



# PRE-ENTRY FITNESS PLAN

## Introduction

Following a legislative change to recruitment and a restriction placed upon the ability to maximally assess individuals until a physical pre-conditioning package has been completed, it has been necessary to take the latest evolutionary step in the training system that delivers the next generation of Royal Marines Commandos.

The Recruit Orientation Phase (ROP) is a new concept designed to prepare you the recruit physically, through sub-maximal physical periods, and mentally with targeted coaching and mentoring, during the first 4-weeks at CTCRM, Lympstone. This 'full spectrum' programme, delivered by a specialist hand-selected Training Team, sets the conditions for success, enabling the transition from civilian to recruit whilst building robust Commando foundations.

This document details the pre-entry (or 'pre-ROP' as it is known in the Marines) 4 week training programme.



At no point during the 4-week programme should you be training at a maximal heart rate, refer to the scale below or use a heart rate monitor, if available, to keep your training within the guidelines mentioned above. Increase rest or lower the intensity if reaching maximal exertion.

### RPE SCALE

### RATE OF PERCEIVED EXERTION

**10**

#### **MAX EFFORT ACTIVITY**

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

**9**

#### **VERY HARD ACTIVITY**

Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.

**7-8**

#### **VIGOROUS ACTIVITY**

Borderline uncomfortable. Short of breath, can speak a sentence.

**4-6**

#### **MODERATE ACTIVITY**

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

**2-3**

#### **LIGHT ACTIVITY**

Feels like you can maintain for hours. Easy to breathe and carry a conversation.

**1**

#### **VERY LIGHT ACTIVITY**

Hardly any exertion, but more than sleeping, watching TV, etc.

# Week 1

Day	Activity	Remarks
1	1.5 Mile Run	<p>Run at a steady pace for 5 minutes (Rate of Perceived Exertion (RPE) Level 3) to raise heart rate and warm up muscles then increase to 60 - 70% maximum heart rate (RPE level 6). This should feel a comfortable pace throughout.</p> <p>On completion rest for 2 minutes and then carry out body weight exercises.</p> <p>3 sets of the following with 1-minute rest between sets:</p> <p style="text-align: center;">20 press ups 30 sit ups 20 body weight squats 5 pull ups</p>
2	Circuit 1	See attached Circuit 1
3	Stretch Session	Gentle 10-minute run/warm up. Ensure you utilise this time to stretch the major muscle groups. Start from the feet and work in a logical order up the body. Stretching each muscle for a period of 30- 60 seconds.
4	Circuit 2	See attached Circuit 2
5	Fartlek Session	<p>Run at a steady pace for 5 minutes (RPE Level 3) then conduct dynamic stretches to warm up.</p> <p>Run at 70 -80% of your maximum pace (RPE level 7 - 8) for 30 seconds followed by a walk for 30 seconds to recover, repeat 3 times then rest for 1 minute 30 seconds - repeat x 2.</p>
6-7	Rest and Recovery	Eat a balanced diet and ensure you get plenty of quality sleep.

# Week 2

Day	Activity	Remarks
1	2 Mile Run	<p>Run at a steady pace for 5 minutes to raise heart rate and warm up muscles then increase to 60% maximum heart rate (RPE Level 6).</p> <p>On completion rest for 2 minutes and then carry out body weight exercises.</p> <p>3 sets of the following with 1-minute rest between sets:</p> <p>25 press ups 30 sit ups 20 body weight squats 6 pull ups</p>
2	Circuit 1	See attached Circuit 1
3	Run - Intervals	Run 400M at 70 - 80% Max Heart Rate (7 - 8 on the RPE) followed by 200M walk x 6 Sets.
4	Circuit 2	See attached Circuit 2
5	Stretch Session	Gentle 10-minute run/warm up. Ensure you utilise this time to stretch the major muscle groups. Start from the feet and work in a logical order up the body. Stretching each muscle for a period of 30- 60 seconds.
6-7	Rest and Recovery	Eat a balanced diet and ensure you get plenty of quality sleep.

# Week 3

Day	Activity	Remarks
1	3 Mile Run	<p>Run at a steady pace for 5 minutes to raise heart rate and warm up muscles then increase to 60 - 70% maximum heart rate (RPE 6 - 7).</p> <p>On completion rest and carry out body weight exercises.</p> <p>Press ups - best effort 1 minute 30 seconds rest Sit ups - best effort 1-minute rest then repeat Finish with 30 pull ups conducted in sets of 5</p>
2	Circuit 1	See attached Circuit 1
3	Hill Session	<p>Finding a steady incline of 30 - 40m of open space. Start with a steady 800m run to warm up followed by dynamic stretching focus on the legs (quads, hamstrings, calves, groin).</p> <p><b>Sprint 1</b> - 50% to continue warm up slow jog back to start position and repeat.</p> <p><b>Sprint 2</b> - 50% slow jog back then 30 seconds rest.</p> <p><b>Sprint 3</b> - 50% slow jog back then 30 seconds rest (Sprints 1 - 3 at level 3 RPE).</p> <p><b>Sprint 4, 5 and 6</b> - 70 - 80% slow jog back then 45 seconds rest (RPE 7).</p> <p><b>Sprint 7 and 8</b> - 90 % slow jog back then 1-minute rest.</p> <p><b>Sprint 9</b> - 90% slow jog back 1 minute 15 seconds rest.</p> <p><b>Sprint 10</b> - 100% slow 5 min jog to cool down (due to rest between sprints RPE should rise no more than RPE 7 - 8 at any time during the session).</p>
4	Stretch Session	Gentle 10-minutes run/warm up. Ensure you utilise this time to stretch the major muscle groups Start from the feet and work in a logical order up the body. Stretching each muscle for a period of 30- 60 seconds.
5	Circuit 2	See attached Circuit 2
6-7	Rest and Recovery	Eat a balanced diet and ensure you get plenty of quality sleep.

# Week 4

Day	Activity	Remarks
1	3 Mile Run	<p>Run at a steady pace for 10 minutes to raise heart rate and warm up muscles then increase to 80% maximum heart rate (RPE 7 – 8).</p> <p>On completion rest and carry out body weight exercises:</p> <p>Press up best effort 1 minute 30 seconds rest Sit ups best effort 1 minute 30 seconds rest 30 pull ups conducted in sets of 5</p>
2	Circuit 1	See attached Circuit 1
3	Hill Climbs/ Leg Circuit	<p>Find a hill that takes approximately 30 seconds to run up at 60 – 70% max heart rate.</p> <p>Conduct warm up then:</p> <p>Run up the hill followed by a steady jog back down. On each occasion at the bottom of the hill carry out: 10 squats and 10 press ups 10 sit ups.</p> <p>Rest for 1 minute.</p> <p>Repeat x 10 - at no point should your RPE be above Level 8.</p>
4	Interval Run	<p>Run at a steady pace for 5 minutes to raise heart rate and warm up muscles.</p> <p>Run 800M at 80 – 90% Max heart rate (RPE 8 – 9) followed by 400M Walk x 4 sets.</p> <p>On completion rest for 2 minutes and carry out body weight exercises.</p> <p>Press ups - best effort 1 minute 30 seconds rest Sit ups - best effort 1 minute 30 seconds rest Best effort - pull ups 1 minute 30 seconds rest Hang with straight arms on the pull-up bar for as long as you can.</p>
5	Circuit 2	See attached Circuit 2
6-7	Rest and Recovery	Eat a balanced diet and ensure you get plenty of quality sleep.

# Circuit 1

Each exercise is to be completed in order.  
First time through = 15 reps, then 25 reps and finally 10 reps.

Exercise	Description
<b>1. Press Up</b>	<ul style="list-style-type: none"><li>Arms no further than shoulder width apart.</li><li>Bend your arms lowering your chest to the floor, elbows tucked in tight to the side.</li></ul>
<b>2. Squat</b>	<ul style="list-style-type: none"><li>Place your hands across your chest, finger tips on your shoulders.</li><li>Feet shoulder width apart.</li><li>Bend your legs keeping your back straight. Your back side should be just below your knees.</li><li>Return to start position</li></ul>
<b>3. Crunches</b>	<ul style="list-style-type: none"><li>Finger tips on your temple, do not cross your feet..</li><li>Bring your knees to your elbows.</li><li>Repeat</li></ul>
<b>4. Wide Arm Press Up</b>	<ul style="list-style-type: none"><li>Arms much wider than Ex1.</li><li>Lower your torso as far as possible.</li><li>Chest muscles will feel the movement.</li></ul>
<b>5. Lunge</b>	<ul style="list-style-type: none"><li>Hands on your hips</li><li>Place alternative feet forward so that the front leg is approximately 90 degrees angle.</li><li>The back knee should not touch the floor.</li><li>Keep your back straight</li></ul>
<b>6. Half Sit</b>	<ul style="list-style-type: none"><li>Lie on your back with your feet flat on the floor, knees bent, hands resting on your thighs.</li><li>Raise the head and chest up whilst sliding your hands to touch the top of your knees.</li></ul>
<b>7. Close Arm Press Up</b>	<ul style="list-style-type: none"><li>Place your hands on the floor with your index fingers and thumbs touching.</li><li>Widen your feet slightly to form a firm base.</li><li>Lower your chest to the floor and return to start position to complete 1 x rep.</li></ul>
<b>8. Hill climbs</b>	<ul style="list-style-type: none"><li>Adopt the Press Up position.</li><li>Bring alternate knees to your elbows in a running motion.</li></ul>
<b>9. V-Sit</b>	<ul style="list-style-type: none"><li>Lie on your back, raise your legs straight in the air.</li><li>Raise your head and chest towards your legs.</li><li>Finger tips to touch your toes, or as near as possible.</li></ul>

# Circuit 2

Each exercise is to be completed in order.  
First time through = 15 reps, then 25 reps and finally 10 reps.

Exercise	Description
<b>1. Stand Up, Sit Downs</b>	<ul style="list-style-type: none"><li>• Simply start stood up straight,</li><li>• Sit down as quick as possible using an arm to steady yourself</li><li>• Push up back to standing (Alternate supporting arm)</li></ul>
<b>2. Hill Climbs</b>	As per Circuit 1
<b>3. Diamond Press Ups</b>	<ul style="list-style-type: none"><li>• Adopt the normal press up position,</li><li>• Walk your feet towards your hands keeping your legs and arms straight.</li><li>• This will cause the body to form a triangle shape, isolating your shoulders.</li><li>• Bend your arms as per press up (shoulders will feel the exercise)</li></ul>
<b>4. Sky Diver Press Ups</b>	<ul style="list-style-type: none"><li>• Adopt the Press up position with your chest on the floor and your feet and hands slightly wider than normal,</li><li>• Carry out a full press up with your chest touching the floor each time.</li><li>• As your chest touches the floor gently lift your hands off the floor, no more than 1inch.</li></ul>
<b>5. Lunges</b>	<ul style="list-style-type: none"><li>• Hands on your hips</li><li>• Place alternative feet forward so that the front leg is approximately 90 degrees angle.<ul style="list-style-type: none"><li>• The back knee should not touch the floor.</li><li>• Keep your back straight.</li></ul></li></ul>
<b>6. Flutter Kicks</b>	<ul style="list-style-type: none"><li>• Lie on your back with your arms by your side on the floor.</li><li>• Keep your legs straight and raise them off the floor 6 inches.</li><li>• Kick your legs as per swimming back stroke no more than 6 inches apart.</li></ul>
<b>7. Burpees</b>	<ul style="list-style-type: none"><li>• From standing position.</li><li>• Squat down till your backside touches your heels.</li><li>• Force your legs back to adopt the press up position.<ul style="list-style-type: none"><li>• Return to the squat position then stand up.</li></ul></li></ul>
<b>8. Squats</b>	As per Circuit 1