

Getting Physically Prepared for the Naval Academy

Developing midshipmen physically is one of the three core missions of 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, endurance, flexibility and confidence.***
- ***Runs up to 4 - 5 miles at a 8-9-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.***

Do not leave all of your preparation to the last minute, as you may end up sidelined with a preventable injury during Plebe Summer. 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 USNA PRT. The test consists of two minutes of push-ups conducted on 2 second cadence, a timed isometric plank-hold position 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 may result in separation from the Naval Academy.

For your information, the maximum (and minimum) scores for the PRT are as follows:

- Female: Push-ups: 45 (20), Plank: 4:20 (1:45), 1.5 mile run: 9:35 (12:40)
- Male: Push-ups: 60 (35), Plank: 4:20 (1:45), 1.5 mile run: 8:15 (10:30)

Upon reporting for Plebe Summer, you should be able to swim a minimum of 100 yards utilizing any stroke and 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, visit the USNA Physical Education Department website at USNA.edu/PEDept

**Table 1. Basic Recommended Exercise Routine
14 Weeks-to-Plebe Summer**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4 Cool Down: 5-min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3 x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest
Week 2	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4 Cool Down: 5-min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p>Cardio: Warm Up: 5-min easy 20-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3 x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest
Week 3	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 6x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-minute - Effort: 3-4</p>	<p>Cardio: 5-min easy warm up 25-min - Effort: 4-5 5-min easy cool down Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	Rest	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 20 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 4	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 8x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 1 time Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 4x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 20 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 5	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 10x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 1 time Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min easy walk between 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

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Week 6	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min easy walk between 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 7	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 8	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 9	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 10	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 3x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

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Week 12	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 3x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 13	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 4x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 14	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec of rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 4x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

Explanation of Table 1:

PU = Push-ups (Cadence is specified when applicable. Otherwise, execute clean, proper form push-ups as recommended.)

FP = Front plank

SP = Side plank (Always work both sides of the body. Therefore, if the workout calls for 2 sets, you will conduct 4 sets total (2 on each side).)

Workout description example: 6 x 1 minute at 8 out of 10 effort w/ 1 minute at 3 out of 10 effort means you should go hard for 1 minute, then easy for 1 minute and do that 6 times.

All cardio workouts should start with a dynamic warm up:

Lunges with a twist (5 to each side), side lunges (5 to each side), knee hugs (5 to each side), figure fours (5 to each side), straight leg march (5 to each side), hamstring scoops (5 to each side), 10 yard A skip, 10 yard B skip, 10 yard Carioka in both directions.

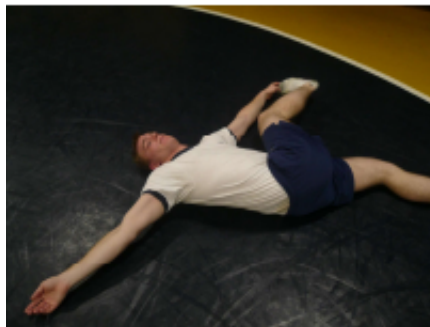
Cardio workouts are primarily designed to be runs; however, if you are experiencing minor pain in the knees, shins, or feet you can do these workouts on non-impact cardio like the bike, assault bike, elliptical, or rower.

MINIMUM RECOMMENDED FLEXIBILITY ROUTINE

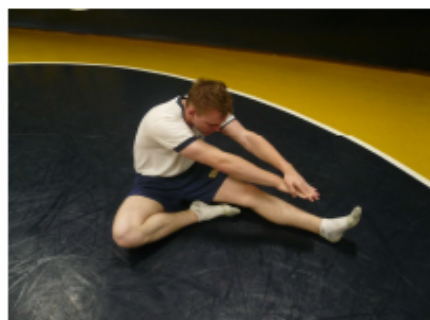
Before and after each workout you must properly warm-up and cool-down your body to help prevent injuries. Dynamic stretching should always be a part of your warm-up. Static stretching is best to complete after your workout, holding each stretch at the point of “mild discomfort” (but not pain).

Some good stretches to consider doing are:

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



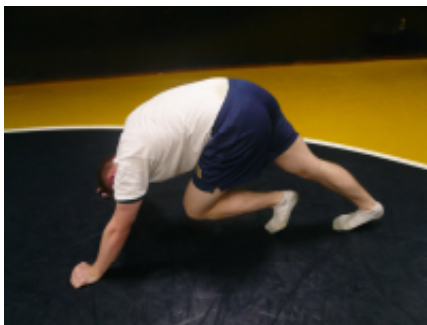
- Hip Stretches: Cross right leg over left leg and pull right knee toward left shoulder with left arm stretching right hip. Hold 15 seconds. Switch legs and pull left knee toward right shoulder with right arm. Hold 15 seconds.



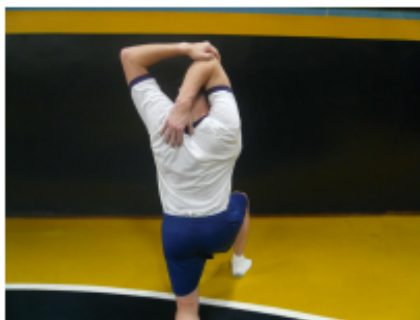
- Quadriceps Stretches: Start by lying on your left side, grab your right ankle with your right hand and pull back stretching the quad for 15 seconds. Change legs and repeat.



- 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.



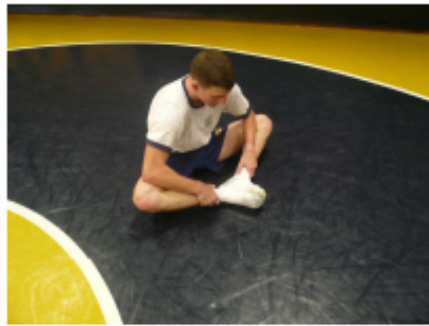
- Elbow pulls: Bend arm overhead, (touch spine), push elbow back, stretching triceps muscle. Hold for 15 seconds. Switch arms, repeat.



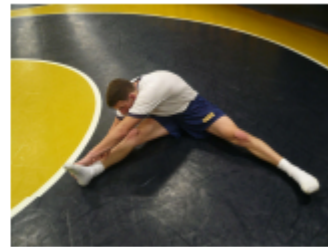
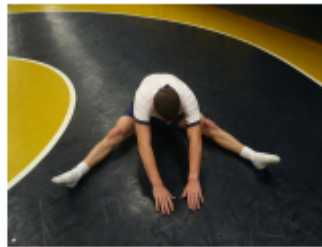
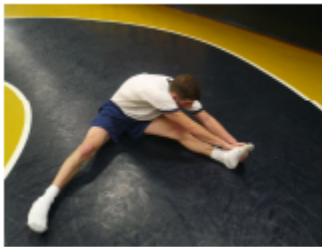
- Arm Cross: Cross arm in front of body, trying to touch elbow to opposite shoulder. Hold for 15 seconds. Switch arms, repeat.



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



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



**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!

Acknowledgement:

The exercise program listed in Table 1 was developed by Dr. Walter Bixby, the Director of Human Performance at the United States Naval Academy.