

CONDITIONING PROGRAM FOR OFFICER CANDIDATES

THIS CONDITIONING PROGRAM WAS DESIGNED AS A GUIDE TO HELP PREPARE YOU TO MEET THE PHYSICAL DEMANDS OF OFFICER CANDIDATE TRAINING.

IF DURING ANY TRAINING SESSION YOU EXPERIENCE SHARP PAIN, PAIN LOCALIZED TO A JOINT OR SEVERE EXHAUSTION, YOU SHOULD STOP IMMEDIATELY AND SEEK MEDICAL ATTENTION.

PRIOR TO ANY TRAINING REGIMEN, THE CANDIDATE SHOULD ALWAYS BEGIN WITH A PERIOD OF STRETCHING. THIS IMPROVES FLEXIBILITY, DECREASES MUSCLE SORENESS AND PREVENTS INJURY. ALL STRETCHING IS DONE WITHOUT BOUNCING AND IS HELD FOR 15 SECONDS. (SEE ATTACHED STRETCHING DIAGRAMS).

RUNNING

RUNNING WILL BE ONE OF THE MORE STRENUOUS TASKS YOU WILL PERFORM WHILE AT OCS. THE FOLLOWING REGIMEN SHOULD HELP YOU PREPARE.

USE THE PROGRAM AS FOLLOWS: LOCATE THE RUN STAGE PLACEMENT CHART (DIAGRAM 1). ON THE LEFT SIDE LOCATE WHERE YOU FALL ON THE TOTAL MILES YOU HAVE RUN OVER THE LAST 4 WEEKS. THEN MOVE TO THE EXTREME RIGHT AND LOCATE YOUR STARTING STAGE. NOW MOVE TO THE RUNNING PROGRAM CHART (DIAGRAM 2). ENTER AT YOUR STARTING STAGE LEVEL. NOW FOLLOW THE DISTANCE, TIME GOAL AND FREQUENCY AS NOTED. IF YOU ARE AN EXPERIENCED RUNNER, START AT THE STAGE AND DISTANCE YOU NORMALLY RUN AND PROGRESS FROM THERE. WHEN YOU ARE TESTED ON THE 1.5 MILE RUN AT OCS, MALES WILL BE REQUIRED TO COMPLETE THE RUN IN 13.45 MINUTES AND FEMALES IN 15.45 MINUTES.

DIAGRAM 1:

RUN STAGE PLACEMENT CHART

<u>Total miles run during the last 4 weeks</u>	<u>1.5 Miles Mile run time</u>	<u>1 Mile Female Run Time</u>	<u>Starting Stage</u>
Less than 9			1
9.1 - 12			2
12.1 - 15			3
15.1 - 18			4
18.1 - 21			5
21.1 - 24			6
24.1 - 27			7
27.1 - 30			8
30.1 - 36			9
36 - +			10

DIAGRAM 2:

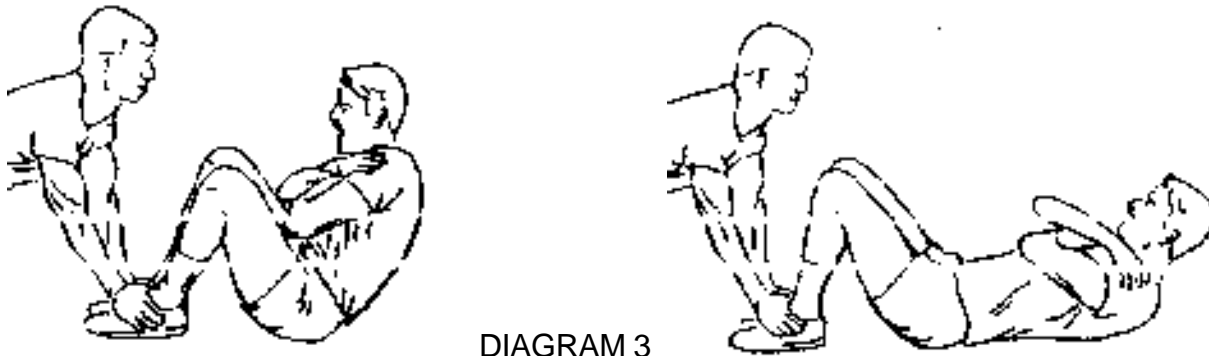
RUNNING PROGRAM

<u>STAGE</u>	<u>ACTIVITY</u>	<u>DISTANCE</u> (miles)	<u>TIME GOAL</u> (minutes)		<u>TIMES PER</u> <u>WEEK</u>
1	WALK	2	32		3
2	WALK	3	48		3
3	Run 2 Min./ Walk 3 Min. Repeat 5 Times		25		3
4	Run 3 Min./ Walk 2 Min. Repeat 5 Times		25		3
5	Run 4 Min./ Walk 1 Min. Repeat 5 Times		25		3
			Male Female		
6	Run	2	22	24	3
7	Run	2	20	22	3
8	Run	2 ½	25	27	3
9	Run	2 ½	23	25	3
10	Run	3	30	33	3
11	Run	3	27	30	3
12	Run	3	24	27	3
13	Run	3	24	27	3
14	Run	3	24	27	3
15	Run	3	24	27	3
16	Run	3	23	26	3
17	Run	3	23	26	3
18	Run	3	22	25	3
19	Run	3	22	25	3
20	Run	3	21	24	3
21	Run	3	21	24	3
22	Run	3 ½	25	28	3
23	Run	3 ½	24	27	3
24	Run	4	28	32	3

SIT-UPS

SIT-UPS ASSESS THE STRENGTH AND ENDURANCE OF THE ABDOMINAL AND HIP FLEXOR MUSCLE GROUPS. THEY ALONG WITH RUNNING AND PUSH-UPS WILL BE TESTED MANY TIMES THROUGHOUT YOUR RIGOROUS TRAINING AT OCS.

SIT-UPS WILL BE PERFORMED WITH YOUR KNEES AT A 90-DEGREE ANGLE, BOTH FEET FLAT ON THE DECK AND SOMEONE HOLDING YOUR ANKLES. CROSS YOUR ARMS ACROSS YOUR CHEST. YOU MUST TOUCH YOUR THIGHS WITH YOUR ELBOWS ON THE FLEXION PHASE, AND THE LOWER EDGE OF THE SHOULDER BLADES ON THE EXTENSION PHASE (DIAGRAM 3). THE MINIMUM FOR MALES IS 40 IN TWO MINUTES AND 33 FOR FEMALES.



TO PREPARE: IF YOU HAVE NOT BEEN PERFORMING SIT-UPS PRIOR TO THIS PROGRAM IT IS RECOMMENDED THAT YOU ALLOW YOURSELF A WEEK OF GRADUAL INCREASE IN INTENSITY. FOR THE FIRST 3 SESSIONS, DO 3 SETS OF SIT-UPS STOPPING AT THE FIRST SIGN OF ABDOMINAL FATIGUE, ALLOWING 2 MINUTES OF REST BETWEEN EACH SET. AFTER 1 WEEK (3 SESSIONS) OF ABDOMINAL ACCLIMATION, YOU SHOULD DO AS MANY SIT-UPS AS YOU CAN IN TWO MINUTES. REST FOR TWO MINUTES, DO ANOTHER SET OF AS MANY AS YOU CAN. REST AGAIN FOR TWO MINUTES AND THEN A THIRD SET OF AS MANY AS YOU CAN IN TWO MINUTES. THESE 3 SETS OF MAXIMUM EFFORT SIT-UPS SHOULD BE DONE 3 TIMES A WEEK. REMEMBER 40 AND 33 WERE THE MINIMUMS. TO GET AN OUTSTANDING BOTH MALES AND FEMALES WOULD HAVE TO DO 84 SIT-UPS IN 2 MINUTES.

PUSH-UPS

PUSH-UPS ARE A MEASURE OF YOUR UPPER BODY STRENGTH (CHEST, SHOULDERS AND TRICEPS). YOU WILL BE REQUIRED TO DO A MINIMUM OF 29 IN 2 MINUTES FOR MALES AND 11 FOR FEMALES. ONCE AGAIN THESE ARE THE MINIMUMS. TO ACHIEVE AN OUTSTANDING MALES MUST DO 52 AND FEMALES 29 IN 2 MINUTES. ALWAYS USE CORRECT FORM TO PREVENT INJURY. START IN THE REST POSITION (DIAGRAM 4) WITH BOTH HANDS FLAT ON THE DECK AND SHOULDER WIDTH APART WITH YOUR FEET TOGETHER. YOUR BACK, BUTTOCKS AND LEGS MUST BE STRAIGHT. LOWER YOUR BODY TOWARDS THE DECK (DIAGRAM 5) UNTIL YOUR UPPER ARMS, SHOULDERS AND BACK ARE PARALLEL TO THE DECK. RETURN TO THE STARTING POSITION BY EXTENDING YOUR ARMS.

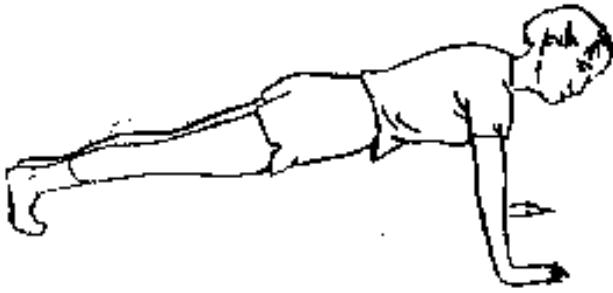


DIAGRAM 4



DIAGRAM 5

TO PREPARE: IF HAVE NOT BEEN DOING PUSH-UPS PRIOR TO THIS PROGRAM IT IS RECOMMENDED THAT YOU ALLOW YOURSELF A WEEK OF GRADUAL INCREASE IN INTENSITY. FOR THE FIRST 3 SESSIONS YOU SHOULD DO 3 SETS OF PUSH-UPS, EACH 2 MINUTES APART, STOPPING AT THE FIRST SIGN OF ARM OR SHOULDER FATIGUE. AFTER A WEEK (3 SESSIONS) YOU SHOULD DO A REGIMEN OF 6 SETS. THE FIRST 2 SETS WOULD BE TO PERFORM AS MANY PUSH-UPS AS YOU CAN IN 30 SECONDS. THEN 2 SETS OF AS MANY AS YOU CAN FOR 20 SECONDS FOLLOWED BY 2 SETS OF MAXIMUM EFFORT IN 15 SECONDS. REMEMBER TO FIRST WARM-UP AND STRETCH PRIOR TO ANY PHYSICAL TRAINING AND ALWAYS USE PROPER FORM. APPROXIMATELY EVERY TWO WEEKS ATTEMPT A SINGLE MAXIMUM SET FOR TWO MINUTES AND RECORD YOUR PROGRESS.

THIS OVERVIEW IS INTENDED TO GIVE YOU A BASIC GUIDELINE TO HELP PREPARE YOU FOR THE RIGORS OF OFFICER CANDIDATE TRAINING. CERTAINLY IF YOU ARE ALREADY INVOLVED IN A MORE INTENSIVE PHYSICAL TRAINING PROGRAM WE URGE YOU TO CONTINUE.

ARRIVING HERE DOES NOT GUARANTEE THAT YOU WILL BECOME A NAVAL OFFICER. IT TAKES A GREAT DEAL OF MOTIVATION AND SACRIFICE. THAT MOTIVATION BEGINS TODAY. GET IN SHAPE!

1. Low Back stretch Total Body



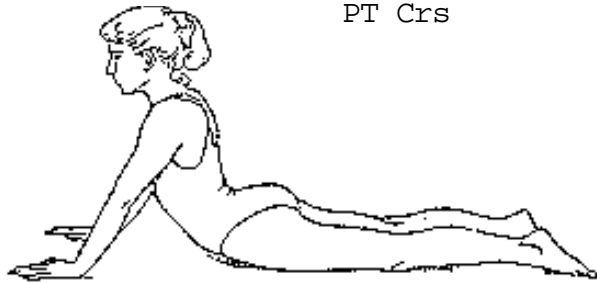
Pull both knees to chest until a comfortable stretch is felt in the low back

2. Lumbar Rotation Stretch Total Body PT Crs



Lie on back with one knee drawn toward chest. Slowly bring bent leg across body until a stretch is felt in low back & hips. Repeat with opposite leg.

3. Press Up Total Body PT Crs



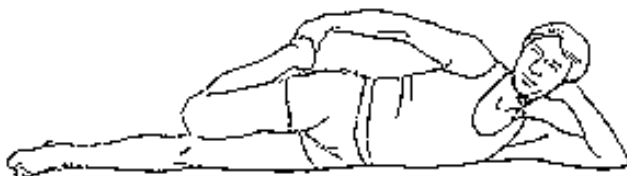
Press upper body upward as shown, exhale and sag stomach toward ground. Keep hips on floor and relax

4. Groin Stretch Total Body PT Crs Running

Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.



5. Shin and Quadriceps Stretch Total Body PT Crs Running



Grasp toes and pull heel in toward buttocks until a stretch is felt in the front of shin and thigh. Repeat for opposite leg.

6. Seated Hamstring Stretch Total Body PT Crs Running

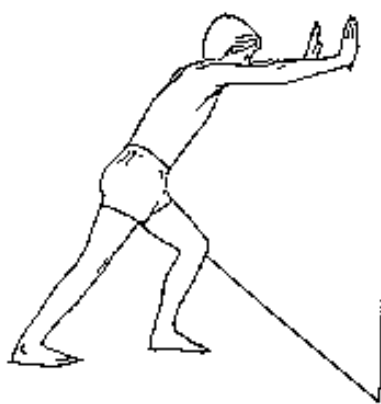


Tuck right foot near groin with left leg straight. Keep back straight and head up. Lean forward until stretch is felt on back of thigh. Repeat for opposite leg.

7. Calf Stretch

Keep back leg straight and on the floor, foot pointed straight ahead. Move hips forward until stretch is felt in calf. Repeat for opposite leg.

Total Body
PT Crs
Running



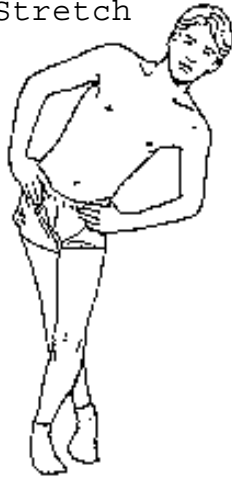
8. Achilles Stretch

Slightly bend both knees with one-foot back. Move hips forward until stretch is felt in lower calf. Repeat for opposite leg.

Total Body
PT Crs
Running



9. ITB Stretch



Cross-left leg behind right leg. Lean to the right until a stretch is felt over the left hip. Repeat for opposite leg.

Total Body
PT Crs
Running

10. Chest/Biceps Stretch



Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.

Total Body
PT Crs

11. Triceps Stretch

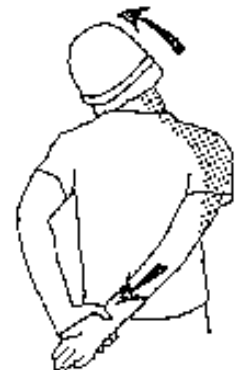
Gently pull on the left elbow with right hand until a stretch is felt along the back of the left upper arm. Repeat with opposite arm.



Total Body
PT Crs

12. Neck Stretch

Grasp left arm above wrist and pull downward and across body. Tilt head to the right. Repeat with opposite arm.



Total Body
PT Crs