



YOUR PRE PRMC PROGRESSIVE PHYSICAL TRAINING PROGRAMME

The 12 week training programme is appropriate for males and females to conduct and use as a guide prior to attending a Potential Officer (POC) or Royal Marine Course (PRMC). The programme is designed for an individual to assess their personal fitness ability and begin the programme at the appropriate level, broken down into 3 building blocks, each consisting of 4 weeks. Each block is replicated, progressively increasing the difficulty of each circuit, run and

exercise. The level to begin will depend on the person's fitness ability, ensuring progressive physical gains are achieved, developing muscular adaptation and the cardiovascular system.

All potential candidates are advised to conduct the training programme and to ensure they are confident of successfully passing the physical requirements of the POC or PRMC before attending.

Fitness Assessments and Markers

During the programme there are fitness markers to evaluate your fitness levels, the Royal Marines Fitness Assessment (RMFA) and a 3 mile Run, which is an element of the Royal Marines Basic Fitness Test (RMBFT). These are to confirm sufficient progression has been achieved or not. If achieved, the programme is to be continued, if not, regression to a previous week is required to ensure the required gains are made in order to achieve success.

Olympic Lifts

Olympic weight lifting develops synchronization, balance, flexibility, coordination and strength, all of which are important elements of all physical training. Maximal strength training can have a positive effect on your performance, but also have a negative effect on movement speed and the ability of a muscle to display explosive effort. Recruiting more muscle fibres with the

use of high speed training will also increase strength gains, this programme will noticeably develop strength, but an emphasis on strength endurance is focused on.

After each building block (4 weeks) has been completed, recalculate your 1 rep max, this will ensure continuous progress is achieved. Always seek advice how to correctly execute the required lifts.

Warm Up and Cool Down

Time spent warming up and cooling down will improve your level of performance and accelerate the recovery process required before and after training. All candidates are encouraged to ensure the warm up and the cool down is conducted before and after every training session. Dynamic stretches are advised during the warm up and static stretches are to be conducted during the cool down.

Day	Activity	Building block 1	Building block 2	Building block 3	Details
		Week 1	Week 5	Week 9	
Mon	Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Refer to Test Criteria / Detail
Tues	• Run	Run: 2 Miles - 11 mm	Run: 3 Miles - 10 mm	Run: 5 Miles - 10 mm	Speed can be faster, but not slower than the time stated
	• Pull Ups • Press Ups • Sit Ups - Feet fixed, elbow to knee	Pull Ups: 3 Reps x 2 Sets Press Ups: 10 Reps x 2 Sets Sit Ups: 10 Reps x 2 Sets	Pull Ups: 3 Reps x 3 Sets Press Ups: 10 Reps x 3 Sets Sit Ups: 10 Reps x 3 Sets	Pull Ups: 5 Reps x 3 Sets Press Ups: 25 Reps x 4 Sets Sit Ups: 25 Reps x 4 Sets	Over hand Pull Ups
Wed	• Dead Lift: 60% of 1 RM • Lat Pull Down: 60% of 1 RM • Clean (Conduct Upright Row if unable to perform a Clean): 60% of 1 RM	Lifts: 16 Reps x 2 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 4 Sets each exercise 60 sec between each Set	Seek advice how to correctly conduct lifts Re/Calculate your 1 Rep Max (RM)
	• Abdominal & Core - Sit Ups & Knees to Chest	Sit Ups: 20 Reps x 2 Sets Knees to Chest: 10 Reps x 2 Sets	Sit Ups: 20 Reps x 3 Sets Knees to Chest: 10 Reps x 3 Sets	Sit Ups: 25 Reps x 4 Sets Knees to Chest: 15 Reps x 4 Sets	Straighten legs when lowering legs during Knees to Chest
Thurs AM & PM	• Recover Swim	Swim: 30 min	Swim: 40 min	Swim: 45 min	Conducted as a recovery Swim, also focusing / maintaining a good Breast Stroke technique
	• Load Carry	Load Carry: 1 Mile 5kg	Load Carry: 2 Mile 15kg	Load Carry: 4 Mile 10kg	To be conducted in trainers and the weight is to be carried in a ruck sack
Fri	• Pull Ups	Pull Ups: 2 Reps x 2 Sets	Pull Ups: 3 Reps x 4 Sets	Pull Ups: 4 Reps x 4 Sets	Over hand Pull Ups
	• Run	Run: 3 Miles 11 mm	Run: 3 Miles 10 mm (1% incline if on a treadmill)	Run: 3 Miles 9 mm (1% incline if on a treadmill)	Speed can be faster, but not slower than the time stated
	• Press Ups • Triceps Dips • Abdominal & Core - Sit Ups & Knees to Chest	Press Ups: 10 Reps x 3 Sets Triceps Dips: 10 Reps x 3 Sets Sit Ups: 20 Reps x 3 Sets Knees to Chest: 10 Reps x 2 Sets	Press Ups: 10 Reps x 4 Sets Triceps Dips: 15 Reps x 4 Sets Sit Ups: 20 Reps x 3 Sets Knees to Chest: 10 Reps x 3 Sets	Press Ups: Max Out Reps x 4 Sets Triceps Dips: Max Out Reps x 4 Sets Sit Ups: 30 Reps x 3 Sets Knees to Chest: 20 Reps x 3 Sets	Full range of movement Sit Ups to be fixed feet and elbow to the knee
Sat AM & PM	• Rowing Machine	Rowing Machine: 10 min	Rowing Machine: 10 min	Rowing Machine: 10 min	Conducted as part of the Warm Up
	• Dead Lift - 60% of 1 RM • Back Squat - 60% of 1 RM • Bench Press - 60% of 1 RM • Load Carry	Lifts: 16 Reps x 2 Sets each exercise 60 sec between each Set Load Carry: 1 Miles 7.5kg	Lifts: 16 Reps x 3 Sets each exercise 60 sec between each Set Load Carry: 2 Miles 15kg	Lifts: 16 Reps x 4 Sets each exercise 60 sec between each Set Load Carry: 4 Miles 10kg	Seek advice how to correctly conduct lifts Re/Calculate your 1 Rep Max (RM) To be conducted in trainers and the weight is to be carried in a ruck sack
Sun	REST	REST	REST	REST	Rest is an important element of the training programme

Day	Activity	Building block 1	Building block 2	Building block 3	Details
		Week 2	Week 6	Week 10	
Mon	• Pull Ups	Pull Ups: 3 Reps x 2 Sets	Pull Ups: 3 Reps x 4 Sets	Pull Ups: 5 Reps x 3 Sets	Over hand Pull Ups
	• Interval Training: Treadmill	20 sec on, 10 sec off for 4 min (8 min cycles) x 2 - Treadmill 1% incline	20 sec on, 10 sec off for 4 min (8 min cycles) x 3 - Treadmill 2% incline	20 sec on, 10 sec off for 4 min (8 min cycles) x 4 - Treadmill 2% incline	Speed to be no less than 80% of your VO2 Max - 2 min recovery between each 4 minute cycle
	• Box Jumps	Box Jumps: 10 Reps x 3 Sets	Box Jumps: 10 Reps x 4 Sets	Box Jumps: 20 Reps x 4 Sets	Box to be an appropriate height
Tues	• Run	Run: 3 Miles 10 mm	Run: 4 Miles 10 mm	Run: 4 Miles 9 mm	Speed can be faster, but not slower than the time stated
	• Press Up Pyramid	Conduct pyramid from 6 Reps	Conduct pyramid from 10 Reps	Conduct pyramid from 10 Reps, on completion conduct again in reverse (best effort)	Full range of movement and good form
	• Sit Ups	Sit Ups: 30 Reps x 2 Sets	Sit Ups: 30 Reps x 3 Sets	Sit Ups: 50 Reps x 2 Sets	Sit Ups to be fixed feet and elbow to the knee
Wed	• Sprint & Exercise Circuit	100m Sprint: x 3 - 5 x Press Ups every 50m 100m Sprint: x 3 - 5 x Squat Jumps every 50m 200m Sprint: x 2 - 5 x Press Up & 5 x Squat Jumps on completion of each 200m Sprint 400m Sprint: x 2 - 10 x Press Up & 10 x Squat Jumps on completion of each 400m Sprint	100m Sprint: x 4 - 5 x Press Ups every 50m 100m Sprint: x 4 - 5 x Squat Jumps every 50m 200m Sprint: x 3 - 5 x Press Up & 5 x Squat Jumps on completion of each 200m Sprint 400m Sprint: x 2 - 15 x Press Up & 15 x Squat Jumps on completion of each 400m Sprint 800m Sprint: x 1 - 15 Press Ups & 15 Squat Jumps on completion of each 200m Sprint	100m Sprint: x 4 - 10 x Press Ups every 50m 100m Sprint: x 4 - 10 x Squat Jumps every 50m 200m Sprint: x 3 - 10 x Press Up & 10 x Squat Jumps on completion of each 200m Sprint 400m Sprint: 2 - 15 x Press Up & 15 x Squat Jumps on completion of each 400m Sprint 800m Sprint: x 1 - 15 Press Ups & 15 Squat Jumps on completion of each 200m Sprint	To be conducted in a park / field Sprints at 1:1 work: rest ratio
Thurs	• Dead Lift - 60% of 1 RM • Lat Pull Down - 60% of 1 RM • Clean (Conduct Upright Row if unable to perform a Clean) - 60% 1 RM	Lifts: 12 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 4 Sets each exercise 60 sec between each Set	All exercises to be conducted using correct form Recalculate 1 RM if required
	• Abdominal & Core - Sit Ups & Knees to Chest	Sit Ups: 20 Reps x 3 Sets Knees to Chest: 10 Reps x 2 Sets	Sit Ups: 30 Reps x 3 Sets Knees to Chest: 20 Reps x 3 Sets	Sit Ups: 50 Reps x 2 Sets Knees to Chest: 20 Reps x 3 Sets	Straighten legs when lowering legs during Knees to Chest
Fri	REST	REST	REST	REST	Rest is an important element of the training programme
Sat AM & PM	• Rowing Machine	Rowing Machine: 10 min	Rowing Machine: 10 min	Rowing Machine: 10 min	Conducted as part of the Warm Up
	• Pull Ups	Pull Ups: 3 Reps x 2 Sets	Pull Ups: 3 Reps x 4 Sets	Pull Ups: 5 Reps x 3 Sets	Under hand Pull Ups
	• Dead Lift: 60% of 1 RM • Front Squat (Rear Squat if unable to perform a Front Squat): 60% 1 RM • Bench Press: 60% of 1 RM	Lifts: 12 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 16 Reps x 4 Sets each exercise 60 sec between each Set	All exercises to be conducted using correct form Recalculate 1 RM if required
	• Load Carry	Load Carry: 2 Miles 5kg	Load Carry: 3 Miles 10kg	Load Carry: 4 Miles 12.5kg	To be conducted in trainers and weight to be carried in a ruck sack
Sun	REST	REST	REST	REST	Rest is an important element of the training programme

Day	Activity	Building block 1	Building block 2	Building block 3	Details
		Week 3	Week 7	Week 11	
Mon	<ul style="list-style-type: none"> 3 Mile Run Fitness Marker / Evaluate Fitness Level 	Fitness Marker / Evaluate Fitness Level Run: 3 Miles completed in 28m 30 sec (9.30 mm)	Fitness Marker / Evaluate Fitness Level Run: 3 Miles completed in 25m 30 sec (8.30 mm)	Fitness Marker / Evaluate Fitness Level Run: 3 Miles completed in 22m 30 sec (7.30 mm)	This Fitness Marker / Evaluate Fitness Level mirrors the Royal Marines Basic Fitness Test (RMBFT)
Tues	<ul style="list-style-type: none"> Pull Ups 	Pull Ups: 4 Reps x 2 Sets	Pull Ups: 4 Reps x 3 Sets	Pull Ups: 5 Reps x 3 Sets	Over hand Pull Ups
	<ul style="list-style-type: none"> Upper Body Circuit Bench Press, Shoulder Press, Bicep Curl, Lat Pull Down, Upright Row, Triceps Dip, Press Ups 	Upper Body Circuit: 10 - 15 Reps of each exercise x 2 Sets	Upper Body Circuit: 20 Reps of each exercise x 3 Sets	Upper Body Circuit: 20 Reps of each exercise x 4 Sets	Weight is to be challenging but not to heavy effecting the quality of exercise
Wed AM & PM	<ul style="list-style-type: none"> Swim 	Swim: 20 min Breast Stroke & Front Crawl 5 x Tread water (deep end) and touch bottom 5 x Hypoxic widths	Swim: 20 min Breast Stroke & Front Crawl 10 x Tread water (deep end) and touchbottom 10 x Hypoxic widths	Swim: 30 min Breast Stroke & Front Crawl 10 x Tread water (deep end) and touch bottom 10 x Hypoxic widths	Maintain a good swimming technique If unable to achieve a full width under water, take a deep breath straight away and complete
	<ul style="list-style-type: none"> Load Carry 	Load Carry: 2 Miles 7.5kg	Load Carry: 3 Miles 10kg	Load Carry: 4 Miles 12.5kg	To be conducted in trainers and the weight is to be carried in a ruck sack
Thurs	REST	REST	REST	REST	Rest is an important element of the training programme
Fri	<ul style="list-style-type: none"> Rowing and Press UP Circuit 	Circuit: 100m/200m/300m/400m/500m 5 x Press Ups on completion of each sprint	Circuit: 100m/200m/300m/400m/500m/ 400m/300m/200m/100m 10 x Press Ups on completion of each sprint	Circuit: 100m/200m/300m/400m/500m/ 400m/300m/200m/100m 15 x Press Ups on completion of each sprint	Each Rowing distance needs to be completed as fast as possible
Sat AM & PM	<ul style="list-style-type: none"> Pull Ups 	Pull Ups: 4 Reps x 2 Sets	Pull Ups: 4 Reps x 3 Sets	Pull Ups: Max Out Reps x 3 Sets	Over hand Pull Ups
	<ul style="list-style-type: none"> Dead Lift: 70% of 1 RM Front Squat (Rear Squat if unable to perform a Front Squat): 70% 1 RM Bench Press: 70% of 1 RM 	Lifts: 8 - 12 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 8 - 12 Reps x 4 Sets each exercise 60 sec between each Set	Lifts: 12 Reps x 4 Sets each exercise 60 sec between each Set	All exercises to be conducted using correct form Recalculate 1 RM if required
	<ul style="list-style-type: none"> Abdominal & Core: Sit Ups, Knees to Chest (hang) & Heel Taps 	Sit Ups: 25 Reps x 2 Sets Knees to Chest (hang): 20 Reps x 2 Sets Heel Taps: 25 Reps x 2 Sets	Sit Ups: 30 Reps x 3 Sets Knees to Chest (hang): 20 Reps x 3 Sets Heel Taps: 30 Reps x 3 Sets	Sit Ups: Max Out Reps x 3 Sets Knees to Chest (hang): Max Out Reps x3 Sets Heel Taps: Max Out Reps x 3 Sets	1 min rest between each Set
	<ul style="list-style-type: none"> Load Carry 	Load Carry: 2 Mile 7.5kg	Load Carry: 3 Mile 15kg	Load Carry: 4 Mile 15kg	To be conducted in trainers and the weight is to be carried in a ruck sack
Sun	REST	REST	REST	REST	Rest is an important element of the training programme

Day	Activity	Building block 1	Building block 2	Building block 3	Details
		Week 4	Week 8	Week 12	
Mon	<ul style="list-style-type: none"> Metabolic Conditioning Ladder Circuit: Press Ups, Box Jumps, Sit Ups, Burpees, 20m Sprint	Circuit: 6 Reps to 1 Rep - Ladder	Circuit: 10 Reps to 1 Rep - Ladder	Circuit: 6 Reps to 1 Rep - Ladder Repeat 5 Reps to 1 Rep - Ladder	Complete all the exercises for number of Reps, repeating the circuit until you reach 1 Rep for each exercise. Perform full range Reps, as fast as you can and, strict form
	<ul style="list-style-type: none"> Abdominal & Core: Sit Ups, Knees to Chest (hang) & Heel Taps 	Sit Ups: 30 Reps x 2 Sets Knees to Chest (hang): 15 x 2 Sets Heel Taps: 30 Reps x 2 Sets	Sit Ups: 30 Reps x 4 Sets Knees to Chest (hang): 20 x 3 Sets Heel Taps: 30 Reps x 4 Sets	Sit Ups: 60 Reps x 2 Sets Knees to Chest (hang): 20 x 4 Sets Heel Taps: 40 Reps x 4 Sets	Max 1 min rest between each Set
Tues	<ul style="list-style-type: none"> Run 	Run: 2 Miles 9 mm (1% incline if on a treadmill)	Run: 4 Miles 8 mm (1% incline if on a treadmill)	Run: 4 Miles 7.30 mm (1% incline if on a treadmill)	Speed can be faster, but not slower than the time stated
	<ul style="list-style-type: none"> Core - Plank Position 	Plank: 20 sec x 3 Sets	Plank: 30 sec x 5 Sets	Plank: 40 sec x 5 Sets	Hold and maintain a strong position
Wed	<ul style="list-style-type: none"> Pull Ups 	Pull Ups: 3 Reps x 3 Sets	Pull Ups: 5 Reps x 2 Sets	Pull Ups: Max Out Reps x 3 Sets	Over hand Pull Ups
	<ul style="list-style-type: none"> Interval Circuit: 1 min Sprint, Squats, Press Ups 	Circuit: 30 sec Sprint, 10 x Squats, 10 x Press Ups x 10 Sets	Circuit: 45 sec Sprint, 20 x Squats, 10 x Press Ups x 10 Sets	Circuit: 1 min Sprint, 30 x Squats, 15 x Press Ups x 10 Sets	Conduct Sprints on a treadmill
Thurs	REST	REST	REST	REST	Rest is an important element of the training programme
Fri AM & PM	Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Fitness Marker / Evaluate Fitness Level Royal Marines Fitness Assessment (RMFA)	Refer to Test Criteria / Detail
	<ul style="list-style-type: none"> Load Carry 	Load Carry: 2 Mile 10kg	Load Carry: 3 Mile 15kg	Load Carry: 4 Mile 15kg	To be conducted in trainers and the weight is to be carried in a ruck sack
Sat	<ul style="list-style-type: none"> Swim 	Swim: 20 min Breast Stroke 6 x Tread water (deep end) & touch bottom 6 x Hypoxic widths	Swim: 30 min Breast Stroke 10 x Tread water (deep end) & touch bottom 10 x Hypoxic widths	Swim: 30 min Breast Stroke 10 x Tread water (deep end) & touch bottom 10 x Hypoxic widths	Maintain a good swimming technique If unable to achieve a full width under water, take a deep breath straight away and complete
Sun	<ul style="list-style-type: none"> Dead Lift: 70% of 1 RM Lat Pull Down: 70% of 1 RM Clean (Conduct Upright Row if unable to perform a Clean): 70% 1 RM 	Lifts: 12 Reps x 3 Sets each exercise 60 sec between each Set	Lifts: 12 Reps x 4 Sets each exercise 60 sec between each Set	Lifts: 12 Reps x 4 Sets each exercise 60 sec between each Set	All exercises to be conducted using correct form Recalculate 1 RM if required
	<ul style="list-style-type: none"> Pull Ups & Burpees Circuit 	Circuit: 2 x Pull Ups, 5 x Burpees x 5 Sets	Circuit: 3 x Pull Ups, 5 x Burpees x 5 Sets	Circuit: 4 x Pull Ups, 5 x Burpees x 5 Sets	Over hand Pull Ups