



YOUR PRE-JOINING FITNESS TEST PLAN

Train smarter not harder

The pre-joining fitness test (PJFT), is the first step to the joining process. You have selected your level of ability so 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 PJFT 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.



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>

Intensity	Description
Low Intensity	You should be able to easily hold a conversation whilst running - this will help you judge the pace.
Medium Intensity	You should be able to hold a conversation once in a while whilst running. You will be breathing heavily. Your heart rate should be above 70%.
High Intensity	You won't be able to talk running at this pace. You will be working as hard as you can. Your heart rate should be at its maximum



Weeks 1-4

Week 1

Low Intensity

2 Sessions

Week 2

Low Intensity

2 Sessions

Week 3

Low Intensity

2 Sessions

Week 4

Low Intensity

2 Sessions



Weeks 5-8

Week 5

Medium Intensity

3 Sessions

Week 6

Medium Intensity

3 Sessions

Week 7

Medium Intensity

3 Sessions

Week 8

Medium Intensity

3 Sessions



Weeks 9-12

Week 9

High Intensity

4 Sessions

Week 10

High Intensity

4 Sessions

Week 11

High Intensity

4 Sessions

Week 12

High Intensity

4 Sessions