruck marching capacity to meet the Canadian Armed Forces standard.

The fitness training program includes:

Walking sessions	Jogging sessions	Strengthening sessions
4 days per week - 4 loaded walks over the 6 weeks	2 days per week	3 days per week
AIM		
5 km loaded walk with 45 lbs in 60 min	30 min continuous or performing intervals	Develop the muscular capacities required to facilitate military training

This fitness training program is not intended to develop sports athletes but to highly prepare your capacity for walking, jogging, drill classes, physical training sessions and other military physical demands. This will allow you to develop a sense of control over your course preparation, your commitment to the training process and your confidence in achieving your goals.

Despite the fact that walking is a simple and easy activity, if you are not familiar with the volume of walking required during BMT, you may be at risk of developing injuries that could interrupt your training.

6-Week Fitness Training Program Overview

	MODALITY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		
WEEK 2	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		
WEEK 3	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		
WEEK 4	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		
WEEK 5	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		
WEEK 6	Walk / Run	w (20 min)	D1	w (20 min)	D2	w (20 min)	D3	REST
	Strength	D1		D2		D3		

***W : Walking**

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Warm-Up

Exercise Demonstration

The warm-up allows for a gradual increase in body temperature and joint mobilization in order to reduce the risk of injury. For an optimal warm-up, follow the exercise sequence below. Click directly on the picture to view demonstration video of the exercise.

1 **Walk**

2 **Skip A's**

3 **Hip mobility**

4 **Dorso mobility**

5 **Thoracic mobility**

6 **Prone Angel**

7 **Glute bridge**

Walk & Run Programs

What is RPE: The Rate of Perceived Exertion (RPE) is a self-assessment scale to gauge exercise intensity.

It ranges from **1 (very light) to 10 (maximum effort)**, to help you adjust your workout intensity based on how hard you should feel. This requires practice and will become easier with time. See below the complete scale.

10 /	**MAX EFFORT ACTIVITY** Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9 /	**VERY HARD ACTIVITY** Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8 /	**VIGOROUS ACTIVITY** Borderline uncomfortable. Short of breath, can speak a sentence.
4-6 /	**MODERATE ACTIVITY** Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3 /	**LIGHT ACTIVITY** Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1 /	**VERY LIGHT ACTIVITY** Hardly any exertion, but more than sleeping, watching TV, etc.

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Walk & Run Programs

WEEK 1

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 5	3 min 1 min	6 8	Repeat intervals 5 times, alternating between moderate running (RPE 6/10) and vigorous running (RPE 8/10)
Cool Down	5 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	25 min	6	
Cool Down	5 min	2	Walking
DAY 3	**WALK WITH BACKPACK (~35 LBS)**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	30 min	4	Aim for 2.5 km. Pace of 5 km/h or 12 minutes/km

WEEK 2

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 6	2.5 min 1 min	4 8	Repeat intervals 6 times, alternating between moderate running (RPE 4/10) and vigorous running (RPE 8/10)
Cool Down	2 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	30 min	6	
Cool Down	5 min	2	Walking
DAY 3	**WALK WITH BACKPACK (~35 LBS)**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	45 min	4	Aim for 3.8 km. Pace of 5 km/h or 12 minutes/km

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WEEK 3

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 6	2 min 1 min	6 9	Repeat intervals 6 times, alternating between moderate running (RPE 6/10) and very hard running (RPE 9/10)
Cool Down	2 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	30 min	6	
Cool Down	5 min	2	Walking
DAY 3	**WALK**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	60 min	3	At your own pace

WEEK 4

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 8	2 min 0.5 min	6 10	Repeat intervals 8 times, alternating between moderate running (RPE 6/10) and max effort running (RPE 10/10)
Cool Down	2 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	35 min	6	
Cool Down	5 min	2	Walking
DAY 3	**WALK WITH BACKPACK (~45 LBS)**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	45 min	4	Aim for 3.8 km. Pace of 5 km/h or 12 minutes/km

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WEEK 5

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 9	2 min 0.5 min	6 10	Repeat intervals 9 times, alternating between moderate running (RPE 6/10) and max effort running (RPE 10/10)
Cool Down	2 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	35 min	6	
Cool Down	5 min	2	Walking
DAY 3	**WALK WITH BACKPACK (~45 LBS)**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	60 min	3	Aim for 5 km. Pace of 5 km/h or 12 minutes/km

WEEK 6

DAY 1	INTERVAL RUN		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	4	Walking or light running
Intervals X 8	2 min 0.5 min	6 10	Repeat intervals 8 times, alternating between moderate running (RPE 6/10) and max effort running (RPE 10/10)
Cool Down	2 min	2	Walking
DAY 2	**CONTINUOUS RUN**		
	TIME	INTENSITY (RPE/10)	NOTES
Warm-Up	5 min	2	Walking or light running
Continuous	30 min	6	Aim for 5 km. Pace of 5 km/h or 12 minutes/km or 6 min/km
Cool Down	5 min	2	Walking
DAY 3	**WALK**		
	TIME	INTENSITY (RPE/10)	NOTES
Continuous	60 min	3	At your own pace

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Strengthening Programs

- **Weeks 1 and 2**, you may complete 2 – 3 sets of each exercise/superset.
- **Weeks 3 and 4**, you may complete 3 - 4 sets of each exercise/superset.
- **Weeks 5 and 6**, you may complete 2 – 4 sets of each exercise/superset.

Over the course of the program, to ensure progression, you may increase the number of repetitions between the range provided and/or the weights of the dumbbell you use may increase.

What are supersets: Supersets in strength/resistance training involves performing two exercises back-to-back with limited rest in between exercises. This method enhances workout intensity and efficiency. Note that the exercises that do not have a rest (s) associated are meant to be completed as a superset with the following exercise.

What is MAX: MAX is a common in strength & conditioning that means as many repetitions as possible or holding a position for a maximal of time. This allows the individuals to go at maximum intensity to provide maximal endurance training stimulus.

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DAY 1

Complete the *warm-up* before the strengthening exercises.
Complete each exercise in order with the prescribed repetitions (reps) and rest (in seconds).
Click directly on the picture to view demonstration video of the exercise.
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	LOWER BODY FOCUS				
	EXERCISE	DEMONSTRATION	REPS	REST (sec)	NOTES
1	Goblet squat w/ dumbbells		5 to 8	180s	
2A	Walking lunge w/ dumbbells		8 to 12		Per side
2B	Hip trust w/ dumbbells single leg		8 to 12	90s	Per side
3A	Flat bench press w/ dumbbells		10 to 12		
3B	Single arm row w/ dumbbells		10 to 12	90s	Per side On bench
4A	Wall sit		MAX		Isometric (no movement) Max 5 min
4B	Jumping jack		50	180s	Explosive

DAY 2

Complete the *warm-up* before the strengthening exercises.
Complete each exercise in order with the prescribed repetitions (reps) and rest (in seconds).
Click directly on the picture to view demonstration video of the exercise.
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	UPPER BODY FOCUS				
	EXERCISE	DEMONSTRATION	REPS	REST (sec)	NOTES
1	Incline bench press w/ dumbbells		5 to 8	180s	
2	Australian (inverted) rows		5 to 8	180s	If too easy, progress to pull-up / chin-up
3	Clean to press w/ dumbbells Single arm		8 to 10	90s	Per side
4A	Side squat		15 to 20		Per side
4B	Jack knives crunch		12 to 15	90s	
5A	Push-ups		MAX		
5B	Low plank		MAX	90s	Isometric (no movement) Max 5 min

DAY 3

Complete the *warm-up* before the strengthening exercises.
Complete each exercise in order with the prescribed repetitions (reps) and rest (in seconds).
Click directly on the picture to view demonstration video of the exercise.
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	LOWER BODY FOCUS				
	EXERCISE	DEMONSTRATION	REPS	REST (sec)	NOTES
1	Rear deadlift (RDL) w/ dumbbells Single leg		5 to 8	180s	Per side
2	Leg curl w/ exercise ball		8 to 12	90s	
3A	Jumping lunge		8 to 12		Per side Explosive
3B	Farmer's walk w/ dumbbells		24 to 30	90s	Per side
4A	Military press w/ dumbbells		8 to 12		
4B	Bear walk		24 to 30		Per side
4C	Side raises w/ dumbbells		12 to 15	90s	