

## **PHYSICAL FITNESS TEST**

The physical fitness assessment is designed to test the candidate's current level of physical fitness and his/her capacity to undergo the rigours of military training. It is composed of two aspects;

- a.      Aerobic endurance  
            Local muscular endurance
- b.      Components of physical fitness, consisting of body fat assessment, hand grip strength and flexibility.

### **FORMAT OF TEST**

#### **Aerobic endurance**

(This is a pass or fail test) Candidates will be required to run one and a half miles within the time limit below:

	<b>Males</b>	<b>Females</b>
	11 mins 40 secs.	13 mins 10 secs.

#### **Local Muscular Endurance**

This will be assessed using push-ups and sit-ups.

	<b>Males</b>	<b>Females</b>
Push-ups: (Minimum requirement)	20	20 (modified)
Sit-ups: (Minimum requirement)	20	20

If a candidate fails to meet any of the above minimum requirements, he/she will not be permitted to proceed to the next stage of the competition.

Candidates will also undergo an assessment which includes three components of physical fitness as follows:

#### **Body Composition Assessment**

This assesses the candidate's percentage of body fat. The candidate will be subjected to a body/mass index test.

#### **Strength**

Assessed using hard grip strength dynamometer which gives an indication of overall muscular strength.

#### **Flexibility**

Assessed using various flexibility aids (hamstring and lower back flexibility).

All tests are conducted in sports gear. Candidates are advised to bring the following should they be requested to attend: tracksuit, shorts, singlet/t-shirt, training shoes, towel, and wash gear etc.

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

**Suggested 4 Week Training Programme for Applicants.**

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>
<b>1</b>	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.
<b>2</b>	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.
<b>3</b>	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.
<b>4</b>	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.
<b>5.</b>	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 at <http://www.military.ie/en/careers/defence-forces-fitness-testing/>

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- **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% of 200 = 150 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 any doubt about your fitness levels to undertake this programme, see your Doctor first.**