



MILITARY PREPARATION.

THE
MILITARY COACHING
GUIDE.

discipline | commitment | determination



MISSION MOVEMENT.

CONTENT.

Our training sessions are meticulously planned by our trainer and are designed in a manner geared toward the maximisation of efficiency. Your time is valuable, so our goal is to best prepare you while taking up the least amount of your time possible.

Your training results will be reviewed by one of our trainers over the sessions that will last from the time of purchasing the program to the end of week 6. Training sessions will be comprised of both activities and lectures that will touch upon the following subjects:

- . About
- . Recommendation
- . Basic military physical requirements
- . Assessment
- . Setting a goal
- . Nutrition - magnesium - caffeine - sleep - calorie
- . Hydration
- . Support
- . Mental health
- . Mobility
- . Medical
- . Breathwork
- . Ruck walk
- . Program Military basic requirements
- . Program Military foundational strength
- . Swimming program
- . Disclaimer



MISSION MOVEMENT.

ABOUT

At Mission Movement, we are proud to say that we have over 20 years of experience serving in the elite military forces. Throughout our service, we have developed a deep understanding of the physical requirements and demands of the military, and we have used this knowledge to design a comprehensive fitness program that will prepare you for the rigours of military service.

Whether you are looking to join the military or are already in the service, our program is designed to help you meet the physical challenges of the job. We cover all physical aspects of military service, including strength, endurance, speed, and grid. Our program is based on the latest research and training methods and is designed to help you achieve your fitness goals in the most efficient and effective way possible.

Our mission is to help you reach your full potential and achieve your dreams of serving in the military. We believe that by providing you with the tools and training you need to succeed, we can help you physically and mentally to become the best version of yourself.

The military preparation program consists of multiple folders. Make sure to read them and come back to them once you have questions.

- . Military Program 01: Basic requirements
- . Military Program 02: Foundational strength
- . Military Program 03: Swimming practice
- . Support 01: Exercise library
- . Support 02: Mobility



MISSION MOVEMENT.

RECOMMENDATION.

Treat this program to your current physical state. You might have to build some resilience first to allow the body and mind to adapt to being more active and setting this as a new standard. If you look at the volume of the program and think it is a lot, we recommend you to downscale on the reps or even sets of the first week to allow the body to adapt to the strain.

Here are some recommendations on how to follow the program:
Set realistic goals: Make sure that the goals you set for yourself are attainable, do not let lack of results hammer you down. Remember that progress takes time and consistency. It's a mental game as well as physical. By continuing to put in the work you demand adaptation.

Track your progress: Keep track of your progress in both programs. This will help you see the improvements you're making and identify areas where you might need to focus more attention. I recommend taking a note pad to your trainings to keep track of your results. Also include the hours of sleep you had and scale 1-10 how you did on nutrition.

Balance your training: Make sure that you're giving equal attention to both programs. It's important to have a balance of strength training and conditioning to be fully prepared for military training.

Don't neglect rest and recovery: Make sure to take rest days and prioritise recovery. Proper rest and recovery will help prevent injury and improve performance. It can build great personal strength to know when you need to take a step back in order to move forward. You are in a preparative state, this is a luxurious position where you can make that decision in order to move forward safely and in a progressive manner.



STAY MOTIVATED.

Staying motivated is key to achieving your goals. Having said that, it is you who wants this. Remember this throughout the program. Do not make listening to music or motivation speeches your source of motivation, they will not help you out there.

YOU WANT THIS.

Example of a weekly schedule setup:

MONDAY.

- . Basics requirements
- . Evening Ruck walk

TUESDAY.

- . Foundational strength
- . Swimming

WEDNESDAY.

- . Basics requirements

THURSDAY.

- . Foundational strength

FRIDAY.

- . Basics requirements
- . Evening Ruck walk

SATURDAY.

- . Foundational strength

SUNDAY.

- . Swimming

If the days don't match your free time, alter to suit but follow this pattern for recovery and development. If a session gets missed, just carry on following the protocol as if nothing happened. If you start making a habit of skipping a particular day (for whatever reason) let me know.



BASIC MILITARY PHYSICAL REQUIREMENTS.

The physical requirements for elite military units can vary depending on the specific unit and branch of the military. However, here is a general summary of some basic physical fitness requirements:

Running: Running is a fundamental part of military fitness. Depending on the unit, individuals may be required to run a certain distance within a specific time frame.

Pull-ups: Pull-ups are an excellent measure of upper body strength and endurance. Many elite military units require individuals to perform a certain number of pull-ups.

Push-ups: Push-ups are another fundamental exercise used to measure upper body strength and endurance. Many elite military units require individuals to perform a certain number of push-ups.
Sit-ups: Sit-ups are an exercise used to measure core strength and endurance. Many elite military units require individuals to perform a certain number of sit-ups.

Endurance: Endurance is a critical component of military fitness. Individuals may be required to perform tasks such as long-distance rucking (carrying a heavy pack over long distances), obstacle courses, or other physically demanding tasks.

Overall fitness: Elite military units often require individuals to be in excellent overall physical condition, with good muscular strength, endurance, and agility.

It's important to note that these requirements are not exhaustive and may vary depending on the specific unit and branch of the military. Therefore, it is essential to research the physical requirements of the specific unit and branch of the military for which you are preparing.



ASSESSMENT.

If you're preparing for military service, it's crucial to assess your current physical fitness level. This will help you identify your strengths and weaknesses and helps you customise this training program that's tailored to your specific needs.

Here are some areas to assess as you prepare for military service:

Cardiovascular endurance: Military training often involves long runs and other forms of endurance exercise. To assess your cardiovascular endurance, try running a set distance within a specific time frame. Record your time and distance and compare it to the requirements of the unit or branch of the military you're preparing for.

Upper body strength: Military training often involves carrying heavy equipment, climbing, and other upper body activities. To assess your upper body strength, try performing as many pull-ups and push-ups as you can. Note the number of repetitions you can perform and compare it to the requirements of the unit or branch of the military for which you're preparing.

Basic core strength: Core strength is essential for overall physical fitness and can help you perform a variety of military tasks, such as carrying heavy equipment over long distances. To assess your core strength, without lifting or carrying objects, another common position you'll be in a lot during bootcamp is the plank. This plank will be held from the push up position with extended arms, shoulders leaning directly over the hands. Assess how long you can keep this position whilst you maintain a strong and tight midline. Failure to keep a straight back means your timer stops. Aim for at least 60 seconds.



Lower body strength: Military training often involves activities such as running, jumping, and carrying heavy loads. To assess your lower body strength, try performing exercises such as squats and lunges with weights. Without carrying objects. You should be able to perform 50 air squats in a row without a problem. For testing this with equipment. Take in mind that your basic loadout like vest, protective gear and personal weapons adds about 30kgs. This is without carrying a backpack. So you should be able to perform walking lunges with this and carrying heavy kettlebells (simulating munition/group weapon) for a short distance.

Endurance: Military training often involves physically demanding tasks for extended periods. To assess your endurance, try completing an obstacle course or rucking (carrying a heavy pack over a long distance). The basic weight of a backpack, without food/water supplies for multiple days, munition, group items, area/weather specific items, medical packs and expertise specific items weighs around 20kgs.

Remember, military training is physically and mentally demanding. By assessing your current fitness level and developing a training program that's tailored to your needs, you'll be better prepared to meet the challenges of military service.

We recommend you to test yourself on an exercise of each subject and retest yourself after 6 weeks to measure your progress. The Military preparation: Basic requirements program has an assessment specifically made for that program, testing the pull ups, push up, sit up, squat and running.



MISSION MOVEMENT.

SETTING A GOAL..

Example of setting a goal

Goal: Perform 10 pull-ups in a row.

Action plan:

Start with assisted pull-ups or use resistance bands to gradually build upper body strength and correct technique.

Warm up with exercises that target your weak mechanics in the exercise.

Practise pull-ups at least three times a week, increasing the number of repetitions each week.

Use proper form and technique to avoid injury and maximise the effectiveness of the exercise.

Incorporate other exercises that target the same muscle groups, such as lat pulldowns and bicep curls, to supplement your pull-up training.

Monitor progress by tracking the number of pull-ups performed during each session and gradually increasing the number of repetitions over time.



MISSION MOVEMENT.

NUTRITION.

Nutrition is a critical component of a healthy lifestyle, especially when it comes to physical activity and exercise. To maintain general health, the amount of calories needed for an adult can vary depending on age, gender, weight, and level of physical activity. On average, an adult should consume around 2000-2500 calories per day to maintain their weight and meet their daily nutritional needs.

However, when it comes to fueling the body for exercise, additional calories and nutrients are necessary to keep the body functioning properly and avoid injury. This is particularly important for individuals who are training regularly, as they are placing greater demands on their bodies.

When training regularly, it is important to consume enough calories to support physical activity, as well as to allow for recovery and repair of muscle tissue. The exact number of calories needed can vary depending on the individual, their training regimen, and their body composition goals. As a general guideline, athletes and active individuals may need to consume an additional 500-1000 calories per day to support their activity level.

In addition to calories, it is important to consume a balanced diet that includes a variety of macronutrients, such as carbohydrates, proteins, and fats, as well as micronutrients like vitamins and minerals. Adequate intake of these nutrients can help improve performance, speed up recovery, and reduce the risk of injury.

Overall, it is important to pay attention to your body's needs and adjust your calorie and nutrient intake accordingly to fuel your training and maintain optimal health.



MISSION MOVEMENT.

One approach to make sure you're close to nutritional and caloric basic needs in order to progress is sticking to breakfast, lunch and dinner. Before and after training have a snack to add extra nutrients round your training and therefore aiding in your recovery. Real foods. No trash. A simple banana/apple and a protein shake go a long way.

We suggest you to check the following link (or any other nutrition calculator) and check per meal and day where you're at. This can give you a great idea and guideline for future reference.

Cronometer

<https://cronometer.com>



MISSION MOVEMENT.

MAGNESIUM.

Magnesium is an essential mineral that plays a crucial role in many bodily functions, including muscle and nerve function, bone health, and energy production. For those engaging in high volume physical activity, magnesium supplementation can be beneficial in reducing muscle fatigue and cramps, improving recovery time, and supporting overall athletic performance.

When it comes to choosing a magnesium supplement, it's important to note that not all types are created equal. The most commonly used forms include magnesium oxide, magnesium citrate, magnesium glycinate, and magnesium malate. For athletes and those engaged in high volume physical activity, magnesium glycinate and magnesium malate are generally considered the best options.

Magnesium glycinate is a highly absorbable form of magnesium that is gentle on the stomach and has a calming effect on the nervous system. It's great for individuals who experience stress or anxiety related to their training. On the other hand, magnesium malate is highly absorbable and effective at reducing muscle fatigue and soreness while also supporting energy production.

For those looking to support their high volume training with magnesium supplementation, popular options include magnesium citrate and magnesium glycinate. Magnesium citrate is highly bioavailable and quickly absorbed by the body, making it beneficial for replenishing magnesium stores after intense training sessions. Magnesium glycinate is also highly bioavailable and a preferred option for those sensitive to the laxative effects of other forms of magnesium. Both forms can help support physical activity levels when used in conjunction with a healthy diet and lifestyle.



MISSION MOVEMENT.

CAFFEINE

Caffeine is often used by athletes to enhance performance during high volume training. When consumed in appropriate amounts, caffeine can provide a range of benefits, such as increased alertness, improved focus, and reduced fatigue, which can help athletes push through demanding workouts. Additionally, caffeine has been shown to improve endurance performance by increasing the body's ability to burn fat for fuel, sparing glycogen stores and delaying fatigue.

However, there are also potential downsides to caffeine consumption. Excessive caffeine intake can lead to negative side effects, such as jitters, anxiety, irritability, and disrupted sleep patterns. In some cases, high doses of caffeine may even cause heart palpitations, nausea, and dehydration.

It's important to note that individual tolerance to caffeine can vary significantly. While some athletes may be able to consume large amounts of caffeine without experiencing negative effects, others may be more sensitive to its effects and may need to limit their intake.

400mg of caffeine is considered safe for a healthy adult. This equals to roughly 4 cups of 240ml.



MISSION MOVEMENT.

CALORIE.

Calories are a measure of the energy that is found in the food we eat. Our bodies use this energy to fuel our everyday activities, including physical activity. When we consume more calories than our bodies need, the excess is stored as fat. When we consume fewer calories than our bodies need, we burn stored fat for energy.

When training for the military forces, it is important to understand the role that calories play in your overall fitness and performance. Your body needs a certain number of calories each day to maintain its current weight and energy levels. If you are looking to gain muscle mass or increase your endurance, you may need to consume more calories than you burn. If you are trying to lose weight or improve your body composition, you may need to consume fewer calories than you burn.

In addition to providing energy, calories are also important for regulating body temperature. In harsh conditions and extreme weather conditions, your body may require additional calories to maintain a healthy body temperature. This is because the process of breaking down calories generates heat, which can help to keep your body warm in cold conditions.

It is important to note that not all calories are created equal. Foods that are high in sugar and unhealthy fats may provide a lot of calories, but they may not provide the nutrients and energy that your body needs to perform at its best. When training for the military forces, it is important to focus on consuming nutrient-dense foods that provide the right balance of macronutrients (carbohydrates, proteins, and healthy fats) to support your training goals.



SLEEP

Sleep is an essential part of preparing for military training with high volume, providing time for the body to repair and recover. However, it is important to recognise that in certain military situations, other tasks may take priority over sleep.

To maximise the benefits of sleep, it should be prioritised in a comprehensive training plan, with sufficient time set aside and a sleep-conducive environment established. Avoiding stimulants like caffeine 8 hours before sleep and limiting screen time can also improve sleep quality.

However, in some situations, sleep may be sacrificed for mission success. While this may be necessary in the short term, it is not sustainable for long-term health and well-being. Therefore, efforts should be made to prioritise sleep as much as possible during feasible times.

Overall, understanding the importance of sleep and making efforts to prioritise it can be crucial for success in military training and overall physical and mental health, while recognising that in certain situations, sleep will not be the top priority.



MISSION MOVEMENT.

HYDRATION.

Staying hydrated during military training is essential for peak performance and preventing heat-related illnesses. Dehydration can negatively impact both physical and cognitive abilities, leading to decreased performance, fatigue, and increased risk of injury. In order to avoid these negative consequences, it's crucial to develop good hydration habits during training.

One simple strategy for staying hydrated is to take small sips of water throughout your training session. This can be achieved by carrying a water bottle with you and taking regular sips during breaks or transition periods. By making this a habit, you'll be more likely to stay hydrated throughout your entire training session.

It's important to note that waiting until you feel thirsty to drink water is not an effective strategy. Thirst is actually a sign of mild dehydration, meaning that your body is already behind on its water intake. By the time you feel thirsty, it's already too late to prevent dehydration from setting in.

In addition to drinking water during training, it's important to stay hydrated throughout the day by drinking water regularly. The recommended amount of water intake varies depending on factors such as age, gender, and activity level, but a general guideline is to drink at least eight 8-ounce glasses of water per day. Start every morning after waking up with 1 full glass of water and make this a life habit.

Training in hot and humid environments can also increase the risk of dehydration, so it's important to take additional precautions in these conditions.



MISSION MOVEMENT.

Overall, staying hydrated during military training is essential for peak performance and preventing heat-related illnesses. By developing good hydration habits and being disciplined about taking small sips of water throughout your training session, you can ensure that you're giving your body the hydration it needs to perform at its best.

If you lack discipline to take care of yourself, your ability to perform will be greatly diminished. You may become fatigued, disoriented, and even suffer from heat exhaustion. This can not only put yourself at risk but also make you a liability to your team. You may become unable to carry your equipment, keep up with the group, or even make critical decisions in the field

SUPPORT.

We are extremely proud of your choice to pursue a career in the military/being an active duty operator and trust in us to help you prepare for the physical and mental demands. During the duration of your 6 week program you will have the option to get in contact with us regarding the program. A set amount of time per day we respond to messages to help you continue forward on the program, do not hesitate to ask questions. That's what we are here for!



MISSION MOVEMENT.

PROFILE SPECIAL FORCES.

An average military special forces personnel is not only physically fit, but also has a strong sense of integrity, respect, and selflessness. These individuals are trained to be self-sufficient and work as part of a team to accomplish missions that require mental toughness, physical endurance, and the ability to adapt to changing situations.

Integrity is a critical component of the special forces personnel profile. These individuals must have a high level of honesty, trustworthiness, and ethical standards in order to work in high-pressure and high-stakes environments. They must be able to maintain their composure and make the right decisions, even in the face of adversity.

Respect is another key trait of special forces personnel. They understand the importance of treating others with dignity and respect, whether it's their fellow teammates or the local population in the areas where they operate. They are trained to be culturally sensitive and to build relationships with local communities, which is crucial in achieving their objectives.

Finally, selflessness is an essential characteristic of special forces personnel. They are committed to serving their country and are willing to put themselves in harm's way to protect others. They are team players who prioritise the mission above their personal interests, and are willing to make sacrifices to achieve their goals.

In summary, an average military special forces personnel is a highly trained, physically fit, and mentally tough individual with a strong sense of integrity, respect, and selflessness. They are driven by a sense of duty and are committed to serving their country and protecting others.



MENTAL TOUGHNESS.

Physical fitness is crucial for military personnel, but it is only part of the equation. Mental toughness is equally important, as it can mean the difference between success and failure, especially in high-pressure situations.

Mental toughness is the ability to remain focused, confident, and resilient in the face of adversity, stress, and uncertainty. It involves having a strong mindset, positive attitude, and the ability to persevere through difficult times. While some individuals may be naturally more mentally tough, it is a skill that can be developed and improved through training and practice.

To develop mental toughness, it is important to challenge yourself both physically and mentally on a regular basis. This can include setting and achieving goals, overcoming obstacles, and pushing yourself out of your comfort zone. It is also important to develop coping mechanisms and strategies for dealing with stress and anxiety, such as deep breathing, visualisation, and positive self-talk.

In addition to these individual practices, building a support system of like-minded individuals can also be helpful. Surrounding yourself with others who share your goals and values can provide accountability, motivation, and a sense of community.

Ultimately, mental toughness is about cultivating a mindset that embraces challenge and uncertainty as opportunities for growth and learning. With consistent practice and dedication, it is a skill that can be honed and applied not only in military settings, but in all areas of life.



MOBILITY.

As someone preparing for or being active in the military forces, you likely understand the importance of physical fitness and conditioning. But did you know that incorporating mobility work into your training routine can greatly benefit your overall health and recovery?

When you stretch or foam roll a muscle, you are applying pressure that can increase blood flow and oxygen to the area. This increased blood flow can help to bring in fresh nutrients and oxygen to the muscles, while also carrying away waste products like lactic acid that can build up during intense exercise.

Stretching and foam rolling can also help to break up adhesions and scar tissue within the muscles, which can restrict movement and lead to discomfort or pain. By breaking up these adhesions, you can improve the mobility and flexibility of the muscles, reducing the risk of injury and improving your overall performance.

Additionally, stretching and foam rolling can help to reduce muscle soreness and inflammation. When you exercise, your muscles experience microtrauma, which can lead to inflammation and soreness as your body works to repair the damage. By increasing blood flow and oxygen to the muscles through stretching and foam rolling, you can support the body's natural healing process and reduce the amount of soreness and inflammation you experience.

Overall, incorporating stretching and foam rolling into your training routine can help to improve your overall muscle health and function, reduce your risk of injury, and improve your recovery time between workouts. By supporting the body's natural healing process and clearing waste products from the muscles, you can maintain a high level of physical fitness and readiness for your military elite forces training.



BUCK WALK.

Ruck walking, also known as rucking or foot marching, is a form of training commonly used by military personnel to improve their physical and mental endurance, as well as their overall fitness level. Rucking involves walking long distances, typically with a heavy backpack, also known as a rucksack, filled with weighted items such as sandbags, water bottles, or other equipment.

The primary goal of ruck walking is to build strength, endurance, and resilience. The military uses rucking as part of their physical training regimen to simulate the physical demands of carrying heavy equipment over long distances, which is a common requirement for soldiers in the field.

The physical benefits of rucking are numerous. Ruck walking is a weight-bearing exercise that puts stress on bones and muscles, which can help to build strength and improve bone density. Rucking also burns calories, making it an effective way to maintain or lose weight. Additionally, rucking can improve cardiovascular endurance, respiratory function, and overall physical fitness.

Aside from the physical benefits, ruck walking can also have positive effects on mental health. Participating in long, challenging rucks can help to build mental resilience and grit, which are essential attributes for soldiers in high-stress situations.

However, it's important to note that rucking can also be hard on the body, particularly if done improperly or with too much weight. To avoid injury, it's important to start with a lighter weight and gradually increase the load as strength and endurance improve.



MISSION MOVEMENT.

During long rucking sessions, it's customary to take a 10-minute break every hour to conserve the group's energy for the upcoming task. During this rest period, it's recommended to put on a sweater and cover your head, and consume warm tea with sugar to replenish energy and maintain body warmth. This practice is crucial to master as it helps to teach self-care techniques during physically demanding situations.

There is a high chance rucking will be included in the military selection protocol, therefore we suggest you to include rucking into your training regimen twice per week. Increasing the intensity throughout the program.

Start with a 1 hour walk and record it. At the end of the 6 weeks you should aim to complete a 12 km ruck with 20 kgs in under 2 hours.



MISSION MOVEMENT.

PROGRAM MILITARY BASIC REQUIREMENTS.

The military basic requirements are a set of physical fitness tests that individuals must pass in order to apply for the military. These tests include pull-ups, push-ups, squats, and running, and are designed to measure an individual's overall strength, endurance, and physical fitness.

One of the most important components of the military basic requirements is the running test, which typically involves a timed run over a set distance. To help individuals improve their running performance, it's important to incorporate speed marches into their training regimen. Speedmarches involve walking or jogging with a weighted backpack, which helps to build endurance and strength in the legs and core.

Other exercises like pull-ups, push-ups, sit-ups, and squats are also crucial components of the military basic requirements. These exercises help to improve upper body and core strength, which is essential for tasks like carrying heavy equipment and climbing over obstacles. Additionally, these exercises help to build mental toughness, as individuals must push themselves to perform these exercises to the best of their ability.

Being strong in these exercises is crucial for the body and mind, particularly for military operators who must be able to handle any unknown task that comes their way. The benefits of being physically fit and strong are numerous, including improved overall health, reduced risk of injury, and increased mental clarity and focus.



While the bare minimum numbers to pass the military basic requirements may be enough to gain entry into the military bootcamp, it's important to aim higher and strive for maximum performance. By pushing themselves to excel in these exercises, individuals can improve their overall physical fitness and mental toughness, which will serve them well in any situation they may encounter.

In conclusion, the military basic requirements are an essential component of military training, and require individuals to demonstrate strength, endurance, and physical fitness. Exercises like pull-ups, push-ups, sit-ups, squats, and running are crucial for building overall physical fitness and mental toughness, and individuals should aim to perform at their best in order to excel in military training and beyond.



MISSION MOVEMENT.

PROGRAM MILITARY FOUNDATIONAL STRENGTH

The military foundational strength program is a training regimen designed to prepare individuals for the rigorous physical demands of special forces operators. While the basic requirements for special forces training may be limited to pull-ups, push-ups, sit-ups, and running, this program takes it a step further by incorporating physical activities that closely resemble the work of a special forces operator, such as climbing, carrying heavy objects, and being agile and resilient.

This program is designed to improve overall strength, endurance, and physical capabilities, and to enhance an individual's ability to perform in high-stress situations. By incorporating a variety of functional movements, this program provides a more holistic approach to strength training, focusing on improving the body's ability to perform real-world tasks.

The benefits of training this way are numerous. Firstly, this type of training helps to develop a strong foundation of physical fitness that can be built upon for more specialised training. Secondly, it improves overall mobility and flexibility, allowing individuals to move more efficiently and effectively in a variety of situations. Thirdly, it can help to prevent injury by strengthening muscles and improving joint stability.

What sets the military foundational strength program apart from standard training is its focus on functional movements that are directly applicable to the work of a special forces operator. This type of training emphasises the importance of being able to carry heavy loads over long distances, climb over obstacles, and move quickly and efficiently in a variety of situations.



MISSION MOVEMENT.

By training in this way, individuals can develop the physical and mental toughness required to succeed in high-stress, high-stakes environments.

The translation from these exercises to the work of a special forces operator is clear. By improving overall strength and endurance, individuals are better equipped to carry heavy loads over long distances and perform physically demanding tasks for extended periods of time. Additionally, by training in functional movements, individuals develop the agility and resilience required to move quickly and effectively in a variety of situations, including combat scenarios.

In conclusion, the military foundational strength program is a comprehensive training regimen designed to prepare individuals for the rigours of special forces training. By incorporating functional movements that closely resemble the work of a special forces operator, this program provides a more holistic approach to strength training and improves overall physical capabilities, mobility, and resilience.



MISSION MOVEMENT.

MEDICAL

Potential Medical Issues During Military Training Preparation

Preparing for military training can be an arduous process, both physically and mentally. Whether you are a civilian preparing to enlist or an active-duty service member aiming to maintain your fitness level, it's important to be aware of potential medical issues that may arise during the preparation phase. Here are some of the most common medical issues to watch out for:

Overuse injuries

Training for military service involves a lot of physical activity, which can result in overuse injuries like tendinitis, stress fractures, and muscle strains. To avoid these injuries, it's important to gradually increase the intensity and duration of your training over time, and to take proper rest days to allow your body to recover.

Dehydration

Strenuous physical activity can cause excessive sweating, leading to dehydration. This can result in symptoms like dizziness, fatigue, and headaches. To avoid dehydration, make sure to drink plenty of water before, during, and after your workouts.

Heat illness

Military training often takes place in hot and humid environments, which can increase the risk of heat illnesses like heat exhaustion and heat stroke. To prevent heat illness, make sure to stay hydrated, wear loose and breathable clothing, and take breaks in shaded areas.



MISSION MOVEMENT.

Foot problems

The extensive physical demands of military training can result in foot injuries, including blisters, plantar fasciitis, and stress fractures. Proper footwear and foot care, including stretching and strengthening exercises, can help prevent these issues.

Mental health

Preparing for military training can be mentally taxing, and can lead to issues like anxiety, depression, and PTSD. It's important to prioritise your mental health, and seek help from a medical professional if needed.

Nutrition

Proper nutrition is essential for maintaining your physical and mental health during military training preparation. A well-balanced diet that includes plenty of protein, carbohydrates, and healthy fats can help fuel your workouts and aid in recovery.

In conclusion, it's important to be aware of potential medical issues that can arise during military training preparation. By taking proactive steps to prevent injury and prioritise your physical and mental health, you can set yourself up for success in your military training and beyond.



MISSION MOVEMENT.

RHABDOMYOLYSIS.

Rhabdomyolysis, or "rhabdo" for short, is a serious medical condition that can occur as a result of intense physical activity. It is caused by the breakdown of muscle tissue, which releases a protein called myoglobin into the bloodstream. Myoglobin can cause kidney damage and other serious complications if not promptly treated.

Symptoms of rhabdo include muscle pain, weakness, and swelling, as well as dark urine, fatigue, and nausea. These symptoms can develop rapidly, especially after a particularly intense workout or activity.

Rhabdo is most commonly seen in athletes and military personnel who engage in high-intensity training, particularly if they are not adequately hydrated or have not properly warmed up. It can also occur in people who are unaccustomed to physical activity, as well as those who take certain medications or have underlying medical conditions.

Prevention of rhabdo involves gradually increasing the intensity of your workouts over time, staying well-hydrated, and taking rest days as needed. If you experience symptoms of rhabdo, seek medical attention immediately. Treatment typically involves hospitalisation and intravenous fluids to flush out the kidneys and prevent further damage.

Overall, while rhabdo is a rare occurrence, it is important to be aware of the potential risks associated with intense physical activity and to take appropriate precautions to prevent its onset.



MISSION MOVEMENT.

BREATHWORK.

How Simple Techniques Can Help You Address Difficult Situations in Life.

Breathwork, the practice of using breathing exercises to improve physical and mental well-being, is gaining popularity as a tool to help people manage stress, anxiety, and other challenges. Whether you're facing a difficult situation in your personal or professional life, breathwork can help you calm your mind, reduce stress, and find inner peace.

The technique of breathwork has been around for centuries and has been used by cultures across the world. In recent years, it has gained more recognition in the Western world as people are looking for ways to manage their stress and anxiety.

One of the most popular breathwork techniques is deep breathing. This involves inhaling deeply through your nose and exhaling slowly through your mouth. This simple technique can help slow down your heart rate, lower your blood pressure, and decrease tension in your muscles.

Another popular breathwork technique is box breathing. This involves inhaling for four counts, holding your breath for four counts, exhaling for four counts, and then holding your breath for four counts before starting the cycle again. This technique helps regulate your breathing and calm your mind.



MISSION MOVEMENT.

Breathwork can be especially useful for those preparing for military training. The physical and mental demands of military training can be intense, and learning how to control your breathing can help you manage stress and anxiety.

In addition to deep breathing and box breathing, there are many other types of breathwork that can be useful. Pranayama, a type of breathwork used in yoga, focuses on breath control to calm the mind and increase focus. Kapalabhati, a rapid breathing technique, is used to energise the body and clear the mind.

Breathwork can also be used to address specific issues, such as insomnia, chronic pain, or anxiety. By learning different techniques and incorporating them into your daily routine, you can improve your overall physical and mental well-being.

In conclusion, breathwork is a simple and effective way to manage stress and improve your overall health. Whether you're preparing for military training or facing difficult situations in your personal or professional life, breathwork can help you find inner peace and manage stress. By practising breathwork techniques regularly, you can learn to control your breathing and improve your physical and mental well-being.



MISSION MOVEMENT.

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.



MISSION MOVEMENT.