

A group of soldiers in camouflage uniforms are marching in formation on a dirt path. They are carrying rifles and wearing hats. The background shows a forested area under a cloudy sky.

MILITARY PREPARATION.

**MILITARY PROGRAM 01:
BASIC REQUIREMENTS.**

discipline | commitment | determination



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ABOUT

Welcome to the Military Basic Requirements program, designed to prepare you for the physical demands of military training. This program is a progressive and structured approach to building strength and endurance in the key components of the military selection process: pull-ups, push-ups, sit-ups, and running.

Our program includes a detailed breakdown of the movement standards required for each exercise, ensuring that you have a clear understanding of what is expected of you during your military training. We also provide specific running and speed march guidelines to help you improve your endurance and overall fitness.

We believe in the importance of progressive overload to avoid injury and promote steady improvement. Our program includes a structured approach to gradually increasing the intensity and volume of each exercise to ensure that you are steadily progressing towards your goals.

By diligently following our training regimen, you will be on the path to success. Remember to have faith in the process and commit to the hard work required to be able to achieve your dream.



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PROGRAM EXECUTION.

The execution of this program can be done in two ways. Either you complete a full set of an exercise before moving on to the next, or you complete a whole round of the exercises.

Example option one:

First complete all the pull ups with 60 seconds of rest between the sets before moving on to the push ups.

Example option two:

Complete the first set of pull ups, push ups, sit ups and squats. Then you move to set number 2 of each exercise. The specific muscles used for each exercise are resting whilst the body is performing another task.

Complete the work per day at your own time. You can choose to do the strength exercises in the morning and the running in the evening, that's up to you.



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MOVEMENT STANDARDS.

Pull-Up

- The pull-up must start from a dead hang position with the arms fully extended.
- The chin must clear the bar on the way up, with the elbows fully extended at the bottom.
- The pull-up is complete when the chin is over the bar, with the elbows fully flexed.

Push-Up

- The push-up must start from a plank position, with the hands slightly wider than shoulder-width apart.
- The body must be in a straight line from the head to the heels.
- The chest must touch the ground at the bottom of the movement, with the elbows fully extended.
- The push-up is complete when the arms are fully extended at the top of the movement.

Sit-Up

- The sit-up must start in a supine position, with the knees bent and feet flat on the ground.
- The hands must be interlocked behind the head, with the elbows in line with the ears.
- The movement starts with the shoulders touching the ground, and ends when the elbows touch the knees.
- The sit-up is complete when the back of the shoulders touches the ground.

It's important to note that proper form and technique should always be prioritised over the number of reps.



RUNNING.

Running is a fundamental component of military training, and improving your running ability is essential for success in any military program. Here are some tips to help you improve your running technique and endurance.

Proper Foot Landing

Landing on your heel can cause more impact to your knees and legs, while landing on the ball of your foot can prevent injuries and improve running efficiency. Aim for a mid-foot strike and use your toes to push off.

Breathing Techniques

Proper breathing is important for endurance and efficient running. Breathe deeply through your mouth and nose, taking deep breaths in through your nose and exhaling fully through your mouth.

Even though in future situations you might eventually rise to situations where this technique will become impossible because of your excessive breathing, its a good standard to teach yourself for training purposes.

Gradual Progression

Start with a slower pace and gradually increase your distance and speed over time. This will help your body adjust to the increased stress of running and prevent injury.

Interval Training: Intervals involve alternating between periods of high-intensity running and rest. This type of training can improve your running speed and endurance, as well as burn more calories. In this program we use speedmarch.



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Hills/off-road terrain

Running hills can help build leg strength, endurance, and mental toughness. Find yourself off-road terrain like a forest or dunes. Running your distances in these types of terrains prepare your mindset but also your body. Think about the ankle, knees, hips and core which have to adjust to unstable and inconsistent environments.

Strength training

Incorporating in the ‘Program Military foundational strength’ are forms of exercise, such as weight lifting, rowing, cycling or swimming, which help improve your overall fitness and prevent injury.

Remember to always warm up before running and cool down after. This will help prevent injury and improve recovery time. Additionally, consider investing in proper running shoes as you will be using them a lot.



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SPEEDMARCH

Speedmarch is a form of military training that involves marching or running at a fast pace while carrying a heavy load. This load can be a backpack or rucksack, which typically weighs around 30-50 pounds. You can start off with as little as 5 pounds or a water carrier and increase the weight every run to finish the program dealing with at least 30-50 pounds.

Special military units use speedmarch for a variety of reasons. For one, it helps to build endurance and cardiovascular fitness, which is essential for the physical demands of military operations. It also helps to develop mental toughness and resilience, as it can be gruelling and mentally challenging to keep up a fast pace while carrying a heavy load.

In addition, speedmarch is often used as a way to simulate the physical demands of carrying equipment and supplies in combat situations. Soldiers may need to move quickly and efficiently while carrying heavy loads, so speedmarch helps to prepare them for these situations.

Overall, speedmarch is an important component of military training, particularly for special military units that may need to operate in extreme environments or under high-stress conditions. For this program we suggest you to start without any added weight and gradually increase it every week by 2,5 kg. If possible, do this session in an outdoor environment like a forest or in sandy terrain.

The standard we will maintain for this program will be 2 minutes of running at a moderate pace, followed by 1 minute of speed walking. If you feel like your conditioning is at a strong point, increase the speed of the 1 minute walking. If done correctly, this will not be a comfortable minute.



PROGRESSIVE OVERLOAD.

Progressive overload is a training principle that involves gradually increasing the demands placed on the body during exercise over time. This means that as you become stronger or more fit, you need to continually challenge yourself with heavier weights, more reps, or longer distances in order to continue to see improvements in your fitness level.

In the context of the Basic Military Requirements program, progressive overload is used to gradually increase the volume and intensity of training over time. This is important because the body needs time to adapt to new stresses placed upon it, and by gradually increasing the load, the body has time to recover and build strength.

For example, in the running component of the program, the individual may start with shorter distances or slower speeds and gradually work their way up to longer distances or faster speeds. By gradually increasing the intensity and duration of the runs, the body has time to adapt to the new demands being placed on it and become stronger and more efficient at running.

Progressive overload is a key principle of effective training because it ensures that the body is continually challenged and pushed to new levels of fitness. Without progressive overload, the body can quickly adapt to a training program and plateau in terms of performance gains.



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PLATEAU

A plateau is when you get stuck on your current strength or conditioning level. You need to change things in order for adaptation to find place. Rethink sleep and nutrition. If you are struggling to progress and hit higher numbers on a particular exercise, there are multiple things you can do to break through a plateau. Step one will always be to ensure you take more rest for your next set if you failed or were close to failing your previous set. This can make a big difference in pushing yourself and demanding the body to adapt to your given standard. If the prescribed rest states 60-90s, you aim for 60s. If like mentioned above you start to fail, that is when you take the 90s. If your mental strength is there and your body is not, here are a few other options to consider.

- . Varying your training by incorporating different variations of the exercise, such as changing the grip or angle.
- . Additionally, you can increase the frequency or volume of their training by adding more sets and less reps to still aim for a higher total number of reps performed per session.
- . Incorporating variations of the exercise into your warm-up or cool-down routine to give the muscle group more attention and reason to adapt to your requirements.
- . Another option is to focus on strengthening the supporting muscles through complementary exercises.
- . Finally, they can take a brief break from the exercise and return to it later with a fresh perspective and renewed motivation. It's important to remember that progress takes time and consistency, and to stay patient and persistent in working towards achieving higher numbers.



ASSESSMENT.

Pre program start

. Max pull ups in 2 minutes

Rest 2min

. Max situps in 2 minutes

Rest 2 min

. Max pushups in 2 minutes

Rest 2min

. Run as far as possible in 12 minutes

Record all of your scored repetitions per exercise.



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MILITARY BASE REQUIREMENTS.

Weekly Plan 1 + 2

Week 1:

Monday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 3 reps
- . Push-up: 3 sets of 10 reps
- . Sit-up: 3 sets of 15 reps
- . Squat: 3 sets of 15 reps
- . Running: 1 km at moderate pace

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 4 reps
- . Push-up: 3 sets of 12 reps
- . Sit-up: 3 sets of 18 reps
- . Squat: 3 sets of 15 reps
- . Speedmarch: 1.5 km at moderate pace

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 5 reps
- . Push-up: 3 sets of 14 reps
- . Sit-up: 3 sets of 21 reps
- . Squat: 3 sets of 15 reps
- . Running: 2 km at moderate pace

Week 2:

Monday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 5 reps
- . Push-up: 3 sets of 14 reps
- . Sit-up: 3 sets of 21 reps
- . Squat: 3 sets of 15 reps
- . Running: 2 km at moderate pace

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 6 reps
- . Push-up: 3 sets of 16 reps
- . Sit-up: 3 sets of 24 reps
- . Squat: 3 sets of 15 reps
- . Speedmarch: 2.5 km at moderate pace

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 7 reps
- . Push-up: 3 sets of 18 reps
- . Sit-up: 3 sets of 27 reps
- . Squat: 3 sets of 15 reps
- . Running: 3 km at moderate pace



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MILITARY BASE REQUIREMENTS.

Weekly Plan 3 + 4

Week 3:

Monday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 7 reps
- . Push-up: 3 sets of 20 reps
- . Sit-up: 3 sets of 30 reps
- . Squat: 3 sets of 15 reps
- . Running: 3 km at moderate pace

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: Pyramid
1-2-3-4-5-6-7-8-7-6-5-4-3-2-1
change grip every set
- . Push-up: Pyramid
1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1
- . Lay down- stand up: 3 sets of 10 reps
- . Squat: Pyramid
5-6-7-8-9-8-7-6-5
- . Speedmarch: 3.5 km at moderate pace

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 9 reps
- . Push-up: 3 sets of 24 reps
- . Sit-up: 3 sets of 36 reps
- . Squat: 3 sets of 15 reps
- . Running: 4 km at moderate pace

Week 4:

Monday:

- . Warm-up: 5 minutes
- . 20-15-10-5
- . Pull-up
- . Push-up
- . Sit-up
- . Squat

. Running: 5x 200m - fast pace, aim for the same time every round.
rest until capable of breathing in and out through nose.

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 8 reps
- . Push-up: 3 sets of 25 reps
- . Sit-up: 3 sets of 35 reps
- . Squat: 3 sets of 15 reps
- . Speedmarch: 4.5 km at moderate pace

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 1 set of max reps in 2 minutes
- . Push-up: 1 set of max reps in 2 minutes
- . Sit-up: 1 set of max reps in 2 minutes
- . Squat: 1 set of max reps in 2 minutes
- . Running: in 12min run as much distance as possible.



MILITARY BASE REQUIREMENTS.

Weekly Plan 5 + 6

Week 5:

Monday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 9 reps
- . Push-up: 3 sets of 26 reps
- . Sit-up: 3 sets of 39 reps
- . Squat: 3 sets of 15 reps
- . Running: 4 km at moderate pace

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 10 reps
- . Push-up: 3 sets of 28 reps
- . Sit-up: 3 sets of 42 reps
- . Squat: 3 sets of 15 reps
- . Speedmarch: 4.5 km at a fast pace.
*Walking should be conditionally tough.

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 11 reps
- . Push-up: 3 sets of 30 reps
- . Sit-up: 3 sets of 45 reps
- . Squat: 3 sets of 15 reps
- . Running: 2x 1.5km as fast as you can.
*Rest 5 minutes between sets

Week 6:

Monday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 11 reps
- . Push-up: 3 sets of 32 reps
- . Sit-up: 3 sets of 52 reps
- . Squat: 3 sets of 15 reps
- . Running: 5 km at fast pace.
*< 25 minutes is medium.
< 20 minutes is good.

Wednesday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 10 reps
- . Push-up: 3 sets of 34 reps
- . Sit-up: 3 sets of 56 reps
- . Squat: 3 sets of 15 reps
- . Speedmarch: 5.5 km at a fast pace

Friday:

- . Warm-up: 5 minutes
- . Pull-up: 3 sets of 11 reps
- . Push-up: 3 sets of 36 reps
- . Sit-up: 3 sets of 60 reps
- . Squat: 3 sets of 15 reps
- . Running: 2x 3 km at a fast pace.
*Rest 5 minutes between sets



DISCLAIMER.

Before you begin any fitness or exercise program, it is important to consult with a qualified healthcare professional. This is particularly important if you have a history of medical problems, including but not limited to heart disease, high blood pressure, diabetes, or obesity.

The training plans provided by Mission Movement are intended for individuals who are interested in joining the military and military special forces. The plans are designed to provide guidance and support to help you achieve your fitness goals. However, it is important to understand that no program can guarantee results or prevent injury.

By using Mission Movement training plans, you acknowledge and assume full responsibility for any and all risks, injuries, or damages that may arise from participating in the program. This includes any physical or mental health risks associated with engaging in exercise or fitness activities.

You understand that Mission Movement is not a licensed healthcare provider and cannot provide medical advice or treatment. Any information or advice provided by Mission Movement is intended for educational purposes only and should not be used as a substitute for medical advice from a qualified healthcare professional.

By using Mission Movement training plans, you agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability, claims, damages, or expenses (including attorney's fees) arising from your participation in the program.

In summary, participating in any fitness or exercise program involves a risk of injury, and you should consult with a qualified healthcare professional before beginning any program. By using Mission Movement training plans, you assume all risks associated with participating in the program and agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability arising from your participation in the program.



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