

GET READY

for joining
The RAF Regiment

 **ROYAL
AIR FORCE
Regiment**

If you're going to pass the RAF Regiment Applicant Selection Test, then you're going to have to get in shape. Our four-week training programme will enable you to achieve a good basic level of fitness. The rest is up to you.

Warm Up

We perform a warm up prior to the main session to ensure your body (mind, muscles, joints, connective tissue) is safely prepared for the activity ahead.

Should take around 10 mins.

1. Initial Pulse Raise.

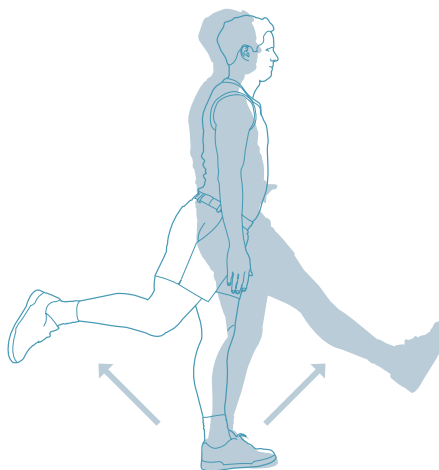
3-4 mins on any cardio kit/ jogging. 50-60% effort levels.

2. Dynamic stretching.

Perform 3-5 stretches focusing on the main body parts that are going to be worked in the session. Ensure you make the stretches progressive and dynamic (continuously moving) and are not held statically for too long.

3. Second Pulse Raise.

2-3 mins on another piece of cardio equipment/running. Up to 70-80% effort levels.



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.

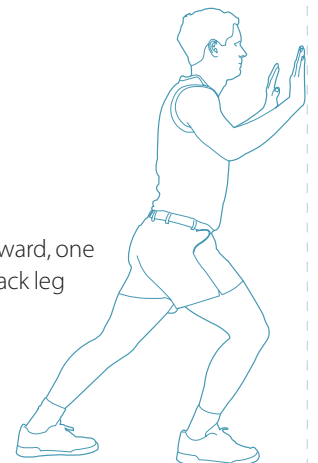
- Repeat on opposite side.

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.

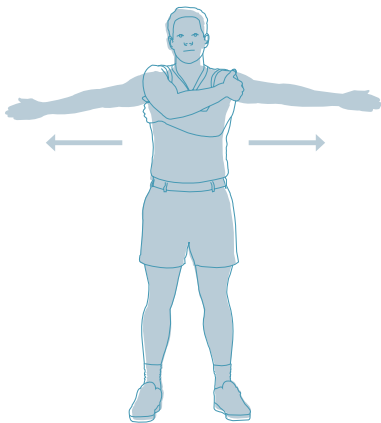
- Repeat on the opposite side.



Body Hug

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

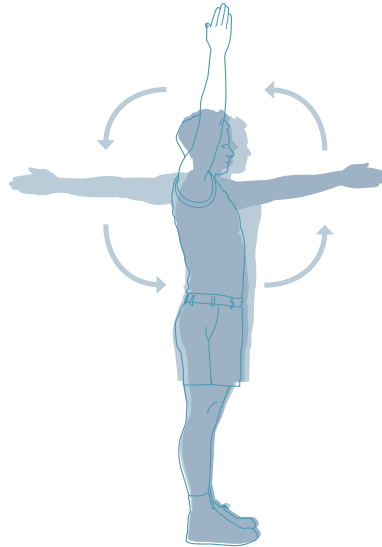
Action - Bring your arms in across your body and give yourself a big hug.
• Return to the starting position and repeat.



Shoulder Rotation

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

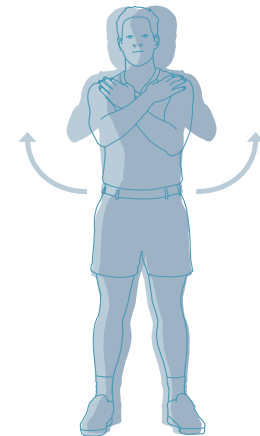
Action - Using one arm at a time, in a continuous motion draw a big circle with your hand to the side of your body.
• Repeat on opposite side.



Trunk Rotations

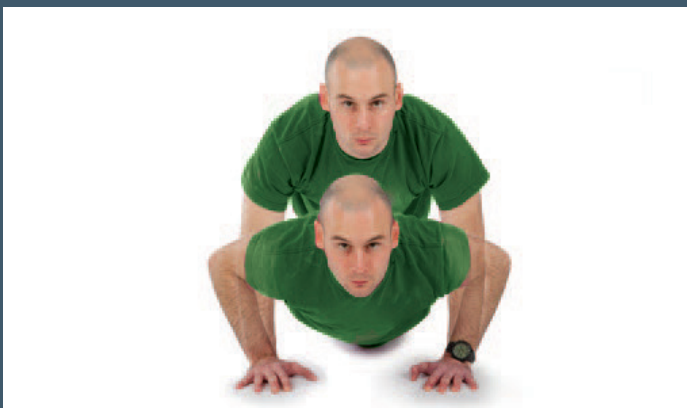
Set up - Stand upright with your feet shoulder width apart with your hands across your chest.

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



GET TO THE CORE

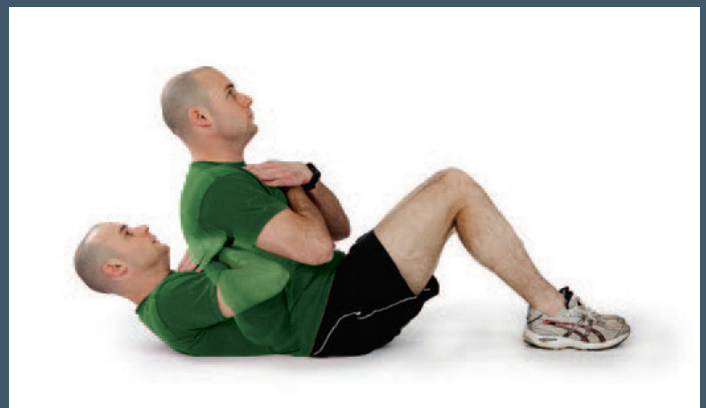
Muscular endurance exercises are a vital part of our training programme. During selection, you'll be tested on how many sit-ups and then how many press-ups you can perform in a minute. Here's how to crunch out the numbers.



The perfect press-up

Begin on the floor with your arms straight (supporting your body) and shoulder-width apart. Your back should be straight and your abdominal muscles engaged – helping to keep your torso straight. Remember to look ahead, not down.

Lower your body in one controlled movement until your chest is a few inches off the floor. Then straighten your arms again, raising your body to the start position. Remember to keep your elbows pointing back, not out to the side.



Super sit-ups

Start by lying on the floor with your knees bent at about 90 degrees. Your feet should be firmly on the floor and about shoulder-width apart. Place your hands across your chest or lightly at the side of your head.

Next, curl your head, shoulders and torso off the floor and raise your body until you are in an upright position and your elbows touch your knees. Roll back down through the spine to the start position and repeat.

RAST 4 Week Preparation Training Programme

| Week 1 | Cardiovascular Exercise | Duration | Conditioning Exercise | Sets | Reps | Notes |
|-------------|-------------------------|--|---|-------------------------------|-------------------------|--|
| Mon | Run 4km | Aim for 22 mins 5:30min/km | Press Ups Sit Ups Squats Dips | 1 & 3 | Max & 50% of max | Complete the first exercise to find your max reps on each exercise. Then complete the following 3 sets with 50% of your max on each exercise. As fast as possible. Rest as required. |
| Tue | Swim** | 10 x 25m Tread Water 30s after each 50m | | | | Focus on Front Crawl and Breast Stroke. Try to complete without stopping. |
| Wed | | | Circuit: 6 rounds- 100m sprint 22 burpees 2 lunges/leg 30 sec plank hold | | | As fast as possible. Each round decreases burpees by 4 reps. Increase lunges by 4 reps. Record your time for this circuit. |
| Thur | Swim** | 10 x 25 EFFORTS | | | | Focus on Front Crawl and Breast Stroke. As fast as possible each 25m. Rest as required between sets. |
| Fri | Run 2km | Aim for 10:30 5:15min/km | Plyometric Press Ups Sit Ups Squat Jumps Dips | EMOM 10 3 3 3 | 3 20 20 20 | EMOM = Every minute on the minute for 10 minutes. Complete as circuit, with minimum rest. |
| Sat | | | Circuit: 30min AMRAP- 5 Broad Jumps 10 Close Grip Press Ups 5 side lunges/leg 10 plank press ups | | | AMRAP = As many reps as possible Max distance on broad jumps |
| Sun | Rest Day | | | | | |

| Week 2 | Cardiovascular Exercise | Duration | Conditioning Exercise | Sets | Reps | Notes |
|-------------|-------------------------|---|--|------------------------------|-------------------------|--|
| Mon | Run 3km | Aim for 15:45 5:15min/km | Press Ups Sit Ups Squats Dips | 1 & 3 | Max & 60% of max | Complete the first set to find your max reps on each exercise. Then complete the following 3 sets with 60 % of your max on each exercise. As Fast As Possible. Rest as required. |
| Tue | Swim** | 20 x 25m Tread Water 30s after each 100m | | | | Focus on Front Crawl and Breast Stroke. Try to complete without stopping. |
| Wed | | | Circuit: Decline Press Ups Sit Ups Burpee Track Jumps Lunges | | | TABATA Style-40 seconds on, 20 seconds rest. 8 rounds of each exercise. |
| Thur | Swim** | 14 x 25 EFFORTS | | | | Focus on Front Crawl and Breast Stroke. As fast as possible each 25m. Rest as required between sets. |
| Fri | Run 2 x 1km EFFORTS | Aim for sub 5:00 5 min walking recovery between efforts. | Plyometric Press Ups Sit Ups Squat Jumps Dips | EMOM 8 3 3 3 | 5 25 25 25 | EMOM = Every minute on the minute for 8 minutes. Complete as circuit, with minimum rest. |
| Sat | | | Circuit: 100 Press Ups 200 Sit Ups 300 Squats When finished: 3 rounds of: 1 min plank 1 min right plank 1 min left plank | | | Rest as required. Complete all press ups before moving onto sit ups, then squats. |
| Sun | Rest Day | | | | | |

RAST 4 Week Preparation Training Programme

| Week 3 | Cardiovascular Exercise | Duration | Conditioning Exercise | Sets | Reps | Notes |
|-------------|-------------------------|--|---|-------------------------------|-------------------------|---|
| Mon | Run 2km | Aim for 9:30 4:45min/km | Press Ups Sit Ups Squats Dips | 1 & 3 | Max & 75% of max | Complete the first set to find your max reps on each exercise. Then complete the following 3 sets with 75% of your max on each exercise. As Fast As Possible. Rest as required. |
| Tue | Swim** | 10 x 50m Tread Water 1min after each 100m | | | | Focus on Front Crawl and Breast Stroke. Try to complete without stopping but rest if required. |
| Wed | | | Circuit: 6 rounds- 100m sprint 22 burpees 2 lunges/leg 30 sec plank hold | | | As fast as possible. Each round decreases burpees by 4 reps. Increase lunges by 4 reps. Try to beat time from first week. |
| Thur | Swim** | 6 x 50 EFFORTS | | | | Focus on Front Crawl and Breast Stroke. As fast as possible each 50m. Rest as required between sets. |
| Fri | Run 3 x 1km EFFORTS | Aim for 4:45 5min walking recovery between efforts | Plyometric Press Ups Sit Ups Squat Jumps Dips | EMOM 10 4 4 4 | 5 20 20 20 | EMOM = Every minute on the minute for 10 minutes. Complete as circuit, with minimum rest. |
| Sat | | | Circuit: 8 rounds- 10 Broad Jumps 15 Press Ups 20 sec Hollow Body Hold | | | As fast as possible |
| Sun | Rest Day | | | | | |
| Week 4 | Cardiovascular Exercise | Duration | Conditioning Exercise | Sets | Reps | Notes |
| Mon | Run 2km | Aim for 9:15 4:38min/km | Press Ups Sit Ups Squats Dips | 1 & 4 | Max & 75% of max | Complete the first set to find your max reps on each exercise. Then complete the following 4 sets with 75% of your max on each exercise. As Fast As Possible. Rest as required. |
| Tue | Swim** | 4 x 100m Tread Water 2mins after each 100m | | | | Focus on Front Crawl and Breast Stroke. Try to complete without stopping but rest if required. |
| Wed | | | Circuit: 20 burpees 30 tuck jumps 40 sit ups 50 mountain climbers (each leg) 40 press ups 30 squats 20 burpees | | | As fast as possible. |
| Thur | Swim** | 3 x 100m EFFORTS Tread water 2 mins after the last effort. | | | | Focus on Front Crawl and Breast Stroke. As fast as possible each 100m. Rest as required between sets. |
| Fri | Run 2km | Aim for 9:00 4:30min/km | Plyometric Press Ups Sit Ups Squat Jumps Dips | EMOM 10 4 4 4 | 6 25 25 25 | EMOM = Every minute on the minute for 10 minutes. Complete as circuit, with minimum rest. |
| Sat | | | Circuit: 3 rounds of: 25 burpees 50 scissor kicks 25 press ups 50 sit ups | | | |
| Sun | Rest Day | | | | | |

***If you can comfortably swim 400m without stopping, work on a different weakness during this session.*

Cool Down

We perform a cool down after the session to healthily return our body back to its resting state.

Should take about 10 mins +

1. Gentle walking/moving for 1-2 minutes to lower the heart rate and recover your breathing.
2. Static stretching/foam rolling. Focusing on the muscles that have been worked during the session. Hold each stretch for 30 seconds to a minute.



Hamstring Stretch

Extend one leg out in front of you to stretch the muscles, bending your other knee to compensate. Rest your hands on the thigh of your bent leg and keep both feet firmly on the ground. Repeat on the other side



Quad Stretch

Use your right hand to grab your right foot and bring it up behind you. Stand up tall to increase the stretch. Bring your foot down slowly and repeat on the other side.



Inner Thigh Stretch

Sit on the floor and bring the soles of your feet together. Gently press down on the inner thighs until you feel the stretch take effect.



Gluteal Stretch

Sit on the floor with both legs out straight in front of you. Bring your right foot into the body and place it over your left thigh. Increase the stretch by placing your left arm on the outside of your right thigh. Return to the start and repeat with the opposite leg.



Shoulder Stretch

Stand tall with your feet hip-width apart and shoulders back. Move your right arm across the body, using the crook of your left arm to pull it into your chest. Repeat on the left side.



Side Stretch

Stand up straight with your feet hip-width apart. Raise your right arm and move your torso to one side, sliding the other hand down the outside of your leg. Return to the middle and repeat on the other side.



Calf Stretch

Step forward about 1 metre with your left leg, keeping your right leg straight. Bend your left knee and move your hips forward, keeping the right heel firmly on the ground. Swap sides and repeat. Remember to keep your toes pointing forwards.

Recovery Days

As important as it is to go max effort on these workouts, it is equally important to ensure you're recovering adequately between the sessions. The period between the workouts is when your body is repairing and healing from the stress of the workout.

Ways to do this=

- Ensuring you get enough sleep (8 hrs +)
- Ensuring you keep well hydrated.
- Making sure you eat well-balanced and healthy meals.
- Stretching and foam rolling if needed. This is more important immediately before or after training if you have any specific problem areas that need addressing.

Regiment Applicant Selection Test Standards

| Test | | Regular | Reserve |
|----------------------------------|---|---|---|
| 1.25 mile/2km run | Warm up followed by 1.25mile/2km individual best effort run | 9 minutes 30 seconds | 10 minutes 27 seconds |
| Medicine Ball Throw | Conducted in the seated position with a 4kg weighted medicine ball. The best score will be recorded from 3 throws | 4 metres | 3 metres 60 centimetres |
| Mid-Thigh Pull (static deadlift) | The best score will be recorded from 3 pulls | 95 kilograms | 85.5 kilograms |
| Swim Test | 100m swim, 2 mins treading water and exit pool unaided | No time limit | Not required |
| Press Ups | In one minute | Age/Gender based <i>Please see table below</i> | Age/Gender based <i>Please see table below</i> |
| Sit Ups | In one minute | Age/Gender based <i>Please see table below</i> | Age/Gender based <i>Please see table below</i> |

Regiment Press Ups/Sit Ups Standards

| Age Limits (Male) | Press-ups (Number) | Sit-ups (Number) |
|---------------------|--------------------|------------------|
| 17-29 | 20 | 35 |
| 30-34 | 19 | 32 |
| 35-39 | 18 | 29 |
| 40-44 | 17 | 26 |
| 45-49 | 16 | 23 |
| 50-54 | 15 | 20 |
| Age Limits (Female) | Press-ups (Number) | Sit-ups (Number) |
| 17-29 | 10 | 32 |
| 30-34 | 9 | 29 |
| 35-39 | 8 | 26 |
| 40-44 | 7 | 23 |
| 45-49 | 6 | 20 |
| 50-54 | 5 | 17 |

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.

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.

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 pro-actively 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.

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.

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.

