

PHYSICAL TRAINING PROGRAM

One mission of the NROTC program is to develop midshipmen physically, not only for the purpose to lead Sailors and Marines in physical training (what we like to call PT), but to maintain good health and morale. Therefore, maintaining a high level of physical fitness is important, and required, for Midshipmen in the NROTC Battalion.

Freshman Orientation is a physically rigorous program. In order to ensure you arrive in good physical shape, it is imperative that you start and maintain a physical training program geared to the type of activities you'll be involved with at Marquette. Below is a two-month preparatory PT program for you to start now if you are not already on your own program.

Sample Two Month Preparatory PT Program

Exercise Descriptions- Proper form will be strictly enforced.

Push-ups: Start laying face down on the floor with your feet together and your hands out to the sides, slightly beyond shoulder-width. Pushup by extending your arms to a straight, but not locked position. Keep the entire body perfectly straight and parallel with the floor. You are now in the starting position. Come down until your chest is about a one-fist distance from the floor. Then push up. That is one repetition.

Sit-ups: Start by lying on your back with your knees bent in a 90-degree angle with your approximately one to two feet from your buttocks. Position your arms crossed over your chest. Arms should be flat against your chest and should not leave your chest at any time. A partner or a piece of furniture should be used to hold your feet firmly in place. Using your stomach muscles, raise your upper body towards your thighs so your elbows touch on your knees. Then lower your upper body to the floor. That is one repetition. Your shoulders must touch the floor. Your hips and feet must maintain contact with the floor at all times.

Running: This program is designed for a person beginning on their first real running program. Try to space out the runs during the week, so the body can adjust to the new stresses of running. Use the "longest run" mileage to determine how many days per/week you will run, and what mileage you will run each day. The first week or two of the running program should start at an intensity where you are still able to carry on a conversation while running. In order to progress, you need to be making an effort to run faster each week. By week #8, you should be able to complete a 3-mile run in less than 27 minutes.

Push-up and Sit-up Program

Week #	Workout Totals for Push-ups and Sit-ups	Sets and Reps
Week 1	[60 total reps each exercise]	5 x 15
Week 2	[80 total reps each exercise]	4 x 20
Week 3	[80 total reps each exercise]	4 x 20
Week 4	[100 total reps each exercise]	5 x 20
Week 5	[120 total reps each exercise]	6 x 20
Week 6	[120 total reps each exercise]	4 x 30
Week 7	[150 total reps each exercise]	6 x 25
Week 8	[150 total reps each exercise]	5 x 30

Running Program

Week #	Total Weekly Mileage	Longest Run
Week 1	4	2
Week 2	6	2
Week 3	No Running	(Bike or Swim)
Week 4	6	2
Week 5	8	2
Week 6	8	3
Week 7	9	3
Week 8	10	3

Example running schedule for Week #6 [Mon: 1 mile, Tues: 2 miles, Wed: no run, Thurs: 3 miles, Fri: no run, Sat: 2 miles, Sun: no run. Total weekly mileage = 8].

Train Hard and Good Luck!!!

TABLE 1: Navy PRT Standards

The Navy's culture of fitness includes an all hands commitment to well-rounded, regular physical conditioning and healthy food choices. The Physical Readiness Test (PRT) is simply one element of a total health, fitness and readiness program. Minimal satisfactory performance on the PRT establishes a base level of physical capacity essential for every NROTC member, regardless of future designator or duty assignment. All Midshipmen shall strive to optimize fitness and readiness by exceeding minimum standards (minimum standards for NROTC members is a "Good Low" score) and achieving continual improvement. The tables below give you the number of push-ups, sit-ups and run time necessary for different scores on the PRT based on age and gender.

MALES: AGE 17 TO 19 YEARS

<u>PERFORMANCE CATEGORY</u>	<u>PERFORMANCE LEVEL</u>	<u>CURL UPS</u>	<u>PUSH UPS</u>	<u>1.5-MILE RUN</u>
OUTSTANDING	HIGH	109	92	8:15
OUTSTANDING	MEDIUM	107	91	8:45
OUTSTANDING	LOW	102	86	9:00
EXCELLENT	HIGH	98	82	9:15
EXCELLENT	MEDIUM	93	79	9:30
EXCELLENT	LOW	90	76	9:45
GOOD	HIGH	81	68	10:00
GOOD	MEDIUM	71	60	10:30
GOOD	LOW	62	51	11:00

FEMALES: AGE 17 TO 19 YEARS

<u>PERFORMANCE CATEGORY</u>	<u>PERFORMANCE LEVEL</u>	<u>CURL UPS</u>	<u>PUSH UPS</u>	<u>1.5-MILE RUN</u>
OUTSTANDING	HIGH	109	51	9:29
OUTSTANDING	MEDIUM	107	50	11:15
OUTSTANDING	LOW	102	47	11:30
EXCELLENT	HIGH	98	45	11:45
EXCELLENT	MEDIUM	93	43	12:00
EXCELLENT	LOW	90	42	12:30
GOOD	HIGH	81	36	12:45
GOOD	MEDIUM	71	30	13:00
GOOD	LOW	62	24	13:30

MALES: AGE 20 TO 24 YEARS

<u>PERFORMANCE CATEGORY</u>	<u>PERFORMANCE LEVEL</u>	<u>CURL UPS</u>	<u>PUSH UPS</u>	<u>1.5-MILE RUN</u>
OUTSTANDING	HIGH	105	87	8:30
OUTSTANDING	MEDIUM	103	86	9:00
OUTSTANDING	LOW	98	81	9:15
EXCELLENT	HIGH	94	77	9:45
EXCELLENT	MEDIUM	90	74	10:00
EXCELLENT	LOW	87	71	10:30
GOOD	HIGH	78	64	10:45
GOOD	MEDIUM	66	55	11:30
GOOD	LOW	58	47	12:00

FEMALES: AGE 20 TO 24 YEARS

<u>PERFORMANCE CATEGORY</u>	<u>PERFORMANCE LEVEL</u>	<u>CURL UPS</u>	<u>PUSH UPS</u>	<u>1.5-MILE RUN</u>
OUTSTANDING	HIGH	105	48	9:47
OUTSTANDING	MEDIUM	103	47	11:15
OUTSTANDING	LOW	98	44	11:30
EXCELLENT	HIGH	94	43	12:15
EXCELLENT	MEDIUM	90	40	12:45
EXCELLENT	LOW	87	39	13:15
GOOD	HIGH	78	33	13:30
GOOD	MEDIUM	66	28	13:45
GOOD	LOW	58	21	14:15

TABLE 2: Navy Height/Weight Standards

In 1985, a panel at the national Institute of Health determined the extent to which excess body fat is associated with negative health consequences. Negative health consequences include an increased risk of high blood pressure, diabetes, cancer and cardiovascular disease. Excess body fat is also associated with the inability to maintain physical performance and may be correlated with a lack of fitness and stamina. Although body fat typically increases with age in Americans, it is not a healthy process, and frequently is simply the result of decreased activity and/or dietary discretion.

Based on the findings of this panel, a weight-for-height ratio 20% above the midpoint weight for a medium-frame individual was determined. The below table summarizes these ratios and gives you the maximum weight allowable (in pounds) for your height (in inches) based on your gender.

HEIGHT (inches)	MALE MAX WEIGHT (pounds)	FEMALE MAX WEIGHT (pounds)
58	131	131
59	136	136
60	141	141
61	145	145
62	150	149
63	155	152
64	160	156
65	165	160
66	170	163
67	175	167
68	181	170
69	186	174
70	191	177
71	196	181
72	201	185
73	206	189
74	211	194
75	216	200
76	221	205
77	226	211
78	231	216

***NOTE: Marine Options will take the Navy PRT during Freshman Orientation. If you are interested in knowing the standards for the Marine Corps PFA, which you will take in early October, they can be found at the following website: <http://scetc.tecom.usmc.mil/SecurityAssistance/general/pft.asp>