

Getting Physically Prepared for the Naval Academy

Physical education is an important part of the program at the Naval Academy. To ensure that you are **physically prepared** for Plebe Summer, you are encouraged to start a program designed to help develop cardiovascular endurance and upper body and core strength. We have provided you with a sample program at the **back of this pamphlet** and a workout chart. Listed below are a few examples of some of the physical requirements of Plebe Summer to help you prepare for the types of activities in which you will be participating:

- *90 minutes, five days per week of strenuous physical calisthenics to increase cardio-respiratory fitness, muscular strength, and endurance, flexibility and confidence.*
- *Runs up to 4.5 miles at a 7-8-minute per mile pace, interval and sprint training.*
- *Obstacle and endurance courses that test balancing, leaping, climbing and team building skills.*
- *Hand to Hand training that incorporates martial arts, boxing, and wrestling.*
- *Climbing Wall training that involves upper body muscular strength and endurance, team building, and acclimatization to heights.*

It is imperative that you begin the recommended exercise routine, or one similar to it, NOW! Some common injuries historically seen during Plebe Summer, such as shin splints and minor foot, leg and back injuries related to being out of shape, can be prevented by your preparation beforehand.

Upon arrival, a Physical Readiness Test (PRT) will be administered to determine whether a Midshipman meets the minimum standards of physical fitness for Plebe physical training. Failure to pass this test will result in assignment to a remedial program. At the end of Plebe Summer and during each semester, each Midshipman is required to pass the PRT. The test consists of two minutes of timed push-ups and curl-ups, a sit and reach hamstring flexibility test, followed by a timed 1.5 mile run. Passing the PRT every semester is a requirement for service at the Naval Academy. **Failure to pass the PRT will result in separation from the Naval Academy.**

For your information, the maximum and minimum scores for the PRT are as follows (women's standards are in parentheses):

- Maximums - push-ups: 101 (85), curl-ups: 101 (101),
1.5 mile run: 8:15 (9:35)
- Minimums - push-ups: 45 (20), curl-ups: 65 (65),
1.5 mile run: 10:30 (12:40)

It is suggested that you be able to swim a minimum of 100 yards utilizing any stroke and be able to tread water for 15 minutes. Failure to complete these tasks will result in assignment to the swim remedial program. Show up in shape, bring comfortable shoes, and most importantly ...

Stick with the program!

For questions or additional information, contact the USNA Physical Education Department.

RECOMMENDED EXERCISE ROUTINE

Before and after each work-out you must properly warm-up and cool-down your body to help prevent injuries.

Your entire warm-up should last approximately 15-20 min. Start by doing a light jog for approximately 8 minutes before you do your stretching routine.

Some good stretches to consider doing are:

- Eagles: On our backs, take your right leg and try and touch your left hand, holding it for a count of ten. Then roll the other way and try and touch your left leg to your right hand holding for a ten count.



- Reverse Hurdlers Stretch: With right leg out and left leg bent at the knee and left foot touching right knee, bend forward reaching for right foot. Hold for 15 seconds. Switch legs and repeat.



- Hip Stretches: Cross right leg over left leg and pull right knee toward left shoulder with left arm stretching right hip. Hold 15 seconds. Switch legs and pull left knee toward right shoulder with right arm. Hold 15 seconds.



- Quadriceps Stretches: Start by lying on your left side, grab your right ankle with your right hand and pull back stretching the quad for 15 seconds. Change legs and repeat.



- Calf Stretches: One leg in front, one leg in back, begin with straight knee, stretching calf muscle. Slowly bend knee to stretch lower leg, hold for 15 seconds. Change legs, repeat.



- Elbow pulls: Bend arm overhead, (touch spine), push elbow back, stretching triceps muscle. Hold for 15 seconds. Switch arms, repeat.



- Arm Cross: Cross arm in front of body, trying to touch elbow to opposite shoulder. Hold for 15 seconds. Switch arms, repeat.



- Butterflies: With feet together, pulled in toward groin as far as possible, slowly press knees toward ground. Hold in down position for 15 seconds.



- Hamstring stretches: Spread legs in a “V”. Lean down toward left leg. Hold for 15 seconds. Back up. Move to middle, stretching as far forward as possible, hold for 15 seconds. Back up. Stretch toward right leg, hold for 15 seconds.



- Low back stretch: Laying on back, grab knees and pull legs toward chest. Hold 15 seconds.



Cool-down - at the completion of your workouts, perform stretching exercises, paying particular attention to the lower extremities, hips and lower back. Your cool-down phase should consist of at least 10 min of stretching.

***** Start this training cycle with a new pair of running shoes. Studies show there is twice the chance of getting lower extremity stress fractures with shoes that are older than 6 months.****

RECOMMENDED EXERCISE ROUTINE

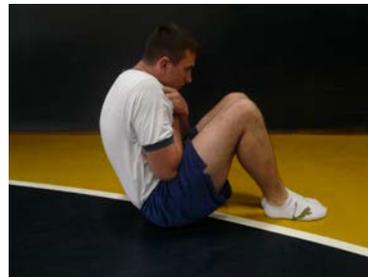
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run 1 mi (record time) SM 10x5 sec Toe raises 3x10	1 min max push-ups 1 min max sit-ups	5 x 50 yard sprints (30 sec rest between sprints) 5x10 yd BW sprints	Push-up Ladder #1 Sit-up Ladder #1 Toe raises 3x10	Run 1.5 miles with 5x50 yd sprints 5x10 yd BW sprints SM 10x5 sec	Push-ups 5x10 Sit-ups 5x10	Active Rest
2	Run 1.5 mi SM 10 x 5 sec hold TP 3x10 sec	Push-up & Sit-up ladder #1 Toe raises 3x12	8 x 50 yard sprints (30 sec rest between sprints) 5x15 yd BW sprints	Push-ups 5x15 Sit-ups 5x15	Run 2 mi with 8x50 yd sprints 5x15 yd BW sprints SM 10x5 sec TP 3x10 sec	1 min max push-ups 1 min max sit- ups	Active Rest
3	Run 2 mi at 8 min mile pace TR 3x12 TP 3x10 sec SP 2(2x10 sec)	1.5 min max push-ups 1.5 min max sit-ups	8 x 75 yard sprints (30 sec rest between sprints) 5x15 yd BW sprints	Push-ups 5x20 Sit-ups 5x20	Run 2.5 mi with 3x100 yd sprints BD 3x10	Push-up & Sit- up ladder #2 Toe raises 3x12	Active Rest
4	Simulated PRT: Push-ups for 2 min Curl-ups for 2 min 1.5mile run	Swim/Bike/ Aerobic training 20-30 min; Flexibility	6x100 yd sprints 1 min rest between sprints` 5x15 yd BW sprints	Push-up & Sit-up Ladder #2 Toe raises 3x10	Run 3 mi with 4x100 yd sprints BD 4x10	Push-ups 5x20 Sit-ups 5x20 Pull-ups 2x max reps	Active Rest
5	Run 3 mi at 8 min mile pace TR 3x12 TP 3x15 sec SP 2(2x15 sec)	2 sets max push-ups & sit-ups 1 min rest between sets	8 x 100 yd sprints 1 min rest between sprints` 5x15 yd BW sprints	Push-up & Sit-up Ladder #3 Toe raises 3x12	Run 3 mi with 6x100 yd sprints BD 4x12	Push-ups 5x25 Sit-ups 5x25 Pull-ups 3x max reps	Active Rest
6	Run 4 mi at 8 min mile pace TR 3x15 TP 3x20 sec SP 2(2x20 sec)	Push-up & Sit-up Ladder #3 Toe raises 3x15	4 x 200 yd sprints 1 min rest between sprints` 5x15 yd BW sprints	Push-ups 4x30 Sit-ups 4x30 Pull-ups 3x max reps	Run 4 mi with 2x300 yd sprints BD 4x15	3 sets max push-ups, sit- ups & pull-ups 1 min rest between sets	Active Rest
7	Run 3 mi at 8 min mile pace TR 3x15 TP 3x20 sec SP 2(2x20 sec)	Push-ups 5x25 Sit-ups 5x25 Pull-ups 3x max reps	4 x 300 yd sprints 1 min rest between sprints` 5x15 yd BW sprints	Push-up & Sit-up Ladder #3 Toe raises 3x12	Run 4 mi with 4x300 yd sprints BD 4x15	3 sets max push-ups, sit- ups & pull-ups 1 min rest between sets	Active Rest
8	Simulated PRT: Push-ups for 2 min Curl-ups for 2 min 1.5mile run	Swim/Bike/ Aerobic training 20-30 min; Flexibility	5 x 200 yd sprints 1 min rest between sprints` 5x15 yd BW sprints	Push-up & Sit-up Ladder #2 Toe raises 3x12	Run 4 mi with 2x400 yd sprints BD 4x15	Push-ups 5x25 Sit-ups 5x25 Pull-ups 3x max reps	Active Rest

Explanation of exercises:

- Runs that combine distance with sprints. While on your jog for the designated distance, incorporate “maximum-effort” sprints for the prescribed distances into your overall run. Space out your sprints equally throughout the overall runs distance.
- BW = backwards. You will be running sprints backwards for the designated distance. Take long strides and watch where you are going!
- Push-ups. See pictures below for proper form.



- Sit-ups. See pictures below for proper form.



- SM =Supermans. Lying on your stomach, hands stretched out in front of you, you will arch your back so that your chest and knees are off the ground for the prescribed time. Keep your legs straight and arms straight out in front of you. See picture below.



- TP = Thinking Plank. Keeping your body straight, hold yourself off the ground while facing down with only your toes and elbows for the prescribed time. See picture below.



- SP = Side Plank. Keeping your body straight, hold yourself off the ground while facing horizontally with only one hand and the outside of the same-side foot for the prescribed time. You will do both sides. See picture below.



- BD = Bird Dogs. While on the ground on your hands and knees you will straighten out one arm in front of you and the opposite leg to the rear at the same time. One repetition is completed after you do both sides. See picture below.



- TR = Toe raises. While standing with your back against a wall and your feet approximately 18” away from the wall, raise your toes so that you are on the heel of your foot for the number of repetitions listed.
- mi = mile

On days directed to do push-up and sit-up ladders, use the guide below. Rest for 5 seconds in-between each set.

Push-up and sit-up ladder:

Ladder #1:	2	4	6	8	10	8	6	4	2
Ladder #2:	3	6	9	12	15	12	9	6	3
Ladder #3:	4	8	12	15	18	15	12	8	4

Active Rest: Get outside and have fun: a walk with family or friends, a pick-up game of ball, a day hiking in the park.

**Good luck with the training, have fun with it and challenge yourself to get better every day.*

We look forward to working with you.

Expect to Win!