



DEFENCE FORCES, ENTRY FITNESS TEST & 4 WEEK PROGRAMME

THE PHYSICAL FITNESS TEST IS DESIGNED TO ASSESS THE CANDIDATE'S CURRENT LEVEL OF PHYSICAL FITNESS AND THEIR CAPACITY TO UNDERGO THE RIGOURS OF MILITARY TRAINING. IT IS COMPOSED OF THREE PARTS.

PART 1

BODY MASS INDEX

PART 2

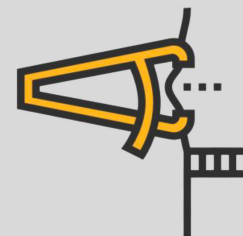
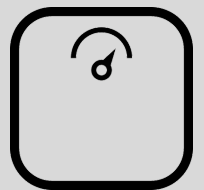
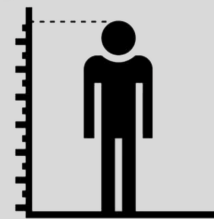
LOCAL MUSCULAR
ENDURANCE

PART 3

AEROBIC CAPACITY

PART 1 BODY MASS INDEX (BMI)

BMI CHECKS WHETHER THE RELATIONSHIP BETWEEN ONE'S HEIGHT AND WEIGHT IS A HEALTHY ONE. THE DEFENCE FORCES FITNESS TEST REQUIRES A BMI >20 - <30 FOR A PASS. IF YOUR BMI IS >30 , YOU WILL BE REQUIRED TO PASS A SKIN FOLD CALLIPER ASSESSMENT.



PART 2

LOCAL MUSCULAR ENDURANCE (LME)

PUSH UP - 20 IN 1 MINUTE

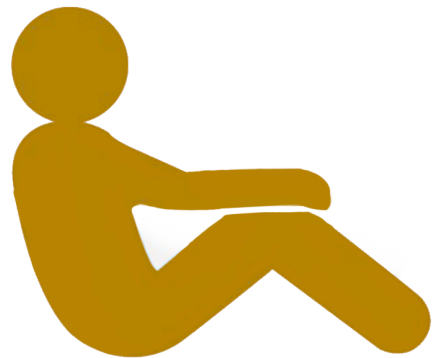
- HANDS SLIGHTLY MORE THAN SHOULDER WIDTH APART.
- HANDS MUST REMAIN IN ORIGINAL POSITION.
- ONE STRAIGHT LINE FROM THE SHOULDERS TO HIPS TO HEELS.
- FEET MAY BE UP TO 12 INCHES APART.
- NO TWISTING OF THE BODY.
- YOU MUST LOCK OUT THE ELBOWS.
- FEMALES MAY USE THE MODIFIED PUSH UP POSITION

SIT UP - 20 IN 1 MINUTE

- FEET CAN BE 12 INCHES APART.
- FEET MUST REMAIN FLAT ON THE GROUND.
- HANDS MUST REMAIN IN CONTACT WITH THE LEGS AT ALL TIMES.
- ELBOWS MUST BE LOCKED OUT.
- HANDS WILL CUP OVER THE KNEE 1 INCH AT THE TOP OF THE MOVEMENT.



**20 PUSH UPS
IN 1MIN**



**20 SIT UPS
IN 1MIN**

PART 3

AEROBIC CAPACITY

2.4KM RUN

- FEMALE APPLICANTS MUST RUN 2.4KM IN OR UNDER 13 MINUTES AND 10 SECONDS.
- MALE APPLICANTS MUST RUN 2.4KM IN OR UNDER 11 MINUTES AND 40 SECONDS.
- THIS IS A PASS/FAIL TEST AND IS NOT GRADED FOR RESULT TIME.
- THE 2.4KM ROUTE WILL BE ON A HARD SURFACE (ROAD / TRACK).



FEMALE APPLICANTS

13MIN 10SEC

MALE APPLICANTS

11MIN 40SEC

SUGGESTED 4 WEEK PROGRAMME




Candidates who wish to prepare for the above tests should do so under the instruction of a qualified instructor

Week	Session 1	Session 2	Session 3
1	15 min Warm up. Steady Run for 20 Mins. Record your distance. 15 min Cool down. Push Ups 5 sets x 5 reps. Sit Ups 5 sets x 5 reps. Stretch.	15 min Warm up. Tempo Training. 4 x 5 min runs with 2 min recovery. Record your distance. 15min Cool down Stretch.	15 min Warm up. Steady Run for 20 Mins . Record your distance. 15 min Cool down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.
2	15 min Warm up. Tempo Training. 3 x 6 min runs with 2 min recovery. Record your distance. 15min Cool down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.	15 mins Warm up. Steady Run for 25 Mins . Record your distance. 15 min Cool down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.	15mins warm up Tempo Training. 2 x 10 Min runs with 2 min recovery. 15mins Cool down. Push Ups 3 sets x 10 reps. Sit Ups 3 sets x 10 reps. Stretch.
3	15 mins Warm up. Steady Run for 30 Mins . Record your distance. 15 min Cool down. Push Ups 3 sets x 12 reps. Sit Ups 3 sets x 12 reps. Stretch.	15mins warm up Tempo Training. 2 x 1 mile/1600 m runs with 2 min recovery. Record your time. 15mins Cool down. Push Ups 3 sets x 15 reps. Sit Ups 3 sets x 15 reps. Stretch.	15 mins Warm up. Steady Run for 2 Miles. Record your time. 15 min Cool down. Push Ups 2 sets x 17 reps. Sit Ups 2 sets x 17 reps. Stretch.
4	15mins warm up Tempo Training. 2 x 1 mile/1600 m runs with 2 min recovery. Record your time. 15mins Cool down. Push Ups 2 sets x 20 reps. Sit Ups 2 sets x 20 reps. Stretch.	Pre-Test Rehearsal. Push Ups-20 Repetitions/1 Min. Sit Ups-20 Repetitions/1 Min. 1.5 mile run-Timed. Males-11 min 40 sec. Females-13 min 10 sec.	Recovery session. Allow sufficient recovery time between this session and your test date.
5.	20 push-ups (1 Min) 20 sit-ups (1 Min) 1.5mile run (Males - 11 min 40 sec, Females - 13 min 10 sec)		

Points to Note

This Programme is a suggested training programme. You are under no obligation to undertake it. You do so at your own risk.

- This programme presupposes a certain level of fitness. **If in doubt talk to your GP.**
- **Step 1**-Invest in proper training equipment particularly a good pair of runners.
- **Step 2**-Talk to a Defence Forces PTI (Physical Training Instructor) or a fitness expert.

Get them to help you to tailor this generic programme to suit your ability/lifestyle. Get them to help you with your technique with Push ups and Sit Ups. Videos of correct push ups and sit up technique are available online    [Defence Forces Recruitment pages and the Defence Forces YouTube channel.](#)

- **Step 3**-Mark out a safe route of 1.5 miles/2.4km.
- **Step 4**-Get a stopwatch to time your runs.
- **Step 5**-Set your goals.
 - **Run**-11 min 40 sec Males/13 min 10 sec Females.
 - **Push Ups**-20 Repetitions in One Minute.
 - **Sit Ups**-20 Repetitions in One Minute.
- **Warm Up**
 - Warm up properly before every session.
 - Exercises: Jogging, fast feet, high heels, high knees and high knee skip.
 - Try to keep warm up specific to the activity you are doing.
- **Heart Rate Intensity:** To achieve the required intensity of exercise use the simple formula.
 - Example.
 - $220 - \text{your age} = 220 - 20 = 200$.
 - $75\% \text{ of } 200 = 150 \text{ Beats per minute}$.
 - This is your target Heart Rate to improve your Cardio-Vascular Endurance)*(Required Intensity).
 - Check your HR pre and post exercise.
- **Cool Down:**
 - Just a general reduction in pace to decrease blood flow to the activated muscles.
- **Stretching:**
 - Stretching is very important pre and post exercise.
 - Stretch all major muscle groups and show particular attention to the muscles that are involved in the activity.
- **On the Day:**
 - Arrive on time at the test centre.
 - Eat 2/3 Hours prior to the Test.
 - Bring a snack to the Test Centre to stay refuelled.
 - STAY HYDRATED. Sip water all day.

If you are in doubt about your fitness levels to undertake this programme, see your Doctor first.