

 **ROYAL
AIR FORCE**
REGULAR & RESERVE



fit for action

Preparing for application
& training in the RAF



Fitness in the Royal Air Force

Fitness in the RAF is important. The RAF is always on the move, whether operating in combat zones or on peaceful missions, we have to be ready for anything. So, if you want to wear the RAF uniform, you'll need to be physically fit.

Being fit is about more than being able to run long distances or lift heavy weights. It's about being able to work effectively when you're tired and to think clearly in stressful situations – and when you join the RAF you'll be expected to do both. You need to have the resilience, robustness and health to be ready for service. If you're not already fit, you'll need to start now – because before you're accepted into the RAF you'll have to pass either two or three fitness tests, depending on the role you apply for.

This booklet tells you what to expect from the Fitness Tests you will face as either an Airman or Officer applicant for the RAF. It will also advise you how to be ready for the start of your Phase One training course.

It contains advice on getting fit, including a 12 week fitness programme, which will help you get up to a minimum level of fitness ready for the application process. However, we advise you to aim to get your fitness above this level if possible, as it will be of serious benefit as you begin your training.



“The RAF fitness advice was really helpful – and when I got to RAF Halton for my recruit training course, I found I was in better shape than some of the others.”

TRAINING TIP You don't need expensive equipment or gym membership to get fit – just a pair of well-fitting exercise trainers and the right attitude.

Airmen/ Women Applications

All recruits must pass a fitness test. For Airmen/Women candidates, the first one you'll do is called the Pre-Joining Fitness Test (PJFT). This test involves a 1.5 mile (2.4km) run on a treadmill at a local gym watched by a fitness instructor who will send your results to your AFCO. You will also need to complete a minimum number of press-ups and sit-ups (one minute for each of these elements). The time limit for the run and the amount of press-ups and sit-ups required will vary depending on your age and gender. You can find the standards required later in this booklet and they're also listed on the RAF Recruitment website. You are required to pass the test to progress your application.

You will also have a second fitness test at your Pre-Recruit Training Course (PRTC) which takes place at RAF Halton – where you will do your Phase One training. This will consist of the same elements as the PJFT and you must pass to progress your application. However, instead of the treadmill run you are required to meet a certain level on the Multi-Stage Fitness Test (MSFT or Bleep Test). Pass standards vary with age and gender and can be found later in the booklet and it is a requirement to also pass this test to progress your application. In order to practice the MSFT you can download a MP3 file from the RAF Recruitment website.

The timescale between your two fitness tests could vary from a few weeks to a few months, depending on the role you've applied for, so it's important to keep your fitness levels up and improving throughout your application. The PRTC may be the final hurdle to your entry to initial training, so don't miss out on your new life and career by missing out time in the gym!

Officer Applications

All recruits must pass a fitness test. For Officer candidates, the first one you'll do is at Officer and Aircrew Selection Centre (OASC) at RAF Cranwell. It involves reaching a required level on the Multi-Stage Fitness Test (MSFT). The levels you need to meet will depend on your age and gender. You will also be required to do a minimum amount of press-ups and sit-ups (one minute for each of these elements). You can find the pass standards you need to meet later in the booklet and you must pass the test for your application to progress. You will undertake a second fitness test at your Familiarisation Visit (Fam Visit) just prior to starting Initial Officer Training (IOT) at RAF Cranwell. This will consist of the same elements which you must pass to progress your application. In order to practice the MSFT you can download a MP3 file from the RAF Recruitment website.

The timescale between your two fitness tests could vary from between a few weeks to a few months, depending on the role you've applied for, so it's important to keep your fitness levels up and improving throughout your application. The Fam Visit may be the final hurdle to your entry to initial training, so don't miss out on your new life and career by missing out time in the gym!



The Multi-Stage Fitness Test (MSFT)

The MSFT is an aerobic fitness test that is an objective measure of health and provides an indication of the amount of physical activity you undertake. The test requires you to run between two markers placed 20m apart in response to pre-recorded timing bleeps. After each minute the bleeps become progressively faster and you will be required to keep running until you can no longer keep up with the bleeps. In order to help you prepare for the MSFT we have incorporated shuttles into the RAF Fitness Training programme in this booklet. When practicing turning, remember to:

- Slightly slow down as you approach the line so you don't cross it.
- Touch the line with the body half turned and push off the back leg.

Pre-Test Advice

Wear proper training kit

To take any of the tests, you will need to bring a pair of proper exercise trainers, socks, shorts and a T-shirt.

Preparation

Don't:

- Drink caffeinated drinks, eat or smoke for at least two hours before the test.
- Do any strenuous exercise for at least six hours before the test.
- Drink alcohol for at least twelve hours before the test.

TRAINING TIP

Get fit before taking the Pre-Joining Fitness Test. You will be more likely to pass.

What happens if I pass my initial Fitness Test?

Your AFCO will contact you with regards to the next stage of your application, which in most cases will be a date for PRTC (for Airmen) or Fam Visit (for Officers). The date for either of these will depend on the role that you have applied for and could, in some cases, be several weeks or months away. It is incredibly important that you maintain your fitness levels in order to make sure you pass the next step of your application. You need to pass the PRTC and Fam Visit fitness tests to make it to Phase One training at Halton or Cranwell.

What happens if I fail my initial Fitness Test?

Your application can't be progressed until you pass your initial Fitness Test. But, don't worry; this isn't necessarily the end of the road. Your AFCO will keep you fully informed of your options at each stage and you will be given another opportunity to take the test after a suitable amount of time, allowing you to train and be more prepared for it. The amount of time will depend on how you did on your first attempt. However, your application is subject to your continued eligibility and the availability of the role (slots can be limited and you're not the only one applying for it), so it's in your best interest to pass first time and maintain your fitness.

RAF Fitness Test Pass Standards

Age	MALE			
	2.4km Run	MSFT	Press-Ups	Sit-Ups
	100% Pass	100% Pass	100% Pass	100% Pass
15-16	11.39	9.03	20	35
17-29	11.11	9.10	20	32
30-34	11.36	9.04	19	29
35-39	12.00	8.09	18	26
40-44	12.26	8.03	17	23
45-49	12.54	7.07	16	20
50-54	13.27	7.01	15	20
Age	FEMALE			
	2.4km Run	MSFT	Press-Ups	Sit-Ups
	100% Pass	100% Pass	100% Pass	100% Pass
15-16	13.54	6.07	10	32
17-29	13.23	7.02	10	32
30-34	13.47	6.08	9	29
35-39	14.13	6.04	8	26
40-44	14.48	5.08	7	23
45-49	15.19	5.04	6	20
50-54	15.53	4.09	5	17

Fitness After The Application Process

Passing all of the fitness tests in the application process is just the start. Recruit training at RAF Halton and RAF Cranwell is physically demanding, so you'll need to maintain and steadily improve your level of fitness throughout the course.

If you are fit when you arrive, you'll get more out of the course and will impress your instructor. You're also less likely to pick up an injury if you're fit when you arrive.

TRAINING TIP

Set yourself clear, achievable fitness goals – it will give you something to aim for.

Looking back, I wish I'd done more fitness training before I arrived at Halton – it makes such a difference.

Fitness goals

Recruit training will test you physically in ways you have probably never experienced. You'll have to pass routine fitness tests in order to progress to the next stage of your training. The physical demands will become harder as the course progresses, so you'll need to continually reassess your fitness level and set yourself new goals.

But recruit training isn't just an endless routine of timed runs and press-ups. You'll be following a demanding training programme, with long days and often very little sleep. Physical fitness is the best way of preparing your body (and mind) for this challenge.

We don't expect superhuman strength or endurance on day one of the training course. We're just looking for a basic level of fitness and a willingness to put in the required effort. We see fitness as a personal responsibility, so arriving in good shape will demonstrate that you possess the self-motivation that we look for in our personnel.

TRAINING TIP

The RAF is looking for people who don't give up. Training can be tough, but keep going.

THE DIFFERENT TYPES OF FITNESS

Fitness has many different components. The key ones for you are aerobic fitness, muscular endurance and flexibility.

Aerobic fitness

How efficiently you can transport oxygen around your bloodstream – effectively, how long you are able to continue exercising before fatigue sets in.

Examples of aerobic exercise: running, cycling, swimming, rowing.

Muscular endurance

The power and endurance of your muscles, and their ability to work against resistance.

Examples of muscular endurance exercises: press-ups, sit-ups, tricep dips, dorsal raises.

Flexibility

Your body's suppleness and range of movement. Examples of flexibility exercises: stretching, yoga, gymnastics, martial arts.

Conclusion

RAF recruit training will demand all these elements, so it is essential that your fitness programme incorporates both aerobic and muscular endurance elements, and that you warm up and cool down before and after exercising.



WARMING UP AND COOLING DOWN

Warming up

Before you do any form of exercise you should always warm up. This will enable you to perform at your optimal level and will help prevent injury.

Start off with a gentle exercise that uses the whole body like jogging. You should do this for 2-3 minutes and it should leave you sweating slightly and breathing a little more heavily than normal.

Now that your muscles are warm and the blood is flowing, you can start mobilising the joints. Refer to the next page for a description of the mobility exercises.

These mobility exercises are specific to the joints and muscle groups that will be used during this programme. Ensure that the mobility exercises are:

- Controlled.
- Gradually increasing the range of movement.
- Repeated 10-12 times for each mobility exercise.

Cooling down

Cooling down is just as important as warming up. By doing so, you will lower the heart rate to resting levels and stretch the muscles to aid recovery.

Follow the cooling down programme after every session performed.

Remember to perform each stretch in a controlled manner and hold for 30 seconds.

Injuries and illness

Don't exercise if you are injured or feeling unwell.

Always warm up and cool down – It allows you to train optimally and recover faster.

Make sure that you wear the correct equipment to train in, to enhance performance and to reduce the chance of injury.

Remember to have:

- Appropriate trainers.
- Suitable clothing.
- A full water bottle with you.

The next 13 pages outline the RAF health and fitness programme for potential recruits. There is an effective combination of aerobic and muscular endurance exercises, a stretching programme, and advice on diet and lifestyle. If you want to prepare for life in the RAF, it's the perfect way to start.

Introduction To The Pre-Recruit RAF Fitness Programme

This programme offers training advice to individuals of all fitness levels, whether you are starting from scratch or a regular exerciser. Your starting point will depend on your initial self-assessment results. You will be able to refer to the 'Getting Started' guide on the next page to decide your starting point.

The programme starts gradually and slowly increases in intensity and duration whilst your rest will decrease the further you progress.

It is up to you to do as much of the programme as you want to. The programme is progressive in nature, so start at the most suitable point for your current level of fitness. If you need to repeat a week then it is fine for you to do so. Until you can meet the target number of repetitions within a training week it is recommended that you do not progress onto the following week.

TRAINING TIP

Whether you run, jog or walk will depend on your initial levels of fitness. If you find the running or jogging too difficult then follow a walk/jog programme. (E.g. 1 min walk, 2 min jog). If this is too hard then walk for the full duration, increasing speed each week until a jog is achieved and maintained.

Training Intensity

Throughout this fitness programme, you will see references to exercising at 'low', 'moderate' and 'high' intensity. This is to ensure a gradual progression in your training.

Low:

Can breathe normally and hold a conversation.

Moderate:

Breathing has increased but can still talk relatively comfortably.

High:

Heavier breathing, sweating, hard to hold a conversation.

Low Impact Aerobic Exercise

One of the key components of this fitness programme is what we call 'low impact cardiovascular exercise'. This means fitness building exercises that don't put too much stress on your joints.

These include:

- Cycling or Spinning
- Swimming
- Rowing
- Cross-trainer
- Walking

GETTING STARTED GUIDE

Your fitness programme starting point will depend on your fitness self-assessment check. As you can see below the guide is divided into 3 sections. Once you have taken your initial fitness self-assessment you should find the level that most closely matches your scores and start at the beginning of that week

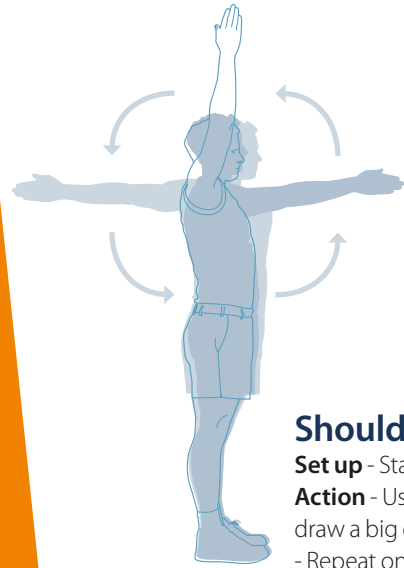
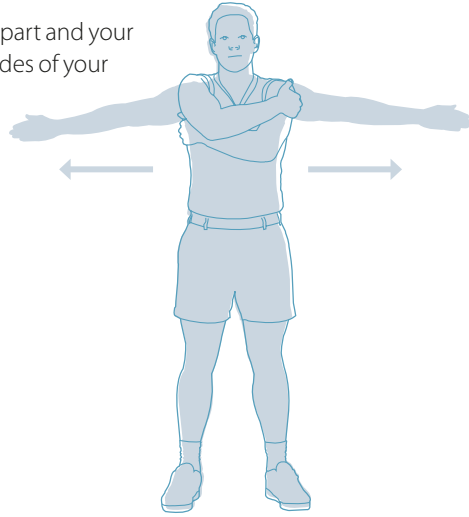
LEVEL	MALE		FEMALE	
1	2.4 Km Press-ups Sit-ups	Above 11m11s Below 15 Below 30	2.4 Km Press-ups Sit-ups	Above 13m 23s Below 5 Below 27
2	2.4 Km Press-ups Sit-ups	Below 11m 11s Between 15 – 22 Between 30 - 42	2.4 Km Press-ups Sit-ups	Below 13m 23s Between 5 - 12 Between 27 - 39
3	2.4 Km Press-ups Sit-ups	Below 10m11s Above 23 Above 43	2.4 Km Press-ups Sit-ups	Below 12m 23s Above 13 Above 40

Level 1 – Start at week 1 | Level 2 – Start at week 4 | Level 3 – Start at week 7

Body Hug

Set up - Stand with your feet shoulder width apart and your arms outstretched at shoulder height by the sides of your body.

Action - Bring your arms in across your body and give yourself a big hug.
- Return to the starting position and repeat.



Shoulder Rotation

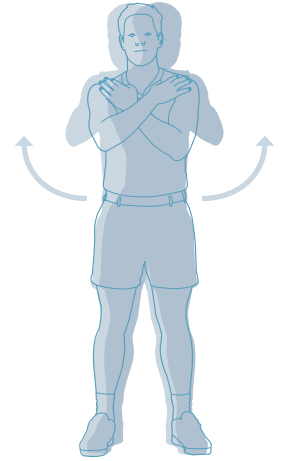
Set up - Stand upright with your feet shoulder width apart.

Action - Using one arm at a time, in a continuous motion draw a big circle with your hand to the side of your body.
- Repeat on opposite side.

Trunk Rotations

Set up - Stand upright with your feet shoulder width apart with your hands across your chest.

Action - Turn your body to look over your left shoulder.
- Return to centre, turn your body to look over your right shoulder.
- Repeat rotation.

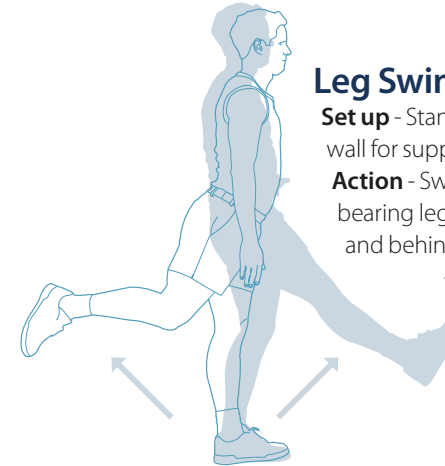


Leg Swing:

Set up - Stand on one leg using a wall for support if needed.

Action - Swing your non-weight bearing leg in front of your body and behind.

- Repeat on opposite side.



Calf Stretch

Set up - Stand facing the wall in a staggered stance (one leg forward, one leg back) and place your hands on the wall in front. Keep your back leg straight with your heel in contact with the floor

Action - Push your hips and chest forward until you feel tension down the back of the rear leg.
- Repeat on the opposite side.

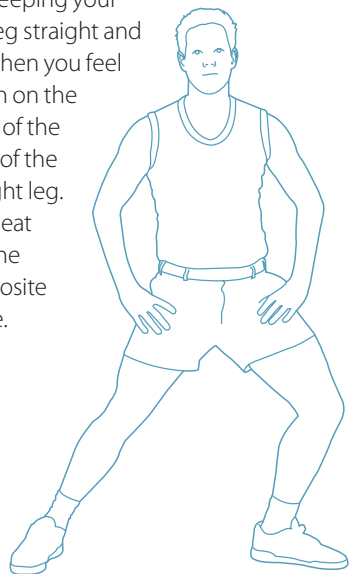


MOBILITY EXERCISES

Perform these after 2-3 minutes of aerobic exercise before the main part of your training session.
Perform each exercises 10-12 times.

Standing Adductor Stretch

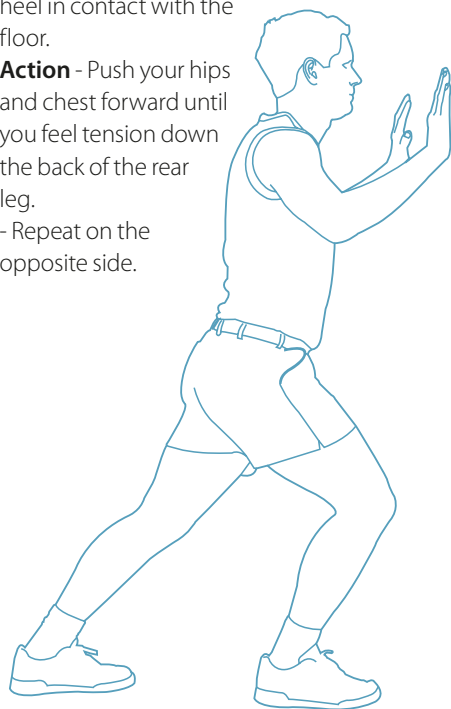
Set up - Stand upright with a wide stance. Bend one knee and lean to the same side whilst keeping your other leg straight and hold when you feel tension on the inside of the thigh of the straight leg.
- Repeat on the opposite side.



Standing Calf Stretch

Set up - Stand facing the wall in a staggered stance (one leg forward, one leg back) and place your hands on the wall in front. Keep your back leg straight with your heel in contact with the floor.

Action - Push your hips and chest forward until you feel tension down the back of the rear leg.
- Repeat on the opposite side.



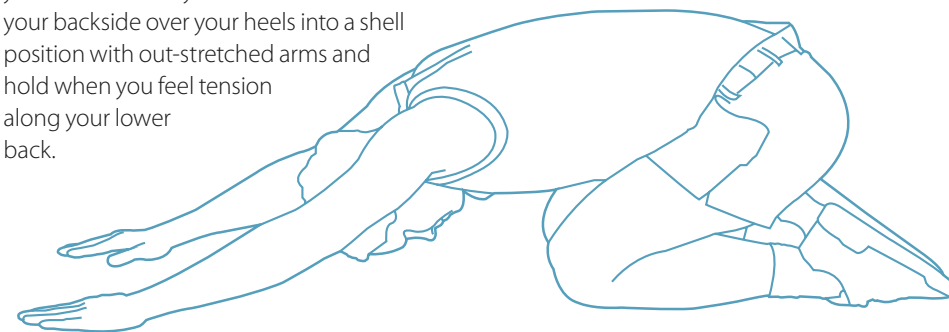
Lying Abdominal Stretch

Set up - Lie face down on the floor with your hands by the side of your shoulders. Keeping your hips and feet in contact with the ground, push your chest away from the floor and hold when you feel tension along your abdominals. If you can't straighten your arms, perform the stretch on your elbows.



Shell Stretch:

Set up - Lie face down on the floor with your hands under your shoulders. Push your backside over your heels into a shell position with out-stretched arms and hold when you feel tension along your lower back.



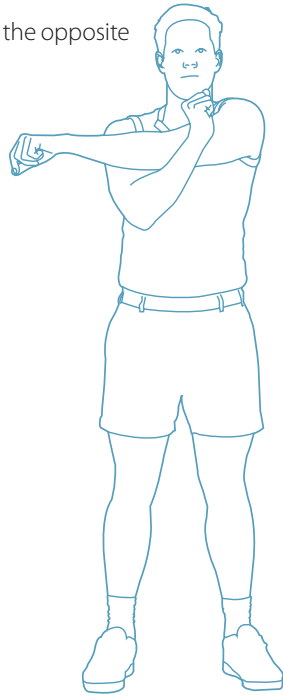
COOL DOWN EXERCISES

Standing Shoulder Stretch

Set up - Stand upright with your feet shoulder width apart.

Action - Bring one arm across your chest and with your opposite arm hold it above or below your elbow until you feel tension in the shoulder of the arm that is across the body.

- Repeat on the opposite side.

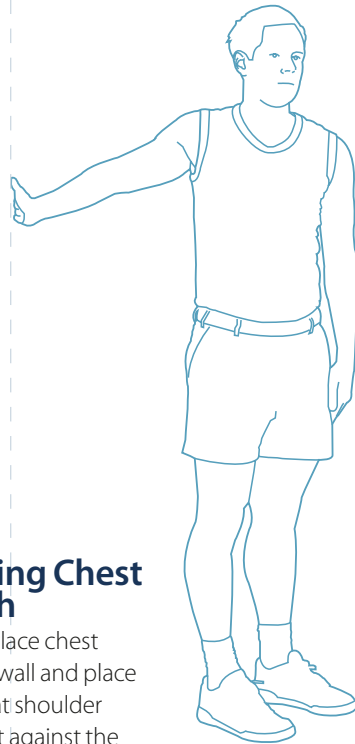


Standing Chest Stretch

Set up - Place chest against a wall and place one arm at shoulder height flat against the wall.

Action - Turn your body away from the wall and hold when you feel tension across the chest and shoulder of the arm that is in contact with the wall.

- Repeat on the opposite side.

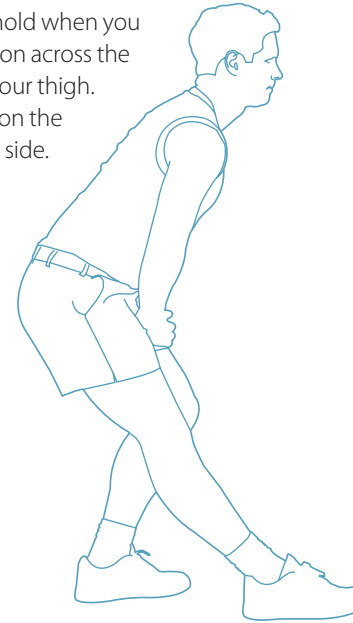


Standing Hamstring Stretch

Set up - Stand upright with your feet hip width apart. Straighten one leg in front of you, keeping your chest up and your front foot flat on the floor and your rear leg bent.

Action - Bend at your hips leaning forward over your out stretched leg and hold when you feel tension across the back of your thigh.

- Repeat on the opposite side.

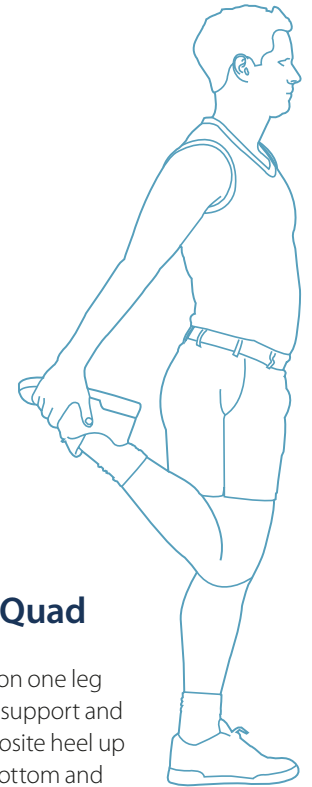


Standing Quad Stretch

Set up - Stand on one leg using a wall for support and bring your opposite heel up towards your bottom and hold above the ankle with your free arm.

Action - Hold when you feel tension across the front of the thigh of the bent leg.

- Repeat on the opposite side.



COOL DOWN EXERCISES

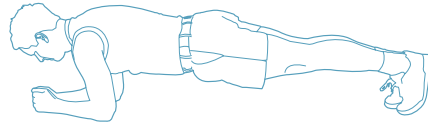
Perform these after your main training session. Hold each stretch for 30 seconds each side.

Plank

Set Up - Lie on your front with your elbows under your shoulders and your forearms flat on the floor - Raise your hips off the floor until you make a straight line with your body.

Action - Hold this position for the required amount of time.

Alternative - Place feet wider apart.



Sit-Up

Set up - Lie on your back with your knees bent at right angles and your feet in contact with the floor - Place your fingers in contact with your temples.

Action - Raise your torso off the floor until your elbows touch the top of your knees - Lower shoulders to the floor in a controlled manner.

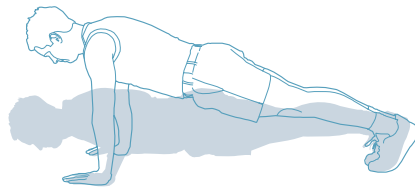


Press-Up

Set Up - Lie on your front with your hands in line with your shoulders - Straighten your arms raising your body off the floor, ensuring your head is neutral and the back is kept straight.

Action - Lower body until upper arms are parallel (90°) to the floor then straighten your arms back to the starting position.

Alternative - Drop to knees and perform same movement.



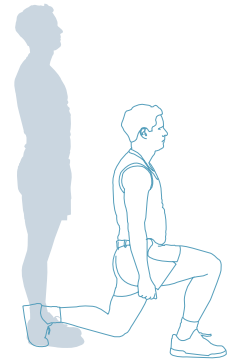
Lunge

Set Up - Stand with your feet hip width apart and your hands by your sides.

Action - Take a step forward and bend your rear knee to just above the ground.

- Make sure your upper body stays upright and your front knee does not go over your toes.

- Push off the front leg to return to the starting position and repeat the exercise on your opposite leg.



Squat

Set Up - Stand upright with your feet shoulder width apart.

Action - Bend at your hips and knees until your thighs are parallel to the floor. - Maintain a rigid back and keep your chest upright with your head looking forward.

- Straighten your knees and hips to return to the starting position.



Dorsal Raise

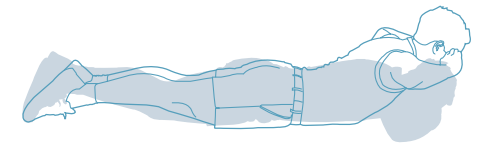
Set Up - Lie on your front and keep your feet in contact with the ground at all times.

- Place your finger tips on your temples.

Action - Lift your chest off the floor keeping your hips and feet in contact with the ground.

- Hold for 2 seconds.

- Lower body to the floor under control.



MUSCULAR ENDURANCE CIRCUIT

One of the core components of the Pre- Joining Fitness Programme is a bodyweight resistance circuit consisting of multiple exercises and repetitions. Here are the exercises that make up the circuit and the correct way to perform them.

WEEK 1

Day 1

Fitness self-assessment
(Record your scores below)

2.4km run (1.5 mile) in your best time

As many Press-ups as you can manage in 1 minute

As many Sit-ups as you can manage in 1 minute.

Day 2

Low-impact cardiovascular activity for 20 minutes at low intensity

Day 3

2 Circuits: 2 minutes rest between each circuit

Exercise	M	F
Press-up	8	4
Squat	10	7
Sit-up	12	11
Lunge	5	3
Plank	20s	10s
Dorsal raise	10	7

Day 4

Rest Day

Day 5

20 minutes continuous walk/jog at low intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day

WEEK 2

Day 1

20 minutes continuous walk/jog at low intensity

Day 2

Low-impact cardiovascular activity for 25 minutes at low intensity

Day 3

2 Circuits: 2 minutes rest between each circuit

Exercise	M	F
Press-up	10	5
Squat	12	9
Sit-up	16	13
Lunge	8	5
Plank	25s	15s
Dorsal raise	12	9

Day 4

Rest Day

Day 5

20 minutes continuous walk/jog at low intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day

SELF-ASSESSMENT CHECK RECORD SHEET

WEEK 3

Day 1

25 minutes continuous walk/jog at moderate intensity

Day 3

2 Circuits: 2 minutes rest between each circuit

Day 2

Low-impact cardiovascular activity for 25 minutes at low intensity

Exercise	M	F
Press-up	12	6
Squat	15	11
Sit-up	20	17
Lunge	10	8
Plank	30s	20s
Dorsal raise	15	11

Day 4

Rest Day

Day 5

20 minutes continuous walk/jog at low intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day

WEEK 4

Day 1

25 minutes continuous walk/jog at moderate intensity

Day 5

Rest Day

Day 2

Low-impact cardiovascular activity for 30 minutes at low intensity

Day 6

Fitness Assessment
(Record your scores below):

2.4km run (1.5 mile) in your best time

Day 3

2 Circuits: 2 minutes rest between each circuit

As many Press-ups as you can manage in 1 minute

Exercise	M	F
Press-ups	14	7
Squat	17	13
Sit-ups	24	21
Lunge	12	10
Plank	30s	20s
Dorsal raise	17	13

As many Sit-ups as you can manage in 1 minute

Day 4

Low-impact cardiovascular activity for 30 minutes at low intensity

Day 7

Rest day

SELF-ASSESSMENT CHECK RECORD SHEET

WEEK 5

Day 1

30 minutes continuous run at moderate intensity

Day 3

2 Circuits: 2 minutes rest between each circuit

Day 2

Low-impact cardiovascular activity for 35 minutes at low intensity

Exercise	M	F
Press-up	16	8
Squat	17	13
Sit-up	28	25
Lunge	12	10
Plank	30s	20s
Dorsal raise	17	13

Day 4

Rest Day

Day 5

30 minutes continuous run at moderate intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day/30 minute swim at low intensity

WEEK 6

Day 1

30 minute continuous run at moderate intensity

Day 2

Low-impact cardiovascular activity for 35 minutes at low intensity

Day 3

3 Circuits: 2 minutes rest between each circuit

Exercise	M	F
Press-up	14	7
Squat	15	11
Sit-up	26	23
Lunge	10	8
Plank	30s	20s
Dorsal raise	15	11

Day 4

Rest Day

Day 5

30 minutes run at moderate to high intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day/30 minute swim at low intensity

**SELF-ASSESSMENT
CHECK RECORD
SHEET**

TRAINING TIP Make a note of your fitness test results – you will take the test again at the end of the programme, so you can see how much you've improved.

WEEK 7

Day 1

30 minutes continuous run at moderate intensity

Day 3

2 Circuits: 2 minutes rest between each circuit

Day 2

Low-impact cardiovascular activity for 40 minutes at low intensity

Exercise	M	F
Press-up	18	9
Squat	21	17
Sit-up	32	29
Lunge	16	12
Plank	40s	30s
Dorsal raise	21	17

Day 4

Rest Day

Day 5

30 minutes continuous run at moderate intensity

Day 6

Repeat day 3 circuit

Day 7

Rest day/30 minute swim at low intensity

SELF-ASSESSMENT CHECK RECORD SHEET

WEEK 8

Day 1

35 minute continuous run at moderate intensity

Day 5

Rest Day

Day 2

Low-impact cardiovascular activity for 40 minutes at low intensity

Day 6

Fitness Assessment
(Record your scores below):

2.4km run (1.5 mile) in your best time

Day 3

3 Circuits: 2 minutes rest between each circuit

As many Press-ups as you can manage in 1 minute

Exercise	M	F
Press-up	16	8
Squat	19	15
Sit-up	29	26
Lunge	14	11
Plank	35s	25s
Dorsal raise	19	15

As many Sit-ups as you can manage in 1 minute

Day 4

30 minutes swim at low intensity

Day 7

Rest day /30 minute swim at low intensity



Don't be tempted to cut corners when no one is watching –
you're only cheating yourself.

WEEK 9

Day 1

40 minutes continuous run at moderate intensity

Day 3

2 Circuits: 90 seconds rest between each circuit

Day 2

Low-impact cardiovascular activity for 40 minutes at low intensity

Exercise	M	F
Press-up	20	10
Squat	24	20
Sit-up	35	32
Lunge	14	11
Plank	35s	25s
Dorsal raise	24	20

20m shuttles x 3 minutes

Low-impact cardiovascular activity for 15 minutes at low - moderate intensity

Day 4

Rest Day

Day 5

35 minutes continuous run at moderate intensity, plus ten 20m shuttles. Practice turning.

Day 6

Repeat day 3 circuit

Day 7

Rest day/30 minute swim at low intensity

WEEK 10

Day 1

30 minute continuous run at moderate intensity followed by alternated 1 minute vigorous and 1 minute moderate intensity for 10 minutes (40 minutes total)

Day 4

Rest Day

Day 5

40 minute continuous run at moderate intensity or 3 x 7 minute intervals of 20m shuttling with 2 minutes rest between

Day 2

Low-impact cardiovascular activity for 40 minutes at moderate intensity

Day 6

Repeat day 3 circuit

Day 3

3 Circuits: 90 seconds rest between each circuit

Day 7

Rest day/30 minute swim at low intensity

Exercise	M	F
Press-up	18	9
Squat	21	17
Sit-up	32	29
Lunge	16	12
Plank	40s	30s
Dorsal raise	21	17

20m shuttles x 6 minutes

Low-impact cardiovascular activity for 15 minutes at low - moderate intensity

**SELF-ASSESSMENT
CHECK RECORD
SHEET**

TRAINING TIP Don't let fitness become a chore – find an exercise or sport that you enjoy and make it part of your weekly routine. You'll find you begin to look forward to it!

WEEK 11

Day 1

25 minutes continuous run at moderate intensity followed by alternated 1 minute vigorous and 1 minute moderate intensity for 15 minutes (40 minutes total)

Day 3

2 Circuits: 90 second rest between each circuit

Exercise	M	F
Press-up	20	10
20m shuttles	4	2
Squat	24	20
20m shuttles	4	2
Sit-up	35	32
20m shuttles	4	2
Lunge	14	11
20m shuttles	4	2
Plank	35s	25s
20m shuttles	4	2
Dorsal raise	24	20

Day 2

Low-impact cardiovascular activity for 45 minutes at moderate intensity

Day 4

Rest Day

Day 5

40 minute continuous run at moderate intensity or 3 x 8 minute intervals of 20m shuttling with 1 minute rest between

Day 6

Repeat day 3 circuit

Day 7

Rest day

WEEK 12

Day 1

20 minutes continuous run at moderate intensity + 1 minute vigorous, 1 minute moderate intensity for 20 minutes (40 minutes total)

Day 2

Low-impact cardiovascular activity for 45 minutes at moderate intensity

Day 3

3 Circuits: 90 second rest between each circuit

Exercise	M	F
Press-up	18	9
20m shuttles	4	2
Squat	21	17
20m shuttles	4	2
Sit-up	32	29
20m shuttles	4	2
Lunge	16	12
20m shuttles	4	2
Plank	40s	30s
20m shuttles	4	2
Dorsal raise	21	17

Day 4

Rest Day

Day 5

Low-impact cardiovascular activity for 35 minutes at low intensity

Day 6

Fitness Test (Record your scores below):
2.4km run (1.5 mile) in your best time

As many Press-ups as you can manage in 1 minute

As many Sit-ups as you can manage in 1 minute

Day 7

Rest day /30 minute swim at low intensity

SELF-ASSESSMENT CHECK RECORD SHEET

TRAINING TIP Fitness is progressive – once you've reached a good standard, you need to keep training to stay at that level.

A LIFESTYLE CHOICE

NUTRITION

A healthy eating plan based on starchy foods such as potatoes, bread, rice and pasta; with plenty of fruit and vegetables; some protein-rich foods such as meat, fish and lentils; some milk and dairy foods; and not too much fat, salt or sugar, will give you all the nutrients you need.

Diet Tips

1. Base your meals on starchy foods: bread, potatoes, pasta, rice, noodles and fibre.
2. Choose a variety of fruit and vegetables as they contain different combinations of vitamins and minerals.
3. Eat more fish - aim for at least two portions per week and one of these should be oily.
4. Cut down on saturated fat and sugars.
5. Eat less salt.
6. Drink water regularly.
7. Eat breakfast.
8. Get active and maintain a healthy weight.

Water

Water is an important substance that we need to include in our diets to stay healthy. It helps regulate body temperature, cushion the joints, control blood pressure and keep the body in balance. Maintaining sufficient levels of fluid is essential when carrying out any form of physical activity. If fluid lost to perspiration is not replaced, dehydration can rapidly occur, leading to fatigue, mental confusion and stress on the cardiovascular system. Remember, water is the best and most economical form of fluid replacement. Avoid caffeinated and alcoholic drinks which have a dehydrating effect.

Smoking

Smoking is responsible for thousands of deaths every year. It causes approximately 30% of all cancer deaths and is a major contributor to heart disease and breathing problems. It also reduces your ability to exercise by damaging your lungs, making it harder for you to absorb oxygen. Critically, it also contributes to increasing your chances of sustaining an injury in training and suffering from longer healing times. If you smoke - cut down or stop.

Alcohol

Try to ensure your alcohol intake is within recommended weekly limits and try to spread this over 3 days or more. Aim to have a number of alcohol free days every week, limiting your intake especially before and after training. Remember, exercise makes you dehydrated and alcohol increases this effect. Make sure you drink plenty of water instead.

TRAINING
TIP

Eat healthily,
but avoid eating
just before you
exercise.



CONTACT INFORMATION

If you have any further questions or want to know more about the Fitness requirements to join the RAF, please contact your local Armed Forces Careers Office.

For more information about life in the Royal Air Force, or to find out about the range of careers on offer, visit raf.mod.uk/recruitment

The RAF vision

An Air Force that:

- is trained and equipped to generate air power as a vital contribution to the security of the UK and as a force for good in the world;
- is proud of its heritage but modern and flexible;
- fosters professionalism and team spirit founded on commitment and self-discipline; and
- offers opportunity to all, a rewarding career and skills for life.

Equal opportunities

The Royal Air Force is an equal opportunities employer. It seeks to provide workplace conditions that are comfortable and non-threatening for all employees, whatever their gender, ethnic origin or sexual orientation. It aims to totally eliminate sexual and racial harassment, and all forms of bullying. These issues are closely monitored and proactively managed. Victims of any form of abuse are encouraged to report their difficulties and can be confident of sensitive treatment by those responsible for their care.

If you do not exercise regularly or believe that you may have a health condition that could be negatively affected by undertaking a fitness training programme, you are advised to consult your medical practitioner before beginning this programme.

This publication is for guidance only and other physical training programmes are available. The Royal Air Force cannot take responsibility for any injury or medical event that might be sustained whilst undertaking any element of this or any other fitness training programme.

The facts within this publication may change without notice and the publication must not be taken to imply any form of contract with the individual.

Welfare in the RAF

To find out more about the RAF's commitment to the care and welfare of its personnel, visit raf.mod.uk/careers/lifeintheraf/leavinghome.cfm.

PUB 772

Printed in the UK
01/17

raf.mod.uk/recruitment

Prepared by Royal Air Force College Cranwell

© Crown copyright

The information contained within this brochure was correct at time of print but may have changed since. Please check online raf.mod.uk/careers for up to date information.