OCS Physical Training Preparation Pack

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Introduction to OCS Physical Training

"If a candidate is unprepared for the physical training (PT) at OCS he will be smoked. If he is smoked, he can't learn in class or make decisions, and then he is in danger of failing." – OCS PTI

Introduction

The purpose of this preparation pack is to aid and educate you in the best ways to improve and maximize your fitness level prior to arriving at Officer Candidates School (OCS). The training period will differ between individuals; however, a rough guideline to work to is 12 weeks. The exercises and routines shown are designed with simplicity in mind, and should allow you to complete your session wherever you may be. Marines must have an all-round, complete level of fitness, so it is important that you train both cardiovascular (CV) fitness and muscular strength before arriving at OCS. Many candidates struggle during the first 2-3 weeks of training due to a weak upper body, or they simply have not done enough running mileage and therefore are at greater risk of injury. It is **highly recommended** that you achieve 15 miles per week (hike miles can be included) to give you a solid chance of success.

Most of the PT undertaken at OCS concentrates on body-weight exercises, such as Push-Ups and Pull-Ups, meaning one has no excuse to not be prepared for this type of PT. Conversely, as minimal kit is required, pre-training can be conducted almost anywhere, so there is no requirement to pay excessive gym costs.

Ideally, you should be looking to train twice daily, one session of body-weight PT and the other session focusing on CV (aerobic) exercises, i.e. running, cycling or swimming. If your lifestyle means you can only train once per day, do not worry: always remember this program is only a suggested format and can be tailored to suit your specific needs.

The program includes rest days, which is vitally important to ensure you do not over train and arrive at OCS fatigued, injury prone, and unable to maintain your physical fitness.

OCS PT (FITT)

Frequency – At OCS, Candidates typically undertake a form of physical exercise every day. The type of PT will change on a daily basis and includes lighter sessions such as Foam Rolling and Stretch PT. There are few, if any, days off. Prepare for an intense physical fitness program.
Intensity – The PT at OCS is designed by nature to be intense, and you should be prepared for this in every aspect. From the Fartlek Runs to the Upper Body Circuits, you will be working your heart and body close to its maximal range. PT will be supervised by Sergeant Instructors and will push your limits.
Type – The PT is very CV focused (running), so prepare for this accordingly. Upper Body Circuits, which target muscular endurance, are also typical of the PT at OCS. The key area for success, however, lies with the Obstacle Course, which you can still prepare for without actually having any apparatus to use. Each section of the Obstacle Course requires functional movements (push, pull, rotate, hinge, or vault), so the stronger you can make yourself with these movements, the better chance of success you will have. For example, getting over the 6ft Wall can be practiced by using a pull up bar: jumping up and trying to do a half muscle up closely approximates the movement needed. To improve Rope Climbing strength (specifically your Core), you can use a pull up bar and bring your knees to your chest.
Time – Every PT session will be a minimum of 45 minutes in duration, so prepare accordingly. Some PT sessions--including the Fartlek Runs and Upper Body Circuits, can last up to 90 minutes.

The key attributes of being successful at OCS, aside from being physically fit, include being robust, functionally capable, and exhibiting the desire to become a 'Warrior Athlete' (confronting physical weaknesses).

Body Weight Circuit

The large majority of the circuits here at OCS are body-weight exercises. An easy way to train for this type of PT is to conduct upper body, abdominal, and leg exercises in sets. A set of 9 to 12 exercises should form the circuit, with 3 sets to be conducted overall.
With a warm up, circuit, and cool down (stretch), each session should last approximately 40 minutes.

See below for a suggested circuit with examples of 12 exercises and repetitions. It is vitally important that the exercises are conducted using good technique: proper technique should be the focus, not speed. We see many candidates at OCS who have poor form, even for simple exercise movements, because that is how they trained. It would be better for you to do 10 quality push-ups than 20 poor ones. Over your training period, your technique will improve and naturally so will the speed.

Example of Body Weight Circuit (12 Exercises)

Set 1	Set 2	Set 3
15 Push-Ups	20 Push-Ups	15 Push-Ups
20 Knees to Chest	25 Knees to Chest	20 Knees to Chest
20 Air Squats	25 Air Squats	20 Air Squats
5 Pull Ups	8 Pull Ups	5 Pull Ups
20 Alt Knee to Elbow	25 Alt Knee to Elbow	20 Alt Knee to Elbow
15 Box Jumps	20 Box Jumps	15 Box Jumps
15 Tricep Dips	20 Tricep Dips	15 Tricep Dips
20 Crunches	25 Crunches	20 Crunches
10 Lunges (each leg)	15 Lunges (each leg)	10 Lunges (each leg)
10 Elbow to Hand Plank (each side)	12 Elbow to Hand Plank (each side)	10 Elbow to Hand Plank (each side)
45 Secs Plank	60 Secs Plank	60 Secs Plank
12 Burpees	15 Burpees	12 Burpees

Movement examples, including video clips can be found at: www.fitness.marines.mil/MovementPrep/

Notice that the repetitions have increased for Set 2, so this set should be the biggest challenge to achieve. By Set 3 you should be fatigued, but with the repetition decrease it should be achievable.

The above is only a guide, so for example, if you are particularly strong at Pull-Ups, then increase the numbers in each set, but ensure you stick to the rule of the second set being the hardest. As your strength increases you will naturally have to adjust most of the numbers. Always ask yourself the question, “Am I executing good repetition form?” Do not be scared to reduce the repetition amount if you cannot perform the exercises to good form every time.

A body weight circuit like the one outlined above should be conducted 2-3 times per week.

Cardiovascular Fitness

This is your aerobic fitness and helps improve the performance of the heart and lungs. The PT schedule at OCS is heavily based on running, so the more efficient your CV fitness is, the easier you will find the PT.
A suggested program is given below, and much like the circuit example above, it is flexible and can be tailored to your individual needs. It is important that you vary the types of CV fitness to build a strong overall platform. Once you have gained a foundation of physical endurance, you will be in a strong position to overcome the rigors of OCS.

Day	Time	Exercise
Mon	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups and push-ups.
Tue	45 mins	Bike Ride or Swim at steady pace. Finish with 3 sets of pull-ups and push-ups.
Wed		DAY OFF
Thu	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups.
Fri	45 mins	Bike Ride / Row or Swim at a steady pace. Finish with 3 sets of pull-ups.
Sat	45 mins	Run at a steady pace. Finish with 3 sets of pull-ups and push-ups.
Sun		DAY OFF

Increase or decrease the pull-up and push-up numbers to suit your ability and increasing fitness level.

Other CV sessions can include: Reverse Climber, Cross Trainer, Stair Master or Elliptical Machine. These machines, whilst non-impact by design, are slightly more weight bearing and therefore beneficial to your training program and physical preparation.

Cycling and Swimming are included to add aerobic exercises that are low impact (running being high impact). Rowing is also an option as this is a fantastic aerobic exercise which utilizes all the major muscle groups in the body. Ensure you use correct technique when rowing.

The run days state running at a 'steady pace' as we will not prescribe what pace you must be running at prior to coming here, other than you must meet the minimum induction standard for a 3 mile run of 24 minutes for males and 27 minutes for females. Apply these numbers to the pace you are running and adjust accordingly. If you are struggling to run at an 8 minute mile pace for a male and a 9 minute mile pace for a female, you are going to struggle at OCS! The key message from the above program is that you should be comfortably running at least 12-15 miles per week. Clearly, at the start of your program, these figures will be challenging. However, as you progress and your body adapts, you will become conditioned as the foundation of your physical fitness is being built.

Progression

The program above will build a base level of endurance fitness. After four weeks you should start including 'sharpening' exercises during your run, such as interval training. To do this, set off at your steady pace for 10 minutes or so and then sprint over a short distance. Continue with the run, allowing your heart rate to drop before sprinting again. Attempt to undertake at least 4 sprint serials out to a maximum distance of 400m each. Try to do this in the middle part of your run/cycle, so that you complete the last 10-15 minutes at a steady pace. Apply this type of training progressively and once comfortable with four intervals during your run/cycle, add additional sprint cycles, up to 10 if possible. Ensure you alter the distance of the intervals to continue challenging your body.

Other 'sharpening' exercises which can be undertaken during CV workouts include circuit based exercises. For example, running 500m and then doing 25 push-ups, running 500m and then doing 25 crunches etc., etc. This type of PT is undertaken on the Fartlek Runs, which you will do at OCS on at least four occasions.

Recovery

Recovery is a vital component within your PT Program. Without adequate recovery time, the benefit of the previous days training can be lost or severely reduced. Adequate rest allows the damaged muscle fibers to heal and reform in a strengthened state. This also includes the heart, which contains heavy muscle fibers.
It is recommended that at least two rest days are taken in a seven day period, as this should allow the body to recover, repair and get stronger. Overtraining can lead to illness, fatigue and in many cases, injury. Most importantly, apply common sense: if your body is really hurting, do not be afraid to take an additional rest day or tailor a PT session accordingly.

Tapering and Maintenance PT

Due to the arduous nature of the PT program you are about to embark on, it is imperative that you plan a period of tapering in to your plan to avoid over training and injury. Approximately 14 days prior to arriving at OCS you should have largely achieved the physiological adaptations required to commence training at OCS and be ready to enter a ‘taper’ phase. By definition, this phase sees you decrease the amount of PT being undertaken, in order to ensure sufficient rest and recovery prior to Training Day 1. During the ‘Taper’ phase there should be a marked decrease in exercise intensity (reduced by 50-70%) and also the frequency can be reduced by up to 50%.

Dynamic Flexibility, Cool Down and Stretching

Since we perform with mobility, it is senseless to prepare with immobility

There are many different components to physical fitness, one of which is flexibility. Preparing your body effectively prior to PT can avoid injuries, and stretching correctly after PT improves flexibility. Always warm up correctly prior to PT for approximately 10 minutes, ensuring that you mobilize all the major joints before dynamically stretching. The final phase should incorporate some sort of pulse raiser which should elevate the heart rate and bring about perspiration. A dynamic flex warm up routine is explained later in this pack, and these sorts of warm ups are similar to those that you will do prior to each PT session at OCS.

It is essential that the body is thoroughly warmed up prior to physical exercise to reduce the incidence of injury and to prepare the body for the task at hand.

Scientific evidence has suggested that static stretching prior to PT has no effect on injury reduction and therefore 'best practice' is to conduct some form of dynamic flex warmup.

In addition to improving balance, co-ordination and mechanics, dynamic flexibility has been shown to reduce the risk of injury by:

1. Warming up the muscles thoroughly.
2. Rehearsing neuromuscular pathways and developing good posture and mechanics.
3. Preparing the body for 'oddball' movements that frequently occur during military PT, especially on the Obstacle Course.
4. Rehearsing specific movements associated within the PT event to follow, for example 'high knee raises' in preparation for Rope Climbing activities.

3 Phases of a Comprehensive Warm Up

1. Passive Warm Up – wearing of appropriate clothing prior to PT
2. Psychological Warm Up – questioning your motivation and commitment to the PT session
3. Active Warm Up – running / moving to the PT event
   a) Dynamic flexibility
   b) Specific warm up exercises, if applicable

'if you do not have time to warm-up, you do not have time to train'

Progressive Exercise Order

The dynamic flexibility exercises should follow a 'general to specific' order, starting with small exercises and follow the below three rules:

1. Progress from simple to complex exercises
2. Progress from shallow to deeper movements
3. Progress from slow to fast movements

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		

Movement examples, including video clips can be found at: http://www.fitness.marines.mil/MovementPrep/
http://www.fitness.marines.mil/Flexibility-Mobility/

Indications of a Comprehensive Warm-Up

1. Beginning to perspire – remove layered clothing if applicable
2. Elevated breathing and heart rate
3. Increased range of joint movement and no muscular stiffness
4. Psychologically prepared for the PT session

Cool Down

The purpose of the cool down is to gradually return the body to its resting state and to prepare for the next PT session. Gradually decreasing the level of activity (effort) helps to remove waste products and deliver oxygen and nutrients to aid in recovery from exercise. On completion of the cool down, which can include dynamic flexibility exercises, it is imperative that you move in to the stretching phase.

Stretching

Flexibility is important in reducing the risk of injury and improving performance, therefore this phase should be regarded with the same importance as the main session. Ideally, stretching should be performed at the following times for optimum benefit:

1. Following a PT session
2. Specific isolated stretching sessions

The ideal time to develop flexibility is during the latter phases of recovery and not immediately after exercise. Stretching exercises should be performed within 5-10 minutes after PT, once the body has returned close to its resting state. It is recommended that you conduct at least one standalone stretching session per week to improve flexibility. Note that a 'light' warm up may be required prior to starting a standalone stretching session, and this can include a dynamic flex warm up routine.

Static stretching is a constant stretch in which the end position is held for 30 seconds. A static stretch includes the passive relaxation and concurrent elongation of the muscle. Static stretching is relaxing, easy to learn, and effective. Injury to muscles or connective tissue may result if the static stretch is carried too far or the muscle is not sufficiently warm.

Increase the stretch throughout the 30 seconds, remembering that you need to stretch by feel and not comparison to your peers.

Below is a list of muscle groups that you need to be able to stretch prior to coming to OCS:

Upper Body
Deltoids – shoulder muscle
Latissmus Dorsi – muscle used when conducting over-hand pull-ups
Biceps – muscle used when conducting under hand-pull-ups
Triceps
Pectorals – chest muscle

Back and Core
Middle and lower back
Abdominals
Obliques – muscles on the side of the abdominals

Lower Body
Gluteal muscles – muscles found in your backside
Hamstrings
Quadriceps
Calves
Groin
Shin

All of the above stretches and examples of can be found at: www.fitness.marines.mil/Force-Fitness-Instructor/ under the FFI Exercise Videos Tab. Picture examples of stretches can also be found on the OCS Website: www.trngcmd.marines.mil/Units/Northeast/Officer-Candidates-School/GENERAL-INFORMATION/PHYSICAL-FITNESS-DOCUMENTS/

Foam Rolling

Foam rolling is a form of self-myofascial release, or self-massage, that gets rid of adhesions in your muscles and connective tissue which increases blood flow to your muscles and creates better mobility, helping with recovery and improving performance.

It is recommended that foam rolling is a practice you become familiar with prior to OCS, and should form a regular part of your PT plan.

The following are Foam Rolling Exercises conducted at OCS:

Latissimus Dorsi

Start Position: Lie on your side with the foam roller just below the arm. Tilt your body or the foam roller so it does not roll straight against the muscle.

Do 20-30 rolls from just under the armpit and switch sides and repeat.

Middle and Upper Back

Starting Position: Lie on your back with foam roller at base of neck (upper shoulders).

Roll from the upper shoulders to the middle of the back. The head should be in the neutral position with the arms to the side of the body.

Caution: Do not roll in to the lower back as this can cause injury.

Hamstring


Starting Position: Place foam under hamstring muscle with hands out to side.

Roll Hamstring by using arms to let your body glide up and down. To increase the weight on the muscle, place one foot on top of the other.

Quadriceps

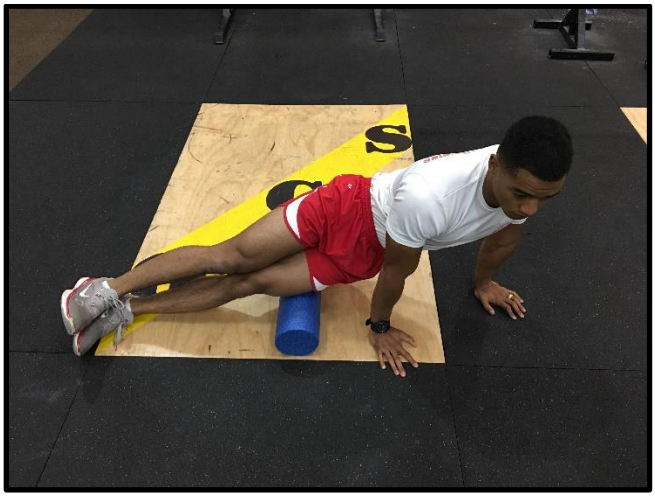

Starting Position: Place one quad on the foam roller with your weight initially supported by your arms being extended.

Roll back and forth targeting any trigger spots you may have.

Caution: Ensure you avoid the knee cap area when rolling.

Other Target Areas: By changing the angle of your roll, you can also target the Hip Flexor.

IT Band



Starting Position: Place the foam roller underneath you and lean the whole body to one side, supporting your weight with your arms in front on the body.

Place one foot on the other to increase the weight on the roll and attempt to target the ‘meaty’ portion of your leg. (not too high, not too low).

This foam roll can be particularly tender, so target trigger points and apply the appropriate pressure as per your pain threshold.

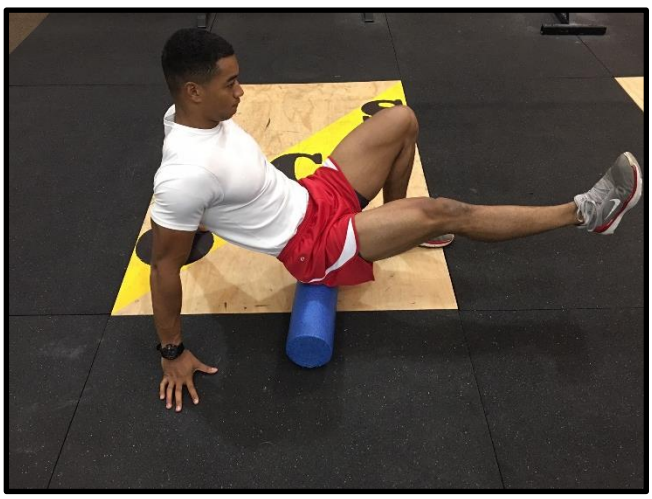
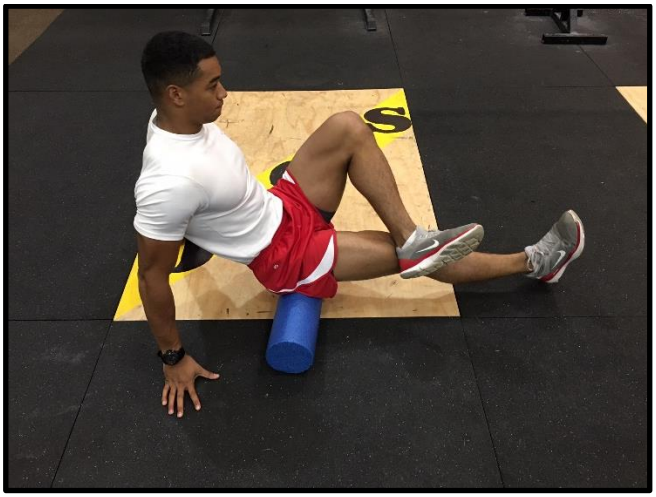
Groin

Starting Position: Place the foam roller so it is perpendicular to the leg of the groin being rolled. Use your arms to support your weight.

Roll along the inner thigh, using your arms to support your weight as necessary.

Other Target Area: By changing the angle of the foam roller you can also target the Hip Adductor.

Glute

Starting Position: Sitting with the right leg extended, left leg bent, place the foam roller under the right glute. The arms are placed behind the body to support your weight.

Shift weight from side to side by bending your arms to target trigger areas. To increase the weight of the roll place the left foot on top of the right knee.

Calf


Starting Position: Place the foam roller under the calf muscle with the body weight being supported by your arms.

Roll Calf by using arms to let lower leg glide up and down. Place one foot on top of the other to increase the weight on the roll.

Running Preparation

Interval Training

Interval training is a form of run training where you work for a period of time and then rest/recover. As the OCS PT Program includes lots of running, it is important you include this type of run training in your PT program. Interval training allows you to run at a speed greater than your normal pace, but for smaller durations. The intensity of these sessions will vary, but is generally quite high.

Fartlek

Which means ‘speed play’ in Swedish, is a form of interval training which puts stress on the whole aerobic energy system due to the continuous nature of the exercise. The difference between this type of training and continuous training is that the intensity or speed of the exercise varies, meaning that aerobic and anaerobic systems can be put under stress. Most fartlek sessions last a minimum of 45 minutes and can vary from aerobic walking to anaerobic sprinting. Fartlek training is generally associated with running, but can include almost any kind of exercise.

Sessions should be at an intensity that causes you to work at 60%-80% of your maximum heart rate (estimated at 220 minus your age). This should mean that the body will not experience too much discomfort whilst exercising.

See below Example of a Fartlek Session:

1. Warm up – easy running for 5 – 10 minutes
2. Steady, hard speed run for 1 – 1.5 miles – like a long repetition
3. Recovery – rapid walking for 5 minutes
4. Speed work – easy running interspersed with sprints of approximately 50-60 meters
5. Easy Running – include 3 or 4 quick steps periodically to quicken pace
6. Full speed uphill sprint for approximately 200 meters
7. Fast pace run for 1 minute

Repeat the routine until session time has elapsed.

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

Strength Training

It is recommended that some form of muscular strength training be incorporated in to your PT plan, however it is not essential. The below information is designed to assist you when deciding what types of strength exercises to use, especially if you have an obvious strength deficiency such as pull-ups.

If you are starting from a weight training age of zero, i.e. meaning you have never stepped in to a weight room, you may well need to get professional assistance from a Strength & Conditioning Coach or Personal Trainer. Olympic weight lifts and the back squat, for example, are technical movements and require many hundreds of hours of continuous exposure to master.

If you are attempting to build back strength (Latissimus Dorsi) for pull-ups or leg strength (Quads) for hiking, then a form of resistance training will be beneficial to establish a training base for strength development.

When planning strength training exercises in to your PT plan, always consider the 7 fundamental movements (see below). These movements and the associated exercises are key to building a foundation of physical strength and endurance.

In addition to the health benefits, strength training produces adaptations in the skeletal and muscular systems that protects against traumatic or overuse injury, termed prehabilitation. The stronger you can make your joints and connective tissues, the more muscular control you will have over your body. This becomes particularly evident when we expose candidates to the Obstacle Course, where they are twisting and turning in multiple directions and their bodies simply cannot cope with the stress.

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	Kettlebell 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

All of the above stretches and examples of can be found at: www.fitness.marines.mil/Force-Fitness-Instructor/ under the FFI Exercise Videos Tab. You may have to use the video search to engine to specifically find a movement i.e. Romanian Deadlift.

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%

Assignment of Load

Load is commonly expressed as a percentage of 1 RM (one repetition maximum), which is the heaviest load that can be lifted one time while maintaining correct form/technique during a given exercise. Load and the number of reps performed are given in the table above to achieve the training goal of strength, muscle growth, or endurance.

Pull-Up Training

Pull-ups are a great indicator of physical strength and a vital component to whether you will be physically successful at OCS. Currently, the minimum induction standard for males is 8 pulls-ups and 1 pull-up for females. ***It is highly encouraged that you can achieve more than this minimum number, as you are required to pull your body weight over obstacles on multiple occasions as part of the Obstacle Course and other events.***
There are a number of pull-up programs to increase strength in this area, and some examples are given below. If you cannot perform any pull-ups, you need to start by strengthening the muscles used to perform the exercise, i.e. the overhand grasp – latissimus dorsi / the underhand grasp – biceps. This can be achieved by using machine exercises to gain a base level before progressing on to more advanced routines.

Work Out 1 Set Max

As with any strength training regime, you need to work out your 1 set maximum so you can plan from this figure. Equally, it is vital that you test yourself against this figure so that improvement can be measured.

Repetition

Repetition is key when it comes to pull-ups. Once you know your 1 set max, conduct submaximal sets of 70%-90% of this figure as many times as possible in a given session or period of time. Doing as many sets in a day is paramount to promote strength adaptation.

Specificity

Do pull-ups and pull-up progressions during all pull-up training sessions, as this ensures the body adapts biomechanically to this exercise.

Achieving 1 Pull-Up

Everyone who conducts pull-ups has gone through this stage of the training cycle, and it is often the hardest phase to overcome. Where possible, try and target the muscle groups directly associated with doing pull-ups and always work within this movement range. Exercises to start with include: partner assisted pull-ups, negatives, jump pull-ups, partial range of motion pull-ups (top and bottom), and dead hangs.

Pyramid Training

Determine what your 1 set max is, for example 10. Working within the range of 70%-90% the top of the pyramid would be 7-9, so let's go for 8.

Example 1: 1, 2, 3, 4, 5, 6, 7, **8**, 7, 6, 5, 4, 3, 2, 1 = 64 pull ups
Example 2: **8**, 7, 6, 5, 4, 3, 2, 1 = 36 pull ups
Example 3: 2, 4, 6, **8**, 6, 4, 2 = 32 pull ups

For further information and reading, Major Posey USMC has developed a Pull Up Training Plan, which can be accessed online:
www.marines.mil/News/News-Display/Article/673308/zero-to-twenty-plus-marine-develops-program-to-improve-pull-ups/

Conclusion

Being 'muscularly big' at OCS is often a hindrance and does not necessarily suit the type of PT undertaken here. The balance between being strong and having a CV system to fully support your weight is paramount. If you have a conflict between these two areas of fitness, you will physically struggle at OCS.

A candidate must be strong, but not by training in a manner that causes significant bulk muscle growth, as you are required to be agile. By minimizing bulk muscle mass whilst strengthening the body, the candidate remains lighter, which places less stress on the body through improved oxygen efficiency.

The Marine is not a fitness specialist in that he requires neither the absolute strength of a powerlifter nor the endurance of a marathon runner. Therefore, by training utilizing all the components of fitness, a solid, well-rounded foundation of fitness can be developed.

Hike Training

The hike program at OCS sees candidates undertake a 4 mile, 6.2 mile and 9.3 mile hike during the 10 week cycle. As a way of introducing hiking, a 3 mile introductory period of instruction is also given.

It is recommended that hiking form part of your PT program; however, it is certainly not mandated and must be carefully considered due to the injury risk associated with this type of activity.

The weight range that you will be expected to carry at OCS is between 50-55lbs, and the rate of march is 3.6mph. When you consider hiking as part of your program, you need to make it progressive, considering both distance and weight carried.

The hike program miles that you undertake can form part of the 15 miles a week recommended prior to coming to OCS. It is recommended that you do a maximum of one hike per week in the 8-12 weeks prior to shipping to OCS. Anything more than this and it will become detrimental to the run program you should be adhering to.

When you consider footwear, it is recommended that you start out by using sneakers or running shoes ('go-fasters') and progress to a military type boot. If this is not possible, then apply common sense and use go-fasters throughout. The advantages of wearing a military type boot is that you will begin to condition your feet, as you spend a significant amount of time in boots at OCS.

Week Number	Miles	Weight	Footwear
1	2	10lbs	Sneakers
2	2	12lbs	Sneakers
3	2.5	12lbs	Sneakers
4	2.5	15lbs	Sneakers
5	3	15lb	Sneakers
6	3	15lb	Military footwear
7	3.5	18lbs	Military footwear
8	3.5	20lbs	Military footwear
9	4	25lbs	Military footwear
10	4	30lbs	Military footwear
11	4.5	35lbs	Military footwear
12	5	40lbs	Military footwear

The Hike progression in the 12 week program on page 32 is slightly varied from the above but the week 12 figures are the same. This allows for candidates at different physical start settings.

There is categorically no requirement for you to be hiking greater distances than prescribed above. A solid foundation of physical fitness and exposure to hiking with the weights above will ensure your success. Additionally, under no circumstances are you to run with weight on your back as part of the above program.

OCS Physical Training Events Description

PFT

The Physical Fitness test is undertaken three times during the 10 week program, with a score of 235 points required to graduate from OCS. The Final PFT is typically conducted during week 8 or 9.
A minimum induction PFT score of 220 is required to commence training.

PFT Scoring

All scoring is in accordance with the MCO 6100.13 w/Ch 2. Additionally, OCS has the below minimum induction standards applied to each event:

	Male	**Female**
Pull-Ups	8	1
Push-Ups	62	34
Crunches	70	70
PFT Run (3 miles)	24 minutes	27 minutes

A minimum score in each category will give a total score between 153 – 181 (age dependent), which is below the induction standard. Therefore, you need to exceed these event minimums in order to succeed.

Height & Weight Standards

Candidates are required to be within Marine Corps Height and Weight standards prior to commencement of training. Standards can be found at: http://www.fitness.marines.mil/BCP_Standards/

Cardiovascular Fitness (CVF's)

This PT session aims to teach candidates how to warm up in a circle formation and also enables regular movements commonly undertaken to be practiced.

Kettlebell Introduction

The below movements are demonstrated and practiced as part of this PT session:
Basic Squat
Kettlebell Swing
Sumo Squat Row
Goblet Squat
It is highly recommended that you include kettlebell movements in to your PT program.

Core Strength & Conditioning

This PT session is undertaken in a group circle formation and specifically targets Core Strength. Exercises are conducted for 45 seconds or a repetition set of 15. See below for examples of exercises:
Steam Engines
Elbow Plank
Elbow Gecko Plank
Elbow Plank with Feet Jacks
Hand Plank with alternate Knee to Elbow
Mountain Climbers
Flutter Kicks
Scorpion Push-Ups
Gecko Push-Ups
Squat Thrust

Introduction to 3-Mile Platoon Run (week 1)

The purpose of this PT session is to introduce candidates to running as a platoon and to orientate the local trail network. The uniform is green on green (go fasters) and the pace is 8:30 – 9:30 per mile.

3-Mile Introduction to Boots and Utilities (week 3)

The purpose of this PT session is to introduce the candidates to running in boots and utilities and is a progression from running in green on green. The pace of the first 1.5 miles are 9.00 – 10.00 per mile with the final 1.5 miles being a maximal individual effort.

3-Mile Run with Full Utilities, LBV and Rifle (week 4)

The purpose of this PT session is to introduce the candidates to running while wearing the Load Bearing Vest (LBV) and rifle, in preparation for the Endurance Course. The first 2 miles are in Platoon formation and the final mile is an individual effort.

Obstacle Course

Mastery of the Obstacle Course is key to being successful at OCS. Whilst it is a standalone PT event, it also forms part of the Endurance Course.
The first two Obstacle Course sessions are technique and coaching based with the below key areas targeted:
Single Bar
Combination
Double Bar
Ropes

Commando Crawl

Two additional sessions include a conditioning circuit and assessments. As a candidate you will be tested twice against the clock (timed and test). The test score will go towards your final PT grade.

Rope Climbing

It is recommended that you expose yourself to rope climbing prior to OCS. Whilst we will teach you the technique, you will be advantaged if you already have the knowledge. The two techniques that are taught at OCS are:

Wrap Around
S-Method

Rope Climbing requires a level of upper body strength, but technique efficiency is the key to success. Rope climbing is a fantastic upper body and core exercise, so every opportunity to include Rope Climbs in to your PT program is encouraged.

The methods can be seen on video by clicking: www.youtube.com/channel/UC8bcxZZw-4wMZCBUvvkdskg/videos

Endurance Course

The Endurance Course is 3.27 miles in duration and includes the Obstacle Course. It is the culminating PT event and attaining a passing score is a graduation requirement. The course is conducted in full MCCUU, and carrying LBV and rifle. The Obstacle Course section does not include carriage of any equipment.
An Endurance Course Introduction is conducted initially, which serves to teach the route, techniques, and to explain penalties and violations. The Introduction is conducted at Platoon level.

An Endurance Course Familiarization run gives an opportunity for candidates to conduct the course on their own while wearing the same equipment (LBV, rifle) that they will during the tested event.
A test and timed event in weeks 7 and 8 respectably are undertaken against the clock.

Juniors Fartlek and Juniors Fartlek Extension Runs

Both courses are 3 miles in duration and utilize trails within the local network area. Each course has eight exercise stations along the route which must be completed before moving on. See below for some examples:

Plyometric Jumps
Push-Ups
Bends and Thrust
Mountain Climbers
Sprints

Both courses are undertaken wearing green on green and go-fasters.

Seniors Fartlek and Seniors Fartlek Extension Runs

The Seniors Fartlek Course is 3.2 miles in duration whilst the extension is 4 miles. Again, exercises are to be conducted as part of the route. See below for example exercises:

Sit-Ups
Star Jumps
Pull-Ups
Alternating Knee Sit Ups
Single Leg Step Ups

Abdominal / Push / Pull / Press Exercises (APPP's)

The purpose of this PT session is to develop the candidate's upper body and core strength. It is typically run immediately before or after one of the above Fartlek Runs and is undertaken twice during training.
See below for the repetitions required on session 1:

Push-Ups 35, 30, 25
Pull-Ups 12, 10, 8
Ammo Can Press 1 min, 45 sec, 30 sec
Ab Exercises 1 min, 45 sec, 30 sec

Candidates will rotate from one exercise to the next on a descending scale. The key is repetition form and not speed. It is recommended that candidates can at least achieve close to the figures above prior to arrival at OCS, and to include this type of circuit training in to their PT program.

Seniors Upper Body Development (UBD)

The purpose of the Seniors UBD is to develop upper body strength and endurance. This circuit is also merged with the Fartlek Runs and is undertaken at least twice during training. The circuit is based on repetitions and is progressive between sessions. See below for example of exercises and repetitions for session 1:

Rope Heaves x 6
Decline Push-Ups x 20

Fireman's Carry x 50 meters
Kettlebell Swings x 10
Sumo Squat Row x 10
Russian Twist x 12
Incline Push-Ups x 20
Burpees x 10
Hanging High Knee Raises x 8

Muscular Endurance Course (MEC)

The purpose of this PT session is to improve cardiovascular fitness and muscular endurance. The course is 1.25 miles in duration and consists of 25 exercise stations which are performed for 30 seconds on rotation 1 and for 45 secs on rotation 2. The course is conducted in squads who sprint in between each station. See below for an example of some of the exercises undertaken:

Ammo Can Press
Kettlebell Goblet Squats
Tricep Dips
Kettlebell Swings
Crunches (PFT style)
Frog Sit Ups
Thrusters (using a barbell)
Burpees

Full Body Development (FBD)

The purpose of FBD is to develop all round military combat fitness in preparation for the Combat Fitness Test (CFT). The session is undertaken twice during training and is progressive by design. The first session lasts 32 minutes and the second session lasts 40 minutes. See below for circuit exercises:

Planks / Ab Exercises	4 or 5 mins
Ammo Can Sprint / Burpees (50m)	4 or 5 mins
Fireman's Carry (50m)	4 or 5 mins
Buddy Drags (25m)	4 or 5 mins

Once the circuit portion is complete candidates conduct the below running distances:
1 x 880 yards
1 x 440 yards
Continuous 220's until circuit time elapses i.e. 16 or 20 minutes.

Hiking

Candidates undertake three graded hikes during the 10 week cycle, with the 9.3 mile hike being a graduation requirement.

3 Mile Introduction to Hiking

The purpose of this session is to introduce candidates to the conduct of a foot march under load, with emphasis placed on technique coaching and correct pack fitting. The hike also serves to introduce candidates to the baseline pace of the Marine Corps march which is 3.6mph.
The first 1.5 miles are conducted individually, before reforming and hiking within the Platoon for other 1.5 miles.

4, 6.2 and 9.3 Mile Hikes

The above hikes are all conducted after a night in the field and prior to an evaluated leadership exercise.

It is recommended that hiking forms part of your PT program and more information can be found within the Hike Program Chapter.

Seniors Medal of Honor Course (MOH)

The purpose of this PT session, which is 5 miles in duration, is to motivate the candidates along a course containing the citations for 16 Medal of Honor recipients. This run is conducted in boots and utilities.

Rifle and Log Drills

The purpose of this PT session is to develop the candidate's muscular strength, endurance, and coordination. Rifle and Log PT is good military type PT and is only conducted once during the training cycle. A full demonstration and explanation of all exercises is given prior to execution.

Confidence and Tarzan Course

This PT session exposes the candidate's ability to work independently and as a team at height. Both courses require a level of muscular strength and dexterity, and serve to build a candidate's personal confidence.

Montford Point Challenge

The purpose of this PT session is to celebrate the sacrifices and heroism of the Montford Point Marines. The course sees squads compete against each other while carrying ammunition containers, stretchers, and logs. The course is 3 miles in duration and is conducted in full MCCUU.

Kettlebell Exercises

Kettlebell Training

The compound, whole-body movements, typical of kettlebell exercises are superior to machines that isolate specific muscles for improving muscle tone, body composition, and strength. Kettlebells also strengthen the tendons and ligaments, making the joints tougher and less-susceptible to injury. Every kettlebell exercise stems from the basic kettlebell swing, which, contrary to the way it looks, isn't a swing powered by the arms, but is rather great for developing strength in the posterior chain composing of the back, shoulders, hamstrings and glutes.

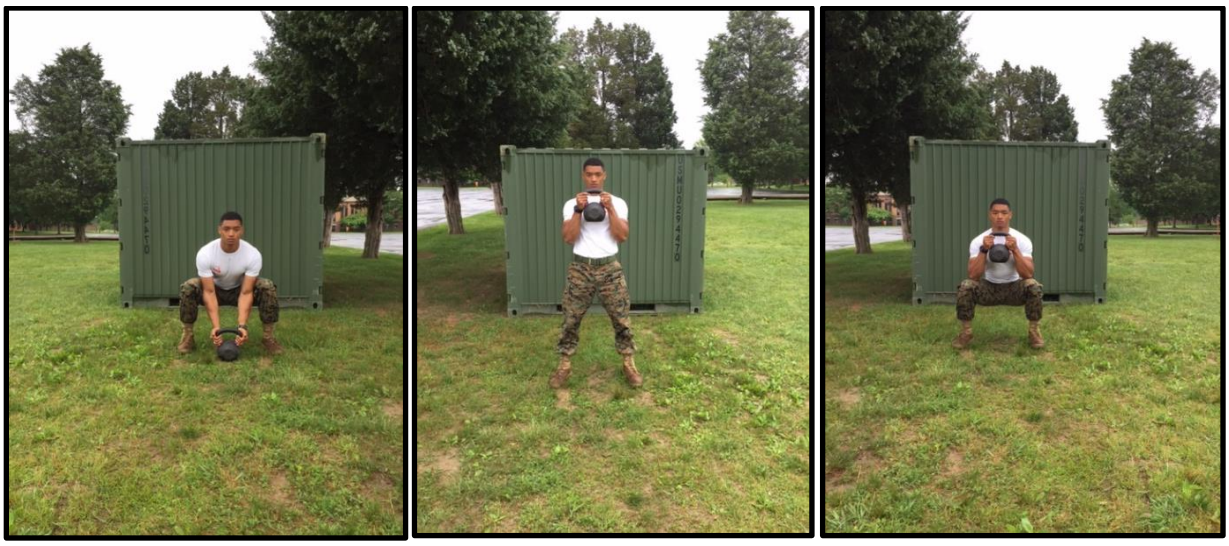
See below for the kettlebell exercises executed at OCS (during UBD & MEC) and the typical errors with movement and control. If possible, incorporate kettlebell training in to your PT plan, however, do not worry if you cannot train on kettlebells, as you will receive coaching when you get here.

Kettlebell Goblet Squat

- Same starting position as a normal squat
- Hold kettlebell by the horns and lift kettlebell to the sternum
- Elbows to drop between the legs and inside of knees for full range

Common Errors

- Elbows not tracking inside of knees
- Kettlebell not staying firm against the body or forcing the body forwards
- Poor general squat technique



Kettlebell Sumo Squat Row

- Feet more than shoulder width apart and toes turned outward
- Backside down and in a squat start position
- Pull the kettlebell by the handle as you stand up, raising it to the collarbone and keeping elbows high
- Slowly lower and transition to next rep after kettlebell has touched the floor

Common Errors

- Feet not wide enough apart
- Elbows not remaining high during the pull
- Poor general squat technique



Kettlebell Swing (two handed)

- Feet shoulder width apart – toes pointed outwards
- Knees slightly bent (not a squat position)
- Grasp kettlebell, initiate the movement by swinging kettlebell back between your legs
- Pull the kettlebell forward by thrusting through the hips – this is an explosive movement
- Straighten the back, activate the core and engage the glutes
- Kettlebell should come up to shoulder height, not overhead
- Handle of kettlebell should stay above the knees and near the crotch

Common Errors

- Remaining in a squat position and not hinging through the hips
- Feet too close together
- Using upper body strength to muscle the kettlebell up
- Not utilizing an explosive movement when swinging the kettlebell up

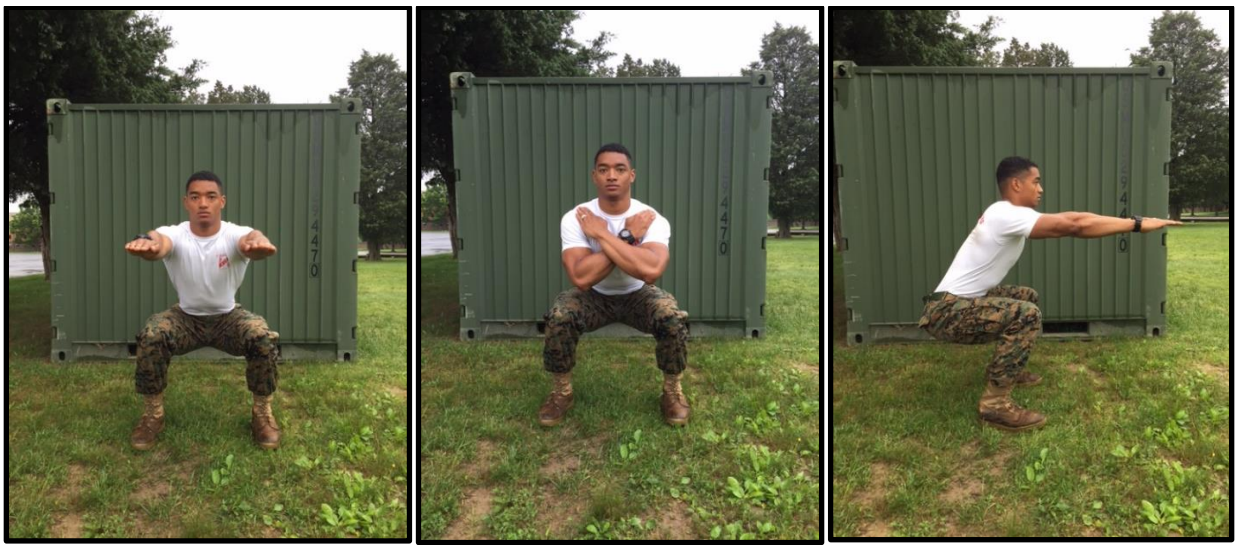


Squat

- Feet slightly wider than hip (shoulder) width apart – needs to be a comfortable start position
- Toes pointed slightly outward (5-20 deg)
- Head position looking forward
- Neutral spine
- Weight on heels throughout (heels should be planted)
- Push backside back as knees bend (as if sitting in a chair)
- Knees tracking toes
- Chest and shoulders upright
- Goes as deep as mobility allows – optimal: hips end below the knees
- Engage core, explode back up through heels

Common Errors

- Feet not wide enough apart
- Curved back
- Looking down
- Knees not tracking over toes, and caving inwards instead



Injuries at OCS

Some of the described injuries below are caused due to inadequate physical preparation prior to shipping to OCS. It cannot be stressed enough that if you have not been following a PT plan which sees you running 15 plus miles per week comfortably, for a minimum of 12 weeks, you are an injury risk.

Shin Splints

Shin splints can be described as small tears in the muscle that is pulled off the bone, an inflammation of the periosteum (a thin sheath of tissue that wraps around the tibia, or shin bone), an inflammation of the muscle, or some combination of these.

Shin splints is the catch-all term for lower extremity leg pain below the knee, either on the front outside part of the leg or the inside of the leg. They often plague individuals who do not build up their mileage gradually enough, or for seasoned runners who abruptly change their workout regimen by suddenly adding too much mileage. Shin splints can also be linked to a flexibility deficit, strength deficit, or poor body mechanics. Candidates at OCS can potentially fall into the above categories, but with careful consideration of your PT start setting and progressive nature of your individual program, you will give yourself every chance of avoiding this type of injury.

The nature of shin splints, also known as medial tibial stress syndrome (MTSS), most often can be captured in four words: **too much, too soon**.

Identifying symptoms of shin splints

Shin pain doesn't always mean you have shin splints. It might be a sign of some other problem. The following are two conditions that are sometimes mistakenly diagnosed as shin splints.
Pain on the anterior (outside) part of the lower leg may be **compartment syndrome**, a swelling of muscles within a closed compartment, which creates pressure.
Pain in the lower leg could also be a **stress fracture** (an incomplete crack in the bone), which is a far more serious injury than shin splints.

Treatment of shin splints

If you feel you may have shin splints, stop running completely or decrease your training depending on the extent and duration of pain. As a first step, ice your shin to reduce inflammation. Other treatments include gently stretching the Achilles. To stretch your shins, kneel on a carpeted floor, legs and feet together and toes pointed directly back, then slowly sit back onto your calves and heels, pushing your ankles into the floor until you feel tension in the muscles of your shin. Hold for 30 seconds, relax and repeat.

If you continue to feel pain in the shins, consider altering the type of training you are doing, such as cross-training, swimming or bike riding. When you return to running, increase your mileage slowly, by no more than 10 percent weekly.

Stress Fractures

Becoming a stress fracture victim at OCS is a serious reality if you have not prepared your body properly for the rigors of the training cycle. Below is a brief explanation of stress fractures, which compliments the many other reasons for why you should work towards a progressive PT plan in the preceding months prior to OCS. A stress fracture is a crack in a bone caused by repeated stresses which are individually insufficient to fracture it. Stress fractures are not full thickness breaks (although without correct management they may progress to become full thickness breaks). They are sometimes referred to as hairline fractures. A stress fractures can generally be defined as an overuse injury. Bones constantly remodel and repair, particularly when stressed by impact in sport or training, with most injuries occurring in the lower limbs. Typical presentation is with a history of exercise-related pain, often associated with a sudden change in athletic activity.

It is extremely hard to predict specifically who will get a stress fracture, as runners vary with regard to biomechanics, training, general fitness, muscle strength, and flexibility. Stress fractures often arise in those who are actively training when they suddenly and dramatically increase daily or weekly distance, change running shoes, add frequency, increase intensity, or change running surface. OCS candidates fall in to these categories and must ensure safeguard measures are implemented to reduce the risk.

Stress Fracture Considerations

There are three areas of your training that need to be monitored to reduce risk:

Increased load

a) Increased distance or intensity.
b) Change in training pattern - e.g. introduction of hill running, change of running surface.
c) Muscle fatigue: in a runner, both muscles and bones are shock absorbers. Fatigued muscles, usually in the lower leg, lose their ability to properly absorb the shock from running.

Increased number of load repeats

Repeatedly conducting similar high-stress or high-intensity exercises can risk injury. Spread running and hiking sessions out throughout the week, rather than trying to run all 12-15 miles in back-to-back days.

Altered technique

a) there is probably no such thing as a perfect running technique, although this can be improved with careful coaching and advice - so amateur athletes are more at risk as professional athletes, and sedentary people who suddenly exercise are also commonly affected.
b) Poor footwear (see below)

Running Shoes

Ensure you invest in a pair of reputable, high-quality running shoes and, if possible, have them professionally fitted at a local running shop. Arrive at OCS with two pairs of running shoes that have been sufficiently worn in but not overused: shoes should have been utilized for several weeks or until they feel comfortable and do not cause hot-spots, but should not have been run in for more than about 300 miles. A pair of ill fitted running shoes or shoes not designed for running can cause numerous injuries, which could be detrimental at OCS or during your pre training phase.

Conclusion

Runners are particularly susceptible to stress fractures, and the basic cause is simple: When you ramp up your training, your heart, lungs, and muscles aren't the only things that need to get stronger; Bones do, too. Stress fractures occur when the repeated pounding or yanking at a tendon or ligament attachment caused by running or hiking overloads their ability to adapt.

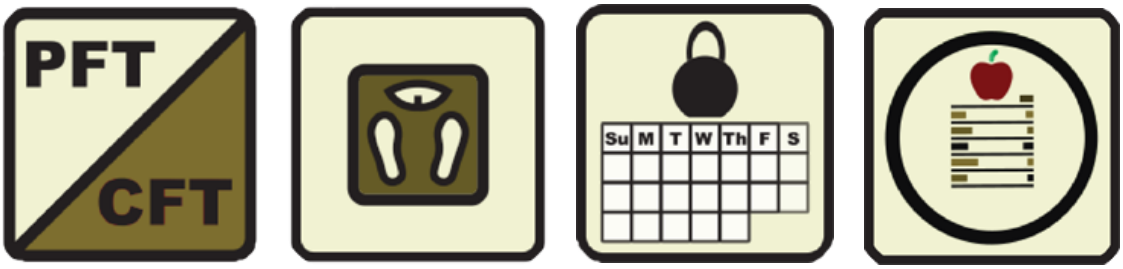
The best preventatives are a slow, cautious build-up of training, good footwear, and avoiding sudden shifts to hard surfaces, especially moving from grass to concrete. Some people make all of these mistakes and merely get tendinitis or some other minor problem, while others wind up breaking a bone.

Strong muscles are better shock absorbers, and don't tire as easily. Having a strong lower body through the other exercises outlined in this pack will assist in strengthening those muscles, which will reduce the shock felt on the bones while running and hiking.

References

USMC Website – Force Fitness Division (FFD)

www.fitness.marines.mil/



The mission of the FFD is to be the service-level division for development and implementation of policy, standards, guidance, and reporting of all matters related to general physical fitness, occupational fitness, performance nutrition, body composition, martial arts, water survival, and sports medicine/injury prevention based on requirements and direction from higher headquarters.

Additionally this website provides Commanders and Marines guidance and resources in how to conduct the Marine Corps Physical Fitness Program (MCPFP). This includes workout routines, official guidance on Physical Fitness and Combat Fitness Testing, the Marine Corps Body Composition and Military Appearance Program, MCMAP, Sports Medicine Injury Prevention and other physical fitness-related programs. Information available will also include Force Fitness Instructor resources.

The website provides the below information:

Current PFT Standards for the USMC – *(be mindful that OCS has a set induction standard)*
BCP Standards
HITT Programs
Workout of the Day - www.fitness.marines.mil/Workout-Of-The-Day/
Nutrition - www.fitness.marines.mil/Nutrition1/
Force Fitness Instructor

Officer Candidate School Website

www.trngcmd.marines.mil/Units/Northeast/Officer-Candidates-School/

Officer Candidate School Facebook Page

www.facebook.com/usmcocs

Officer Candidate School YouTube Page

https://youtube.com/channel/UC8bcxZZw-4wMZCBUvvdkskg

Pre OCS Checklist

Prior to coming to OCS you must have the integrity to positively answer the below questions. If you cannot honestly say 'yes' to every question below, then you are going to struggle physically at OCS, or worse, suffer a serious injury.

Can I comfortably get a 220 on the PFT? ☐

Am I injury free? ☐

Did my PT plan include running / hiking at least 15 miles per week for 12 weeks? ☐

Have I been working on my PT plan for at least 12 weeks? ☐

Males – Can I run comfortably at an 8 minute mile or better pace? ☐

Females – Can I run comfortably at a 9 minute mile or better pace? ☐

'Preparation is the key to being successful at OCS'

Training Diary Example

1 Week & 12 Week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Example Week	9am: Body weight circuit 3pm: 35 min run 3 sets of pull ups & push ups	9am: Body weight circuit 4pm: 45 min run 3 sets of pull ups	**Rest Day** Foam Rolling / Stretching	10am: Circuit 4pm: 35 min run & 4 x 50m intervals, 3 sets of pull ups and push ups	7am: Circuit 1pm: 35 min swim 5pm: 3 sets of pull ups	9am: Body weight circuit 3pm: 35 min bike ride, 3 sets of pull ups	**Rest Day** Foam Rolling / Stretching
Week 1	Body weight circuit – 9 stations 3 Mile Run Assessment	Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 9 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Rowing	Body weight circuit 12 stations Hike 2.5 miles – 15lbs	**Rest Day** Foam Rolling / Stretching
Week 2	Body weight circuit 9 stations Run 45 mins	Kettlebell Circuit incl Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 9 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Bike	Body weight circuit 12 stations Hike 3 miles – 15lbs	**Rest Day** Foam Rolling / Stretching
Week 3	Body weight circuit 9 stations Run 45 mins	Pull Ups Run 45 mins Fartlek Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 9 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Swimming	Body weight circuit 12 stations Hike 3 miles – 18lbs	**Rest Day** Foam Rolling / Stretching
Week 4	Body weight circuit 9 stations 3 Mile Run Assessment	Strength Training incl Pull Ups Run 45 mins Fartlek Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 9 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Rowing	Body weight circuit 9 stations Hike 3 miles – 20lbs	**Rest Day** Foam Rolling / Stretching
Week 5	Body weight circuit 9 stations Run 45 mins	Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 9 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Bike	Body weight circuit 12 stations Hike 3.5 miles – 20lbs	**Rest Day** Foam Rolling / Stretching
Week 6	Body weight circuit 9 stations Run 45 mins	Kettlebell Circuit incl Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	PFT Assessment	CV Circuit – Swimming	Body weight circuit 12 stations Hike 3.5 miles – 25lbs	**Rest Day** Foam Rolling / Stretching
Week 7	Body weight circuit 9 stations Run 45 mins	Pull Ups Run 45 mins Fartlek Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 12 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Rowing	Body weight circuit 12 stations Hike 4 miles – 25lbs	**Rest Day** Foam Rolling / Stretching
Week 8	Body weight circuit 12 stations 3 Mile Run Assessment	Strength Training incl Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 12 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Swimming	Body weight circuit 12 stations Hike 4.5 miles – 25lbs	**Rest Day** Foam Rolling / Stretching

Week 9	Body weight circuit – 12 stations Run 45 mins	Pull Ups Run 45 mins Fartlek Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 12 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Bike	Body weight circuit 12 stations Hike 4 miles – 30lbs	**Rest Day** Foam Rolling / Stretching
Week 10	Body weight circuit – 12 stations Run 45 mins	Kettlebell Circuit incl Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 12 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Rowing	Body weight circuit 12 stations Hike 4.5 miles – 30lbs	**Rest Day** Foam Rolling / Stretching
Week 11	Body weight circuit – 12 stations Run 45 mins	Strength Training incl Pull Ups Run 45 mins Fartlek Session	**Rest Day** Foam Rolling / Stretching	Body weight circuit – 12 stations Run 45 mins	Max Sets – Pull Ups / Push Ups/ Crunches CV Circuit – Swimming	Body weight circuit 12 stations Hike 4.5 miles – 35lbs	**Rest Day** Foam Rolling / Stretching
Week 12	Body weight circuit 12 stations 3 Mile Run Assessment	Pull Ups Run 45 mins Interval Session	**Rest Day** Foam Rolling / Stretching	PFT Assessment	CV Circuit – Swimming	Body weight circuit 12 stations Hike 5 miles – 40lbs	**Rest Day** Foam Rolling / Stretching

Training Diary Example Notes:

Every individual preparing for OCS will have a different start setting due to their physical ability. See below for guidelines as to how to build an effective PT plan:

A. How many weeks preparation do I have before I start at OCS? Be mindful that the 2 weeks prior to starting at OCS should be a 'tapering off' period.

B. What is my start setting: 0 = conducted very little PT previously, struggle with pull-ups. 5 = Go to the gym, run sometimes, cannot quite achieve a 220 PFT. 10 = Can achieve a 220 or better PFT, train regularly at a gym, have strength training knowledge.

C. Your Start Setting should determine how long you require to physically prepare for OCS, i.e. a 0 start setting will require considerably more time in the program than an individual with a 10.

D. You know the induction standard is a 220 PFT and that you need to run at an 8 or 9 minute mile pace, so assess where you are. This should be a major factor in determining your start setting.

E. Use the induction standard as a repeatable testing measure periodically throughout your program to gauge improvement. Notice above that a 3 Mile Run Assessment has been placed in weeks 1, 4, 8 and 12 of the above PT plan example.

F. Plan two rest days in each seven day period. Make your PT plan work for you and fit it around your life routine.

G. Try and fit the below in to your PT plan per week:-

- 2-3 body weight circuits per week
- 3 runs per week (12 miles minimum total)
- 1 other CV session per week (swimming, rowing, bike)

- 1 hike per week (mileage to be added to run mileage to achieve close to 15 miles per week min)
- Pull-up training
- Foam Rolling
- Other PT – Kettlebell circuits / specific strength training (Olympic lifting) – Not mandatory

H. If you are finding your PT plan too hard, or you constantly feel fatigued, do something about it! Lessen the mileage, duration or amount of PT to assess impact. Sessions should be challenging, but not impossible.

I. If your PT plan is too easy then intensify what you are doing by adding sets, speed of movement, etc., to continue improving; if PT sessions are not challenging, they are not helping you. You can also consider varying the types of PT to maintain interest. Do not add extra mileage to your plan above about 15 miles a week, as this could put you at risk of over training!

Training Dairy Template

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							

Training Dairy

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10							
Week 11							
Week 12							