

# Officer Candidate School Health and Physical Readiness Preparation Guidelines



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# Officer Candidate School Health and Physical Readiness Preparation Guidelines

## HOW THIS GUIDE WORKS

This guide provides you with advice and a sample workout to prepare you for the physical demands of training. Early preparation will reduce the risk of preventable overuse injuries such as shin splints and rhabdomyolysis.

## MUSCULAR STRENGTH

Muscular strength and endurance can be improved by systematically increasing the load (resistance) that you are using. Any overload will result in improvement, but higher intensity and effort will result in greater improvements. Start at a level that is easy for you to perform and complete, then add resistance gradually. Apply these general weight training principles when beginning the strength program.

## AEROBIC OR CARDIOVASCULAR FITNESS

Aerobic exercises are those that strengthen your heart and improve circulation. The running portion of the program has the following elements:

1. **Easy Run:** The largest part of the cardio program, completed as a single continuous run at a comfortable pace (not a jog). Talking to a running partner shouldn't be a problem, but if you can chat continuously, it may be too slow.
2. **Marathon Pace:** Faster than a long or easy run and still able to speak in sentences, but you should actively be thinking about running to hold this type of pace. You should never be exhausted finishing a marathon paced run. A session at marathon pace is a small part of the program and completed as either one continuous effort, or as two intervals with no more than 2:00 rest. Warm up and cool down before any Marathon paced run.
3. **Tempo Pace:** Faster than Marathon; you can still speak in a full sentence if asked, but you won't want to. A session at Tempo pace should be done as a single continuous run or repetitions as short as 4 minutes. Any tempo run should have a warmup and cool down.
4. **Mile/800 Meter Effort:** These workout sessions are conducted during weeks 4-7 and only after running the 1.5 Mile Time Trial during week 4. The goal paces for these workouts are listed on the "Recommended Running Pace" table on page 5 and are based off of your time from the 1.5 Mile Time Trial.
5. **Strides:** Running very fast, but smooth and under control. Aiming for 90% of maximum effort for the distance you are covering. Repetitions can range from :10 sec up to :30 sec. Rest between 1:00-1:30 between reps. Thoroughly warm up and cool down for any speed work.
6. **Non-running:** A day where you should do your scheduled time for running as a non-running cardio exercise, such as biking, swimming, etc.

## **FLEXIBILITY**

Muscles and joints become stiff and lose their range of motion with inactivity or activity overload. The Movement Prep and Dynamic Flexibility warm-up listed on page 5 is designed to maintain good joint mobility, reduce injury risk, improve the ability of your muscles to adapt to physical stresses, and enhance overall muscle performance. This is a whole body warm-up that targets major areas of the body such as lower back, hips, hamstrings, quadriceps, shoulders, etc. If you feel the need to take a few extra minutes to stretch after the prescribed warm-up below, you may conduct static stretching by holding each stretch 10-20 seconds and any muscle group desired. Don't over-stretch to the point of pain and avoid bouncing movements.

## **RECOVERY**

Recovery is a critical part of your weekly training program. There are several ways rest is built into the program. First, there are times when a "Rest" day is planned, which means no exercise should take place. This will allow your body to rest and recover in an effort to prepare for the next conditioning session. Next, there are "Active Rest" components to the conditioning program that appear as "Non-Running" or "Easy-Runs". These are less intensive on the body, but still provide both valuable training opportunities and to aid in the recovery process.

## **CLOSING NOTES**

Although not every student will have identical levels of physical fitness, enclosed in this document, you will find a program to help prepare you for the demands of training. You will find a Master Schedule (8 Weeks in total), followed by more detailed instructions on each of the components of the workout. This includes suggested paces for your runs, sample circuit training workouts, and an entry level swimming program.

## Recommended Running Pace (Based on HPR 1.5 Mile Time Performance)

1.5 Mile Time	1.5 Mile (in Seconds)	Mile Effort Pace		800 Effort Pace
		300 meters	400 meters	200 meters
7:30	450	51	1:08	31
8:00	480	55	1:13	33
8:30	510	58	1:17	35
9:00	540	1:01	1:22	38
9:30	570	1:05	1:26	40
10:00	600	1:08	1:31	42
10:30	630	1:12	1:35	44
11:00	660	1:15	1:40	46
11:30	690	1:18	1:45	48
12:00	720	1:22	1:49	50
12:30	750	1:25	1:55	52
13:00	780	1:29	1:58	54
13:30	810	1:32	2:03	56
14:00	840	1:35	2:07	58
14:30	870	1:39	2:12	1:00
15:00	900	1:42	2:16	1:03
15:30	930	1:46	2:21	1:05
16:00	960	1:49	2:25	1:07

## Movement Prep and Dynamic Flexibility

EXERCISE	Wks 1-4	Wks 5-8
Low Skip with Arm Hugs	2 Sets/20 yds	2 Sets/30 yds
Side Shuffles w/Lateral Arm Swings (Right)	1 Set/20 yds	1 Set/30 yds
Side Shuffles w/Lateral Arm Swings (Left)	1 Set/20 yds	1 Set/30 yds
Walking Hip Circle	2 Sets/20 yds	2 Sets/30 yds
Carioca Left	1 Set/20 yds	1 Set/30 yds
Carioca Right	1 Set/20 yds	1 Set/30 yds
Lunge with Twist	2 Sets/20 yds	2 Sets/30 yds
Walking Quad Stretch	2 Sets/20 yds	2 Sets/30 yds
Hamstring Kicks	2 Sets/20 yds	2 Sets/30 yds
High Knees	2 Sets/20 yds	2 Sets/30 yds
Butt Kicks	2 Sets/20 yds	2 Sets/30 yds
Accelerations	2 Sets/20 yds	2 Sets/30 yds

# Week 1

<b>Monday</b>
<b>Easy Run</b>
10-12 min run at easy/conversational pace
<b>Tuesday</b>
<b>Physical Fitness Test</b>
Dynamic Flexibility & Movement Prep followed by....
Execute the Coast Guard Academy Physical Fitness Exam.
Part 1: Begin with Push-ups on a cadence (1 sec up & hold, 1 sec down & hold) for 2:00. Max for Men is 60, Max for Women is 48
Part 2: Proceed to Sit-ups. Execute as many Sit-ups in 2:00 as possible. Max is 100 Sit-ups.
Part 3: Run 1.5 miles as fast as possible.
<b>Wednesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas
<b>Thursday</b>
<b>Circuit Training</b>
Dynamic Flexibility & Movement Prep followed by....
Complete as Many Rounds in 5:00
10 Box / Bench Jumps Overs
:30 sec Plank
Rest 3:00
Complete as many rounds in 5:00
10 Burpees
10 Back Extensions
<b>Friday</b>
<b>Easy Run</b>
10-12 min run at easy/conversational pace
<b>Speed Session (after run)</b>
Strides: 5x:10 sec of controlled hard stride
<b>Saturday</b>
<b>Rest</b>
<b>Sunday</b>
<b>Rest</b>

## Week 2

<b>Monday</b>
<b>Easy Run</b>
10-12 min run at easy/conversational pace

<b>Tuesday</b>
<b>Bodyweight Circuit</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
Pyramid (level 1 - 5)
Pull-ups x 1
Push-ups x 2
Sit-ups x 3
Example:
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups
Continue Until Level 5, Rest :30 sec Between Levels

<b>Wednesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas

<b>Thursday</b>
<b>Circuit Training</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
Complete the Following Circuit 8x
100 Yard Run
10 Push-ups
20 Sit-ups
30 Bodyweight Squats
Rest :30

<b>Friday</b>
<b>Easy Run</b>
10-12 min run at easy/conversational pace
<b>Speed Session (after run)</b>
Strides: 5x:15 sec of controlled hard stride

<b>Saturday</b>
<b>Rest</b>

<b>Sunday</b>
<b>Rest</b>

## Week 3

<b>Monday</b>
<b>Easy Run</b> 10-15 min run at easy/conversational pace
<b>Speed Session (after run)</b> Strides: 5x:20 sec of controlled hard stride
<b>Tuesday</b>
<b>Circuit Training</b> Dynamic Flexibility & Movement Prep followed by.... Complete 5 Rounds of the Following for Time: 15 Push-ups 30 Sit-ups 40 Bodyweight Squats
After the Completion of 5 Rounds, Run an 800m at PFE Race Pace
<b>Wednesday</b>
<b>Non-Running Workout</b> Elliptical, Bike, Swim, etc for 15-20 min See Swim Workout tab for swimming ideas
<b>Thursday</b>
<b>Bodyweight Circuit</b> Dynamic Flexibility & Movement Prep followed by.... Pull-up Circuit 1, 2, 3, 4, 5....to Max 15 Seconds Rest Between Each Set or Level of the Pyramid
5 Circuits of the following in order Reps for Men & (Women) Push-up x 5 (3) Crunches x 10 Wide Push-ups x 5 (3) Leg Raises x 10 Narrow Push-ups x 5 (3) Sit-ups x 10 Repeat 5 Times (:30 sec rest between)
<b>Friday</b>
<b>Easy Run</b> 10-15 min run at easy/conversational pace
<b>Speed Session (after run)</b> Strides: 5x:15 sec of controlled hard stride
<b>Saturday</b>
<b>Optional Easy Run</b> 10-15 min run at easy/conversational pace
<b>Sunday</b>
<b>Rest</b>



# Week 4

<b>Monday</b>
<b>Speed Session</b>
5-7 min warmup
1.5 Mile Time Trial
5-7 min cooldown

  

<b>Tuesday</b>
<b>Non-Running Workout:</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas
<b>Bodyweight Circuit</b>
Dynamic Flexibility & Movement Prep followed by...
Pyramid (level 1 - 7)
Pull-ups x 1
Push-ups x 2
Sit-ups x 3
Example:
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups
Continue Until Level 7, Rest 30 Sec Between Levels

  

<b>Wednesday</b>
<b>Marathon Run</b>
10-15min warmup, 2x4 min at Marathon (no more than 2:00 rest between), 5-10 min cool down.

  

<b>Thursday</b>
<b>Circuit Training</b>
Dynamic Flexibility & Movement Prep followed by...
For 10 min, each min, On the min Complete the Following:
5 Burpees
5 Push-ups
5 Bodyweight Squats
-----
After the Completion of 10 min Circuit, Run 1 Mile For Time

  

<b>Friday</b>
<b>Easy Run</b>
10-15 min run at easy/conversational pace
<b>Speed Session (after run)</b>
Strides: 5x:20 sec of controlled hard stride

  

<b>Saturday</b>
<b>Optional Easy Run</b>
10-15 min run at easy/conversational pace

  

<b>Sunday</b>
<b>Rest</b>

# Week 5

<b>Monday</b>
<b>Easy Run</b>
12-17 min run at easy/conversational pace
<b>Speed Session (after run)</b>
6x:15 sec of controlled hard stride

<b>Tuesday</b>
<b>Circuit Training</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
Complete 4x Through the Following
400 meters at PFE Race Pace
1st Time: 25 Burpees, 2nd Time: 20 Burpees, 3rd: 15, 4th: 10

<b>Wednesday</b>
<b>Tempo Run</b>
10-15 min warm-up, 2x5 min at Tempo (no more than 2:00 rest between), 5-10 min cool-down

<b>Thursday</b>
<b>Bodyweight Circuit</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
<u>Pull-up Circuit</u>
1, 2, 3, 4, 5....to Max
15 Seconds Rest Between Each Set or Level of the Pyramid
<u>10 Circuits of the following in order</u>
Reps for Men & (Women)
Push-up x 5 (3)
Crunches x 10
Wide Push-ups x 5 (3)
Leg Raises x 10
Narrow Push-ups x 5 (3)
Sit-ups x 10
Repeat 10 Times (:30 sec rest between)

<b>Friday</b>
<b>Mile Effort Session</b>
10-15 min warm-up, 4x400 meters at Mile Effort (based on PFE Time), 2 min active rest between, 5-10 min cool down

<b>Saturday</b>
<b>Easy Run</b>
12-17 min run at easy/conversational pace

<b>Sunday</b>
<b>Rest or Optional Easy Run</b>
12-17 min run at easy/conversational pace

# Week 6

<b>Monday</b>
<b>800m Effort Session</b>
10-15 min warmup, 6x200 meters at 800 meter Effort (based on PFE time), 1:30 min rest in between, 5-10 min cool-down

<b>Tuesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 20-25 min See Swim Workout tab for swimming ideas
<b>Bodyweight Circuit</b>
Dynamic Flexibility & Movement Prep followed by....
Pyramid (level 1 - 10)
Pull-ups x 1
Push-ups x 2
Sit-ups x 3
Example:
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups
Continue Until Level 10, Rest 30 Seconds Between Levels

<b>Wednesday</b>
<b>Marathon Run</b>
5-10 min warm-up, 8-10 min at Marathon, 5-10 min cool-down

<b>Thursday</b>
<b>Circuit Training</b>
Dynamic Flexibility & Movement Prep followed by....
Complete the Following Circuit as Many Times as Possible in 14 min
:30 Second Plank Hold (on Elbows)
10 Walking Lunges Each Leg (With Weight if Available)
10 Hand Release Push-ups (Belly on Ground, Hands Release Ground Each Time)
5 Standing Continuous Broad Jump Leaps
20 Mountain Climbers

<b>Friday</b>
<b>Easy Run</b>
12-17 min run at easy/conversational pace
<b>Speed Session (after run)</b>
5x:25 sec of controlled hard stride

<b>Saturday</b>
<b>Easy Run</b>
12-17 min run at easy/conversational pace

<b>Sunday</b>
<b>Rest</b>

# Week 7

<b>Monday</b>
<b>Mile Effort Session</b>
5x300 meters at Mile Effort (based on PFE time), 2 min rest in between, 5-10 min cool-down

<b>Tuesday</b>
<b>Circuit Training</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
30 Walking Lunges (30 Steps), 25 Push-ups, 50 Sit-ups Run 200 meters
25 Walking Lunges (25 Steps), 20 Push-ups, 40 Sit-ups Run 200 meters
20 Walking Lunges (20 Steps), 15 Push-ups, 30 Sit-ups Run 200 meters
15 Walking Lunges (15 Steps), 10 Push-ups, 20 Sit-ups Run 200 meters
10 Walking Lunges (10 Steps), 5 Push-ups, 10 Sit-ups Run 200 meters

<b>Wednesday</b>
<b>Tempo Run</b>
10-15 min warm-up, 10-15 min at Tempo, 5-10 min cool-down

<b>Thursday</b>
<b>Bodyweight Circuit</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
<u>Pull-up Circuit</u>
1, 2, 3, 4, 5....to Max
15 Seconds Rest Between Each Set or Level of the Pyramid
<u>10 Circuits of the following in order</u>
Reps for Men & (Women)
Push-up x 5 (3)
Crunches x 10
Wide Push-ups x 5 (3)
Leg Raises x 10
Narrow Push-ups x 5 (3)
Sit-ups x 10
(:30 sec rest between)

<b>Friday</b>
<b>Easy Run</b>
15-20 min run at easy/conversational pace
<b>Speed Session (after run)</b>
10x:10 sec of controlled hard stride

<b>Saturday</b>
<b>Easy Run</b>
15-20 min run at easy/conversational pace

<b>Sunday</b>
<b>Rest</b>

# Week 8

<b>Monday</b>
<b>Easy Run</b>
15-20 min run at easy/conversational pace

<b>Tuesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 20-25 min See Swim Workout tab for swimming ideas
<b>Physical Fitness Test</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
Execute the Coast Guard Academy Physical Fitness Exam.
Part 1: Begin with Push-ups on a cadence (1 sec up & hold, 1 sec down & hold) for 2:00. Max for Men is 60, Max for Women is 48
Part 2: Proceed to Sit-ups. Execute as many Sit-ups in 2:00 as possible
Part 3: Run 1.5 miles as fast as possible.

<b>Wednesday</b>
<b>Optional Easy Run</b>
15-20 min run at easy/conversational pace

<b>Thursday</b>
<b>Circuit Training</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
100m Run with Descending Pyramid
Start Line - 50 Bodyweight Squats - Then Run 100m
Endline - 10 Burpees - Run back to Start Line 100m
Start Line - 45 Bodyweight Squats - Then Run 100m
Endline - 9 Burpees - Run back to Start Line 100m
Start Line - 40 Bodyweight Squats - Then Run 100m
Endline - 8 Burpees - Run back to Start Line 100m
Start Line - 35 Bodyweight Squats - Then Run 100m
Endline - 7 Burpees - Run back to Start Line 100m
Start Line - 30 Bodyweight Squats - Then Run 100m
Endline - 6 Burpees - Run back to Start Line 100m
Start Line - 25 Bodyweight Squats - Then Run 100m
Endline - 5 Burpees - Run back to Start Line 100m
Start Line - 20 Bodyweight Squats - Then Run 100m
Endline - 4 Burpees - Run back to Start Line 100m
Start Line - 15 Bodyweight Squats - Then Run 100m
Endline - 3 Burpees - Run back to Start Line 100m
Start Line - 10 Bodyweight Squats - Then Run 100m
Endline - 2 Burpees - Run back to Start Line 100m
Start Line - 5 Bodyweight Squats - Then Run 100m
Endline - 1 Burpees - Run back to Start Line 100m

<b>Friday</b>
<b>Easy Run</b>
15-20 min run at easy/conversational pace
<b>Speed Session (after run)</b>
5x15 seconds of controlled hard stride

<b>Saturday</b>
<b>Rest</b>

<b>Sunday</b>
<b>Rest</b>

# Swimming Workouts

**Notes:**

1 Length of the Pool = 25 yards (Example: 50 yd = 2 Lengths, 100 = 4 Lengths)

Equipment: goggles (optional)

Workouts are Novice to Intermediate Workouts. To Increase Difficulty, Complete a

Workout 2x

Workout Option 1
<u>Warm-up:</u> 150 yd (6 lengths of the pool continuous; mix up strokes)
4 x 50 yd Freestyle or Front Crawl (:30 sec rest after each 50 yd)
1:00 Rest
1 x 100 yd Freestyle or Front Crawl
1:00 Rest
8 x 25 yd (:15 sec after each 25 yd; choose your stroke)
1:00 Rest
1 x 100 yd Freestyle or Front Crawl
1:00 Rest
4 x 50 yd (:30 sec rest; choose your stroke)
Cooldown 50-100 yd

Workout Option 2
Equipment: <u>goggles, kickboards</u>
<u>Warm-up:</u> 150 yd any stroke
3 x 50 yd Freestyle or Front Crawl (:20 sec rest after each 50 yd)
3 x 50 yd any stroke, (:20 sec rest after each 50 yd)
3 x 50 yd flutterkick with a kickboard
3 x 100 yd = 25 Fr / 25 OTF / 25 flutter with kickboard / 25 free (1:00 rest between 100's)
25 yd Freestyle or Front Crawl
25 yd Choice of Backstroke, Side Stroke, or Breaststroke
25 yd Flutter with Kickboard
25 yd Freestyle or Front Crawl
12 x 25 yd Choose your stroke at easy pace
Cooldown 50-100 yd

Workout Option 3
Equipment: <u>goggles (optional), kickboards</u>
<u>Warm-up:</u> 150 yd (6 lengths of the pool continuous; mix up strokes)
5 x 25 Freestyle or Front Crawl (:15 sec rest)
5 x 25 Freestyle or Front Crawl (:15 sec rest)
100 Any Kick (only) (:30 sec rest)
100 Freestyle or Front Crawl (:30 sec rest)
100 Any Stroke (arms only) (:30 sec rest)
4 x 75 yd= Swim any stroke hard for the middle 25 yd of each 75 yd (:30 sec rest)
Cooldown 200 yd at easy pace

# Swimming Workouts

## Notes:

1 Length of the Pool = 25 yards (Example: 50 yd = 2 Lengths, 100 = 4 Lengths)

Equipment: goggles (optional)

Workouts are Novice to Intermediate Workouts. To Increase Difficulty, Complete a Workout 2x

<b>Workout Option 4</b>
<u>Equipment:</u> goggles (optional)
<u>Warm-up:</u> 200 yd (8 lengths of the pool continuous; mix up strokes)
6 x 50 yd = 25 yd Flutter Kicking only (no Kickboard), then 25 yd Choose your stroke :20 rest
12 x 25 yd = every 3 <sup>rd</sup> 25 yd fast (:15 rest)
2 x 150 yd long (:45 rest)
Cooldown 100 yd

<b>Workout Option 5</b>
<u>Equipment:</u> goggles (optional)
<u>Warm-up:</u> 250 yd (10 lengths of the pool continuous; mix up strokes)
8 x 25 yd Freestyle or Front Crawl (:15 sec rest)
4 x 50 yd Any Kick (only) (:10 sec rest)
2 x 100 yd Freestyle or Front Crawl (:20 sec rest)
1 x 200 yd Alternate Breaststroke & Side Stroke each lap (:30 rest)
2 x 100 Freestyle or Front Crawl (:15 sec rest)
4 X 50 yd = 25 yd Any Kick (only) / 25 yd Any Stroke (:15 sec rest)
8 x 25 yd Choose your stroke and swim fast (:10 rest)

<b>Workout Option 6</b>
<u>Warm-up:</u> 10 min swim loosen up mix up strokes: Crawl, elementary back, sidestroke, breast stroke
<u>Tread water:</u> 6 min: 6 x :30 sec arms and legs / :30 sec legs only, hands out of water
<u>Swim Set:</u> 20 x 25 yd get out at each end (no ladder) 1-5 Freestyle or Front Crawl 6-10 Side Stroke 11-15 Breast Stroke 16-20 Freestyle or Front Crawl