

Disclaimer: This training program is only recommended and not Mandatory. The Unit is not responsible for any injuries or liable while conducting this plan.

Fitness Plan for Incoming Freshman

It is the duty and responsibility for every Midshipman to be physically and mentally capable. The unit performs at a high level of physical fitness, and it demands that every individual be able to perform the training. Below will be a fitness plan for incoming freshmen to GRADUALLY progress their physical and mental fitness. Gradual acclimation to fitness and the weather in Mississippi are the keys to success. If an individual decides to rush into any workout program that is designed to put massive amounts of stress on the body, it is likely that they will be injured and sidelined for a portion of the semester.

Stretching is to be performed before and after every workout. Stretching is key to injury prevention and increasing fitness levels. Stretches that should be performed are as follows:

Example of a Simple Dynamic Flexibility Warm-Up Routine

Exercise	Distance	Remarks
Mobility		
Jogging forward	20m	Slow and steady
Jogging forward with both arms circling forward	20m	
Butt Kicking running forward	20m	Slow and steady
Side Slides	20m	Facing left and then right

Speed Skaters (Toe Flicks)	20m	Forward only
Carioca (Karaoke)	20m	Facing out and then facing out
Lateral Shuffle	20m	Facing left and then right
Dynamic Stretch		
Leg Kicks (Frankenstein's)	20m	Forward only
Hamstring Stretch	20m	Forward only
Lateral Step Squat (side squat)	20m	
Walking Lunge With Twist	20m	
Bear Crawl	10m	
Inchworms	10m	
Pulse Raisers		
Sprints x 3	20m	60%, 80%, 100%

5 push-ups, 5 sit-ups, 5 squats		
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Strength Training:

Fundamental Movement Examples and Associated Exercises

Movement	Regressions	Main Exercise	Progressions
Squat	Wall Sit / Goblet Squat	Back Squat	Front squat / Overhead Squat
Hinge	Hip Bridge / Cable Romanian Deadlift	Kettle Bell Swings	Romanian Dead Lift
Lunge	Split Squat / Reverse Lunge	Walking Lunge	Multi-plain Lunge / Jump Lunge
Push (Bodyweight)	Wall Push-Up / Stability Ball Push-Up	Push-Up	Plyometric Push-Up / Archer Push-Up
Push (load)	Machine Chest Press / Barbell Bench Press	Bench Press	Dumbbell Bench Press / Single Arm Dumbbell Press

Horizontal Pull	Seated Row / Dumbbell Row	Bent Over Row	Split Stance Cable Row
Vertical Pull	Lat Pull Down / Assisted Pull Up Machine	Overhand Pull-Up	Underhand Pull-Up / Weighted Pull-Up
Press	Machine Shoulder Press / Kneeling Military Press	Military Press	Single Arm Military Press / Push Press

Sets and Repetitions

	Strength	Hypertrophy (muscle growth)	Endurance
Repetitions	1-5 Reps	6-12 Reps	12-20 Reps
Sets	3-5 Sets	3-5 Sets	2-3 Sets
Rest	2-5 Mins Rest	1-2 Mins Rest	30-75 Secs Rest
1 Rep Max %	70%-85%	67%-85%	65%-75%

All Strength Training exercises in the above plan focus on improving the basic, functional elements of strength at its core.

Cardiovascular Training

Below are some examples of exercises and time constraints to improve cardiovascular fitness.

	Time	Exercise
	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups and push-ups.
	45 mins	Bike Ride or Swim at steady pace. Finish with 3 sets of pull-ups and push-ups.
	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups.
	45 mins	Bike Ride / Row or Swim at a steady pace. Finish with 3 sets of pull-ups.
	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups and push-ups.

Running Preparation

To improve run time, one element that can be beneficial is incorporating interval training into cardiovascular routines. An example of this is as follows:

Pyramid Run Training

This concept is used to train a range of distances and potentially speeds in a single session. A pyramid training session is used to step up or down in distance between runs, for example:

1. 400m, 800m, 1200m, 1600m, 1200m, 800m, 400m
2. 600m, 500m, 400m, 300m, 200m, 100m
3. 300m, 250m, 200m, 300m, 250m, 200mm
4. 500m, 1000m, 1500m, 2000m

Reminder: This plan is progressive intended to gradually increase your aerobic ability. This plan is also a beginning starting point to introduce Midshipmen to the kinds of workouts that you will be expected to perform. An individual should focus on bettering themselves throughout each week and workout.

After Week 4, Midshipmen should evaluate where they stand in their fitness levels to gradually increase mileage and performance of workouts.

If any Midshipmen are unsure where to start on their journey to become where they want to be physically, Upperclassmen are a great tool to utilize and would be glad to help.

The Marine Corps has good resources on fitness programs and plans to increase strength and endurance.

The information can be found here:

https://www.fitness.marines.mil/HITT_Programs/

<https://www.trngcmd.marines.mil/Portals/207/Docs/OCS/11OCS%20Physical%20Training%20Preparation%20Pack.pdf?ver=2018-02-12-095624-790>

Nutrition Plan

All Midshipmen are encouraged to eat healthy, nutritious foods in order to optimize their performance levels. A strict workout routine coupled with a decent nutrition plan can make all the difference in a 235 PFT to a 285 PFT.

For maximum physical and mental performance, at every meal, eat carbohydrates, protein and drink milk.

Carbohydrates = Fruits & vegetables, low fat milk/yogurt/soy milk, whole grain bread, pasta, cereal, oatmeal, beans, peas, corn, potatoes.

*Choose 100% WHOLE WHEAT OR WHOLE GRAIN products.

Protein = Low fat milk, yogurt, cottage cheese, & cheese, lean meats, eggs, fish & poultry, beans, nuts, and seeds, whole grains, soy products.

All These Foods Can Be Found On Campus And Are Included In The Meal Plans.

Supplements -

It is important to provide your body with the RIGHT supplements (Both Brand and Amount). Excess Protein Consumption and multiple sources of supplements can be detrimental not beneficial. It is entirely possible to get all the right nutrients from your diet alone. Adding a simple protein powder such as Gold Standard Whey after a workout is beneficial to your muscle recovery.

PFT/CFT Standards

Physical Fitness Test scoring

Officer candidates will take a PFT at OCS prior to the start of training. Once inducted into training, candidates will take the PFT again prior to graduating OCS. Officer candidates must meet a minimum score of 225 to begin training while also meeting each of the following minimum requirements:

Male candidates: 8 pull-ups, 70 crunches, 24:00 3-mile run

Female candidates: 50 s flexed-arm hang, 70 crunches, 27:00 3-mile run

The NROTC Unit strives for the Midshipmen to score a 285 or higher.

COMBAT FITNESS TEST

The Marine Corps Combat Fitness Test, or CFT, measures functional fitness and simulates the demands of battle in full combat utility uniforms. The three parts of the CFT are Movement to Contact, Ammunition Lift, and Maneuver Under Fire. The Movement to Contact drill is an 880-yard sprint that mimics the stresses of running under pressure in battle. In the Ammunition Lift, Marines must lift a 30-pound ammunition can overhead until elbows lock out. The goal is to lift the can as many times as possible in a set amount of time. The Maneuver Under Fire is a 300-yard course that combines a variety of battle-related challenges, including crawls, ammunition resupply, grenade throwing, agility running, and the dragging and carrying of another Marine.

An instructional video can be found here:

https://www.youtube.com/watch?v=aYLwW_qWBLE