



YOUR PRE-ROYAL NAVY COURSE PLAN

Train smarter not harder

You have passed your pre-joining fitness test (PJFT), and now are ready to progress to next step in the joining process. You have selected your level of ability and now you are ready to start training.

Physical fitness is an essential part of being in the Royal Navy, the day-to-day is physically demanding and so the joining process assists recruits in preparing for initial training and life in the Royal Naval Service.

This plan, if followed closely, will help you get fit to join and pass your Pre-Royal Navy Course (PRNC) with ease.

Exercise is only one part of being fit and healthy, please see the [advice and guidance](#) section on the website for more information on diet and lifestyle.

Dos

- Ensure you are eating the right food to fuel your training
- Hydrate regularly
- Wear the right clothes for your training, this will help to keep you healthy and injury free
- Follow the plan closely and make sure you are following the step-by-step guide to each exercise on the website
- You can use the plan to fit within with your lifestyle. Chose the days which suit you

Don'ts

- Train if you experience any pain or discomfort whilst you are exercising. Please see medical advice and rest until you are given the all clear
- Over-training can cause injury. Please follow the plan closely to ensure you stay fit and healthy

Your plan

Your plan comprises of two different types of activity, muscular endurance which builds strength and fitness, and aerobic endurance which helps build fitness levels. Each week you will need to undertake both muscular endurance and aerobic endurance activities.

Aerobic endurance

Like in your pre-joining fitness test plan, you will be required to follow different types of running activity each week. You can select whatever type of activity you would like but we would suggest you vary this so you don't become bored. The running activity types are outlined below:

Training type	Description
Long/Slow Distance Training	<p>This type of running should be completed for 25 minutes for the 1.5 mile run (this should increase to 35 minutes if you are joining as a diver as your test will consist of 1.5 mile run and 1.5 mile squad run.</p> <p>The intensity of the run should be less than 70% heart rate; this can be gauged by the "talk test" where you should be able to hold a conversation without being too winded.</p>
Pace/temp Training	<p>This type of running can be performed two ways. First Method - Steady Pace, continuous running for a time duration of 15 - 20 minutes at a pace slightly faster than Long/Slow Distance Training, you should be on the limit of holding a conversation.</p> <p>Second Method - Intermittent Pace - also known as temp intervals, the training session consists of a series of short intervals with brief recovery periods between work bouts.</p> <p>Each time you exercise it should be performed at a slightly quicker pace than race pace, performing the recovery intervals at a much slower pace. Once recovered repeat this cycle for the duration, 20 - 25 minutes.</p>
Fartlek	<p>Fartlek training involves steady running (this can be gauged by the "talk test" where you should be able to hold a conversation without being too winded) combined with either hill running or short bursts of faster than race pace running.</p> <p>The session will last between 20 - 60 minutes in duration.</p>
Interval Training	<p>Interval Training consists of short bursts of activity of 3 - 5 minutes at intensity close to your maximum effort interspersed by periods of active recovery. When performing intervals you should not be able to hold a conversation.</p> <p>This type of endurance training is fairly advanced and demanding on the body, therefore it should be used no more than twice a week.</p>
Repetition	<p>This is the most intense form of aerobic endurance training, which can be performed. It is performed at a pace greater than your maximum, which will put a high demand on you. Work intervals are usually only 60 - 90 seconds separated by rest intervals of 5 minutes or more, work to rest ratio is 1:5.</p> <p>In relation to the "talk test" you will not be able to hold a conversation and should be aiming to work to your maximum effort. Due to the high intensity nature of this training only one session a week should be utilised.</p>

Muscular endurance

This plan is designed to build the amount of exercises you can do so that each one becomes easier. The full list of exercises is below. A step-by-step guide to performing each exercise correctly is on the website.

Core



Commando press



Snake press



Sit-up



Sit-up twist



Crunches



Outer



V-sit



Lower



Squat



Lunge



Squat thrust



Burpee



Star jump



Farmer's carry



Upper



Press up



Wide-arm press-up



Close-arm press-up



Chin up



It is important to vary the exercises you are performing each session to give a full workout and to gain as much benefit as you can. The exercises that you need to carry out during your PRMC are detailed under the Stages and Standards section of the website but it is important to not focus on just these.

Name	What	Number of exercises – to be performed 3 times through	Work – each exercise. You should perform the exercise as many times as you can within the time	Rest
Low Intensity	<p>This should consist of both lower and upper body, and core exercises. The aim will be to perform as many repetitions as possible during each exercise whilst maintaining the correct range of movement.</p> <p>This should be performed at a steady state, you should still be able to hold a conversation.</p>	9	30 secs	No rest
Medium Intensity	<p>This should consist of both lower and upper body, and core exercises. The aim will be to perform as many repetitions as possible during each exercise whilst maintaining the correct range of movement.</p> <p>This should be performed at a faster pace than low intensity, you will be able to hold a conversation intermittently.</p>	9	30 secs	30 secs
High Intensity	<p>This should consist of both lower and upper body, and core exercises. The aim will be to perform as many repetitions as possible during each exercise whilst maintaining the correct range of movement.</p> <p>This should work bouts should be performed at maximum effort, you should not be able to hold a conversation.</p>	12	45 secs	15 secs

Example of a balanced circuit:

Below is an example so you can see how a balanced workout/circuit should be performed. A circuit should be made up of lower, upper and core exercises but you should alternate between them e.g. A low intensity circuit would be made up of the following:

1. Core Movement
2. Lower Body Movement
3. Upper Body Movement
4. Core Movement
5. Lower Body Movement
6. Upper Body Movement
7. Core Movement
8. Lower Body Movement
9. Upper Body Movement



	Week 9	Week 10	Week 11	Week 12
Muscular Endurance	High Intensity <hr/> 1 Session	High Intensity <hr/> 1 Session	High Intensity <hr/> 1 Session	High Intensity <hr/> 1 Session
Aerobic Endurance	High Intensity <hr/> 4 Sessions	High Intensity <hr/> 4 Sessions	High Intensity <hr/> 4 Sessions	High Intensity <hr/> 4 Sessions