

THE UNIVERSITY OF MEMPHIS NAVAL ROTC PHYSICAL FITNESS PROGRAM



Navy Physical Fitness Program

1. Navy Policy on Physical Fitness

a. Physical fitness is a crucial element of mission performance and must be a part of every Sailor's life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition.

b. The principal goal of the Physical Readiness Program is to create a culture of fitness to enhance a member's ability to complete tasks that support the command's mission. COs shall aggressively integrate physical readiness activities into the workweek in the same manner as applied to meeting other mission and operational requirements.

2. Individual service members shall:

a. Reference (A) Comply with the provisions of [OPNAV INSTRUCTION 6110.1J](#)

b. Maintain a lifestyle that promotes optimal health and physical readiness. Develop a regular, year-round, fitness program of aerobic, flexibility, and muscular strength and endurance exercises for a minimum of 40 minutes, at least three times per week.

Marine Corps Combat Conditioning Program

1. Marine Corps Policy on Physical Fitness

a. As professional warrior-athletes, every Marine must be physically fit, regardless of age, grade, or duty assignment. Fitness is an essential component of Marine Corps combat readiness. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline and personal commitment that are required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit are a detriment and detract from the combat readiness of their unit.

b. Marines will participate in an organizational and individual Combat Conditioning Program (CCP). The PFT, CFT and Remedial Conditioning Program (RCP) are components of an effective organizational CCP. Recent trends and advancements in sports training and physiology as well as findings from the Center for Disease Control and the American College of Sports Medicine recommend that aerobic and muscle-strengthening activities be conducted more frequently, under higher intensity and of shorter duration. Doing so provides greater health benefits and results in higher levels of overall physical fitness. Reference (A) has adopted these recommendations and provides Commanders/Officers In Charge (OICs) and Marines a wide variety of options to select from in developing effective organizational and individual CCP. Effective CCPs achieve the following:

(1) Contribute to the overall health and wellness of every Marine through regular exercise, proper nutrition, health education and periodic physical and combat fitness evaluations.

(2) Develop Marines who are physically capable of performing their job requirements in garrison, training and combat.

(3) Develop a reserve level of physical fitness and endurance in all Marines in order to enhance their survivability in a combat environment.

(4) Develop individual self-confidence and a competitive spirit through shared physical challenge and adversity, thereby enhancing organizational discipline, morale, esprit de corps, and combat readiness.

2. Individual Marines

a. Every Marine must be physically fit, regardless of age, grade, or duty assignment.

b. Every Marine is responsible to comply with the standards and requirements contained in [MARINE CORPS ORDER 6100.13 W/CH 1](#).

c. Every Marine will participate in an effective organizational and/or individual physical training regiment on a continuing and progressive basis.

University of Memphis Naval ROTC Physical Fitness Program

1. University of Memphis NROTC Physical Fitness Standards:

a. The University of Memphis NROTC physical training program will challenge you not only physically, but mentally as well. The standards are set high because one day you will be entrusted with setting the example and leading others both in training and in war, and you need to know what your capabilities are and how to overcome physical and mental adversity.

b. The company standards are attainable with a little dedication and effort on your part. The individual must have a desire to always want to improve himself/herself in order to reach and surpass the company standards. The standard for the Navy Option Midshipman and Officer Candidates is an Outstanding on the Physical Readiness Test, and for the Marine Option Midshipman, MCP Marines, and MECEP Marines is a 285 on the Physical Fitness Test.

c. The following plans will allow you to develop a basis for physical fitness prior to your arrival at the University of Memphis. Plan A (Encl 1) is for students who are just starting physical training and will need to start at a lower level to allow the body to adapt to the new changes. Plan B (Encl 2) is for students who already have a basis for physical training. Getting a head start on physical training will make the transition from civilian to midshipman a lot easier for the student. (Encl 3) Provides a picture of what the plank should look like for plan A and plan B.

PLAN A: 30-DAY TRAINING PLAN FOR THOSE WHO HAVE NOT BEEN TRAINING

DAY	RUN	PUSH-UPS	PLANK (Seconds)
1	Cover 2 miles alternate 3-4 min. walk with 45-90 sec. jog	2 x 10	20
2	Off		
3	Cover 2 miles alternate 2.5-3.5 min. walk with 1-2 min. jog	2 x 10	30
4	Off		
5	Cover 2 miles alternate 2-3 min. walk with 1-2 min. jog	2 x 15	40
6	Off		
7	Off		
8	Cover 2 miles alternate 1.5-2.5 min. walk with 2-3 min. jog	2 x 15	50
9	Off		
10	Cover 2 miles alternate 1-2 min. walk with 2.5-3.5 min. jog	2 x 20	60
11	Off		
12	Cover 2 miles alternate 1 min. walk with 4-5 min. jog	1 x max	70
13	Off		
14	Off		
15	Cover 1.5 miles jogging, walk only if necessary	2 x 25	80
16	Off		
17	Cover 2 miles jogging, walk only if necessary	1 x 30	90
18	Off		
19	12-15 min. easy jog followed by 3-100 meter sprints with 1 minute rest in between	2 x 25	100
20	Off		
21	10 min. easy jog followed by 3-100 meter sprints with 1 minute rest in between	1 x 40	120
22	Off		
23	15-20 min. run at varied speeds	2 x 30	140
24	Off		
25	14 min. moderate paced run	1 x 40	160
26	Off		
27	Off		
28	10 min. easy jog followed by 2- 100 meter sprints with 1 minute rest in between	1 x 35	180
29	Off		
30 PFA	1.5 miles	Max set (2 minutes)	180

PLAN B: 30-DAY TRAINING PLAN FOR THOSE WHO HAVE BEEN TRAINING

DAY	RUN	PUSH-UPS	PLANK (Seconds)
1	2-4 Miles	1 x Max	90
2	Off		
3	3 miles	2 x 90% max	100
4	Off		
5	2 miles	1 x max	110
6	3.5 miles alternating ½ mile jog with ½ mile sprint		
7		1 x 80% max	120
8	3 miles	1 x max	130
9	Off		
10		3 x max with 10 min. rest between sets	140
11	4-5 miles		
12	Off		
13	2-3 miles easy	3 x 80% max 10 min. rest between sets	150
14	Off		
15	4 miles		
16		3 x 80% max 10 min. rest between sets	160
17		2 x max	170
18	3 miles; ½ mile jog, 1 ½ mile fast, 1 mile jog	3 x 85% max 15 min. rest in between sets	180
19	Off		
20	3 miles at 80%	3 x 85% max 10 min. rest in between sets	190
21	Off		
22	Off		
23	2 miles; alternate ½ mile jog with ½ mile fast	2 x 90% max with 15 min. rest	200
24	Off		
25	3 miles	1 x max	220
26	Off		
27	1 ½ -2 miles at 80%	1 x 90% max	240
28	Off		
29	Off		
30 PFA	1.5 miles	Max set (2 minutes)	260

30-DAY PLANK



CHALLENGE



DAY 1	20 SECONDS	DAY 16	REST
DAY 2	20 SECONDS	DAY 17	80 SECONDS
DAY 3	30 SECONDS	DAY 18	90 SECONDS
DAY 4	REST	DAY 19	90 SECONDS
DAY 5	30 SECONDS	DAY 20	REST
DAY 6	40 SECONDS	DAY 21	100 SECONDS
DAY 7	40 SECONDS	DAY 22	100 SECONDS
DAY 8	REST	DAY 23	2 MINUTES
DAY 9	50 SECONDS	DAY 24	130 SECONDS
DAY 10	50 SECONDS	DAY 25	REST
DAY 11	1 MINUTE	DAY 26	140 SECONDS
DAY 12	REST	DAY 27	150 SECONDS
DAY 13	70 SECONDS	DAY 28	160 SECONDS
DAY 14	70 SECONDS	DAY 29	REST
DAY 15	80 SECONDS	DAY 30	3 MINUTES