

## **Introductory Fitness Preparation Program for the Norwich University Corps of Cadets**

This program is designed to help you build your physical fitness and prepare for the challenges of Cadet life at Norwich. Whether you are a seasoned athlete or new to fitness, this program will provide you with the tools and resources you need to succeed.

The Cadet lifestyle requires a high level of physical readiness, which includes strength, endurance, agility, and coordination. By participating in this program, you will be taking an important step towards meeting the fitness standards necessary for success at Norwich University and beyond.

Our training regimen is based on a comprehensive approach that focuses not only on physical exercise but also on proper nutrition and mental preparation. We believe that all three elements are essential for achieving peak performance and overall wellness.

This 12-week Cadet Fitness Program is designed to prepare incoming Norwich Cadets for the physical demands of duty and physical fitness testing. The structure balances **muscular endurance, aerobic conditioning, and mobility**, with an emphasis on improving performance in three key test areas:

- **Push-ups (2 minutes)**
- **Front Plank (max time)**
- **2-mile timed run**

The program uses a progressive overload model that gradually increases training volume and intensity across three distinct phases: **Foundation, Intensification, and Peak/Test Preparation**. Each week includes targeted strength and conditioning sessions that develop physical resilience, improve test performance, and reduce risk of injury.

### **Program Goals**

#### **1. Increase Upper Body Muscular Endurance**

Improve max push-up capacity and overall upper-body strength with high-rep bodyweight circuits, EMOMs (Every Minute on the Minute), and pyramid sets.

#### **2. Enhance Core Strength and Trunk Stability**

Build sit-up endurance, deep core control, and spinal durability using volume training, isometric holds, and trunk rotation work.

### 3. **Improve Aerobic Base and Running Speed**

Develop cardiovascular fitness and running economy through interval training, tempo efforts, long-distance runs, and test-pace simulations.

### 4. **Build Functional Strength for Tactical Tasks**

Incorporate full-body strength circuits to support load carriage, sprinting, and general occupational durability.

### 5. **Develop Recovery Habits and Movement Quality**

Encourage consistency in sleep, hydration, and mobility practices to enhance performance and reduce fatigue over time.

## Fitness Training Program Goals

- Improve muscular endurance (especially for push-ups and planks)
- Increase aerobic capacity and speed for the 2-mile run
- Enhance recovery and durability through mobility and strength training
- Prevent overtraining with built-in deload and recovery strategies

## Weekly Overview

<b><u>Day</u></b>	<b><u>Focus</u></b>
Mon	Push-Up Focus + Short Run Intervals
Tue	Plank Focus + Aerobic Base Run
Wed	Full-Body Strength + Mobility
Thu	Push-Up + Plank Conditioning
Fri	Tempo Run / Hill Repeats
Sat	Long Run (Progressively longer)
Sun	Active Recovery / Mobility

Each session includes:

- ✓ **Warm-up:** 10–15 min dynamic prep **\*\*Volt Athletics warm-up PDF**
- ✓ **Main set:** Varies by day

- ✓ **Cooldown:** 5–10 min mobility or stretching

## Progression Structure

Phase	Weeks	Focus
Foundation	1–4	Develop endurance, build volume
Intensification	5–8	Increase speed, reduce rest, raise intensity
Peak & Test Prep	9–12	Mimic test demands, refine pacing & recovery

## 12-Week Cadet Fitness Program

### Weeks 1–4: Foundation Phase

#### Push-Ups:

- Monday:
  - Max reps in 1 min x 3 (2 min rest)
  - 3 sets of push-up ladder: 5–10–15–10–5
- Thursday:
  - EMOM 10 min: 10 push-ups + 5 squats

#### Planks:

- Tuesday:
  - 2 min test effort + max hold in 1 min x 2.
    - Rest 5 minutes between tests.
  - 3 sets of 20 sit-ups with 30 sec rest
- Thursday:
  - 3 rounds: 20 sit-ups + 20 flutter kicks + 30 second front plank

#### Run Training:

- Monday: 4 x 400m at moderate pace, 90s rest each rep
- Tuesday: 1-mile easy run (conversational pace)
- Friday: 3 x 800m run (steady pace), 2 min rest
- Saturday: 2-3-mile-long run (run at comfortable pace, walk as needed)

### **Strength & Conditioning (Wednesday):**

- Circuit x 3. Rest enough to change movements, and rest 2-mins between sets:
  - Goblet Squats x 15
  - DB Rows x 12/arm
  - Lateral Lunges x 10/leg
  - Deadbugs x 20
  - Farmer carry x 40 yards

### **Weeks 5–8: Intensification**

#### **Push-Ups:**

- Monday:
  - Max reps in 2 min + push-up pyramid: 5-10-15-20-15-10-5
- Thursday:
  - EMOM 12 min: 12 push-ups + 8 jump squats

#### **Planks:**

- Tuesday:
  - 2x 2-min max time (3 min rest)
  - 4 rounds: 25 sit-ups + 20 Russian twists (weighted)

#### **Run Training:**

- Monday: 6 x 400m @ steady pace, 120s rest between reps.
- Tuesday: 2-miles @ moderate pace
- Friday: 4 x 1000m at fast pace, 2 min rest
- Saturday: 3-4 mile long run at a comfortable pace, walk if needed.

### **Strength & Conditioning:**

- Circuit x 3. Rest enough to change movements, and rest 2-mins between sets:
  - Goblet Squats x 15
  - DB Rows x 12/arm
  - Lateral Lunges x 10/leg
  - Deadbugs x 20
  - Farmer carry x 40 yards
- Increase resistance on squats, rows, lunges, and farmers' carry.

- Add core movements at end of lift; 3 sets of front planks, side planks, hollow holds, all 30 seconds)

## **Weeks 9–12: Peak & Test Prep**

### **Push-Ups:**

- Monday:
  - 2-min max test + 3x burnout sets (AMRAP with 30s rest)
- Thursday:
  - Push-up + Jump Squat Circuit, Descending ladder; 10–9–8–7–6–5–4–3–2–1.
    - Complete 10 pushups, 10 jump squats, then 9 pushups, 9 jump squats

### **Planks:**

- Tuesday:
  - 2 x 2-min max time
  - 5 rounds: 30 sit-ups + 30 flutter kicks + 1 min plank

### **Run Training:**

- Monday: 8 x 400m at fast pace
- Tuesday: 3 mile run with final mile at test pace
- Friday: 3 x 800m at goal pace, 90s rest
- Saturday: Peak at 5 miles, then taper in weeks 11–12

### **Strength & Conditioning:**

- Emphasis on bodyweight strength, maintain volume
- Include reactive movements (jump squats, push-up clap)

### **Test Week (Week 12):**

- Monday: Full PFT practice (push-ups, sit-ups, 2-mile run)
- Friday: Final Test Day (repeat PFT and assess improvement)
- Active recovery and deload remainder of the week

## Coaching Notes

- Hydrate and sleep 7–9 hours per night
- Prioritize **quality of movement** over total reps early on
- If fatigue sets in, back off slightly but maintain frequency
- Focus on **pacing strategy** for the run in Weeks 8–12

# Progressive Dynamic Warm-up

 11 minutes  None

Complete one round of this warm-up to move through basic movement patterns at a progressively increasing intensity. Running can be done on a treadmill or outdoors. Rest 10 sec after each movement.

1

## Jog

20 seconds

- Jog at an easy pace



2

## Jog

20 seconds

- Jog at an easy pace



3

## Jumping Jacks

20 seconds

- Jump both feet apart and bring arms overhead
- Jump feet back together quickly and bring arms down



4

## Lateral Shuffle

15 sec each side

- Shuffle laterally for about 25 meters
- Move in one direction for 15 seconds, then switch



5

## BW Squat

20 seconds

- Keep core locked, back flat, eyes up
- Push butt back first, then sink hips
- Drive through heels to return to standing



6

## Jog

20 seconds

- Jog at an easy pace



7

## BW Walking Lunge

20 seconds

- Big step forward with one foot
- Bend knees to sink into lunge
- Step back foot forward to "walk" into next lunge



8

## Jumping Jacks

20 seconds

- Jump both feet apart and bring arms overhead
- Jump feet back together quickly and bring arms down



9

## Leg Swing

15 sec each side

- Hold on to squat rack or wall for support
- Swing leg forward and back



10

## Lateral Leg Swing

15 sec each side

- Hold on to squat rack or wall for support
- Swing leg out to side, then across your body



11

## BW Split Jump

15 sec each side

- Begin in deep lunge position, explode off ground
- Land on both feet in lunge position, ready for next rep



12

## BW Lateral Split Jump

15 sec each side

- Explode from deep lunge position, moving laterally
- Jump in opposite direction from front leg
- Land softly, begin next jump in opposite direction



13

## Single-Leg Bound

15 seconds each side

- Load one leg, then jump forward to land on opposite leg
- Drive opposite knee forward as you jump, land softly



14

## Ice Skater

15 seconds

- Load all weight on outside foot, then jump laterally
- Control landing, then jump back in opposite direction



15

## Sprint

15 sec each side

- Sprint as fast as possible with good form



16

## Sprint

30 seconds

- Sprint as fast as possible with good form



# Total Body Flexibility Cooldown Finisher

 15 minutes  Box/Bench, Towel

Complete 1 round of this Cooldown Finisher after your workout for a comprehensive flexibility routine. Rest 20 sec between movements.

1

## Pigeon Stretch

90-120 sec each side

- Stretch posterior hip by tucking bottom leg into external hip rotation
- Adjust bottom leg to deepen stretch
- Hold for prescribed time interval on both sides



2

## Half-Kneeling Adductor Stretch

90-120 sec each side

- One knee down, one knee out to side
- Sit hips back to stretch extended leg
- Keep core locked, back straight, extended leg straight



3

## Sleeper Stretch

60-90 sec

- Lie on side with head supported on yoga block or towel
- Press bottom hand down to stretch internal shoulder rotation
- Hold for prescribed time interval on both sides



4

## Doorway Stretch

60-90 sec each side

- Keep elbow at 90 degrees, forearm vertical
- Lean torso forward, stretch anterior shoulder
- Resist compensating with torso or hips



1

## T-Spine Bench Mobility

30 seconds

- Kneel facing box/bench with dowel (can also use broomstick or towel) in underhand grip
- Place elbows on box close together
- Rotate dowel side to side with control

