

Advanced Pararescue Orientation Course

Physical Training Preparation Guide

APJOC is the most physically and mentally demanding activity in the Civil Air Patrol. This preparation guide is based off of an Indoctrination Preparation that can be found online. If you stick to this guide it should increase your chances of success at APJOC. Completing this training does increase your chances of success however it does not guarantee it, this guide cannot give the mental fortitude necessary to push yourself farther than you ever have before, that is up to you. Good Luck!

Warming up prior to exercise is vitally important to prevent injury. I recommend a light jog or run in place for 5 min moving all extremities to warm up prior to stretching; stretching cold muscles can lead to injury. Consult with your physician to determine your safest pre-workout routine.

Nutrition is also important, for muscle building protein is necessary, for energy carbohydrates are necessary, once you begin an exercise regiment you will need to eat enough to fuel your body. Remember to stay hydrated and avoid soda and deserts.

Weeks are to be in 5 day cycles if at all possible with 2 days rest between "workout weeks" Modify this however you need to but if you attempt to stick to this you will see amazing results. Give yourself a break and a PFE in weeks 6, 10, & 12

Prior to beginning week 1 complete the entire PFE to see where you need to improve. At week 12 your results should far exceed the minimum PFE standards and you should be physically prepared for APJOC.

DO NOT practice underwater swims without an on duty lifeguard and a friend/partner on the pool deck to monitor your progress. Holding your breath for an extended period of time during this activity can lead to shallow water blackout and death. **DO NOT PRACTICE THIS EXERCISE BY YOURSELF.**

"Consult with a physician before beginning any exercise program. This is a suggested program; it is the Cadet's responsibility to ensure that he or she is physically able to begin and carry out the program. It is the Cadet's responsibility to take the appropriate steps to avoid injury. Civil Air Patrol is not liable for any injury, incapacity, or death that results from the Cadet's voluntarily undertaking this program."

Running Schedule		
Weeks	Exercise	Amount
Weeks #1,2:	2 miles / day, 9:00 pace	M/W/F (6 Miles)
Week #3:	No running, high risk of stress fractures	Off Week
Week #4:	2 miles / day, 8:00 pace	M/W/F (6 Miles)
Week #5:	3 miles / day, 8:00 pace	M/W/F (9 Miles)
Week #6:	No Run Training. PFE Mid Week Only	PFE Mid Week Only
Week #7:	2 / 3 / 4 / 1 miles / day	M/Tu/R/F (10 miles)
Week # 8:	2 / 3 / 4 / 2 miles / day	M/Tu/R/F (11 miles)
Week # 9:	2 / 3 / 4 / 2 miles	M/Tu/R/F (11 miles)
Week # 10:	3/ PFE / 2	M/W/F (6.5 Miles)
Week # 11:	3 Miles / day, 7:21 pace	M/Tu/R/F (12 miles)
Week # 12:	2 / PFE / 2	M/W/F (5.5 Miles)

**Physical Training Schedule
(Monday/Wednesday/Friday)**

Week Number	Sets of Repetitions	Week Number	Sets of Repetitions
Week #1:	4X15 Push-Ups 4X15 Air-Squats 4X20 Sit-Ups 4X10 Lunges 3X3 Pull-Ups 4x15 Jump-Squats 3x3 Chin-Ups 3x10 Flutter-Kicks	Week #5:	6X25 Push-Ups 6X25 Air-Squats 6X25 Sit-Ups 5x20 Lunges 3x30 Flutter Kicks 2X8 Pull-Ups 5X25 Jump-Squats 2x8 Chin-Ups
Week #2:	5X20 Push-Ups 5X20 Air-Squats 5X20 Sit-Ups 5X12 Lunges 3X3 Pull-Ups 5x20 Jump-Squats 3x3 Chin-Ups 4x10 Flutter-Kicks	Week #6:	No Cal Training PFE Mid Week
Weeks #3,4:	5X25 Push-Ups 5x25 Air-Squats 5X25 Sit-Ups 5x16 Lunges 2x 20 Flutter-Kicks 3X4 Pull-Ups 5X25 Jump-Squats 3x4 Chin-Ups	Weeks # 7,8:	6X30 Push-Ups 6X30 Air-Squats 6X30 Sit-Ups 6X20 Lunges 4X30 Flutter-Kicks 2X10 Pull-Ups 6X25 Jump-Squats 2X10 Chin-Ups
Week #9:	6X35 Push-Ups 6X35 Air-Squats 6X35 Sit-Ups 6X24 Lunges 5X30 Flutter-Kicks 3X10 Pull-Ups 6X30 Jump-Squats 3X10 Chin-Ups	Week # 10:	Mon & Fri: 10X20 Push-Ups 10X20 Air-Squats 10X20 Sit-Ups 10X20 Lunges 10X15 Flutter Kicks 10X3 Pull-Ups 10X20 Jump-Squats 10X3 Chin-Ups Wed: PFE
Week #11:	6X35 Push-Ups 6X35 Air-Squats 6X35 Sit-Ups 6X30 Lunges 5X35 Flutter-Kicks 4X8 Pull-Ups 6X30 Jump-Squats 4X8 Chin-Ups	Week #12:	Mon & Fri: 5X20 Push-Ups 5X20 Air-Squats 5X20 Sit-Ups 5X20 Lunges 5X15 Flutter Kicks 5X3 Pull-Ups 5X20 Jump-Squats 5X3 Chin-Ups Wed: PFE

Swimming Schedule
(Freestyle, breast stroke, or side stroke)

Weeks #1,2:	Swim continuously for 15 min.
Weeks #3,4:	Swim continuously for 20 min.
Week #5:	Swim continuously for 25 min.
Week #6:	PFE
Week #7:	Swim continuously for 35 min.
Week #8:	Swim continuously for 40 min
Week #9:	Swim continuously for 45 min
Week #10:	M / F Swim continuously for 50 min
Week #11:	Swim continuously for 55 min
<p>*Note: If you do not have regular access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim everyday available. Four to five days a week and 200 meters in one session is your initial work up goal. Try to swim 50 meters in one minute or less.</p>	

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