



AIR FORCE ROTC PHYSICAL PREPARATION



To make the transition into AFROTC, you need to begin preparing yourself by maintaining a healthy lifestyle. Below is a physical conditioning plan that is designed to prime you for our morning Physical Training (PT) sessions. All contracted AFROTC cadets are required to pass the Physical Fitness Assessment (PFA) each semester. Freshman, non-contracted cadets must pass the PFA by the end of their Spring term to advance in AFROTC.

To be prepared at the start of ROTC, you must stay consistent and disciplined for the weeks leading up to the start of the semester. Set aside 30 minutes every day to constantly improve, if you need to make a reminder or an alarm on your phone to hold yourself accountable. The main workouts to focus on are pushups, sit-ups, and running. Every week you will time yourself to see progress and to know what you need to focus on more.

On the first day of every week, you will complete a time trial, this is what that entails.

Time Trial: complete the following and record the amount completed

- 1-minute push-ups
- 1-minute sit-ups (place feet under chair or couch to anchor)

The completed number of push-ups and sit-ups within that minute will become your base for that exercise that week (X). For the remainder of the week, you will base the number of reps for each workout on your performance during the time trial.

Run Days: You will find a loop or path near your house where you can run about 1 mile.

- Time yourself running the loop as fast as you can, give 100%.

The completed time will be your base run time for the week, you will use it to pace future runs

- **Monday**
 - **Time Trial:** This will get you **X** push-ups and **X** sit-ups.
 - 4 sets of the following:
 - 1/3 of **X** push-ups for the week (If **X** was 30, complete 10 per set)
 - 1/3 of **X** sit-ups for the week
- **Tuesday**
 - **Run Trial:** This will get you a run time of **X**
 - After this trial, run the loop one more time at a cool down pace 50% of max.

- **Wednesday**
 - **Pushup Focus:** Complete the following based on your weekly base
 - 4 sets of the following:
 - 1/2 of X Regular pushups
 - 1/10 of X Diamond pushups
 - 1/4 of X Wide grip Pushups
 - 1/4 of X Pike pushups
- **Thursday**
 - **Core Focus:** Complete the following based on your weekly base
 - 4 sets of the following:
 - 1/2 of X sit-ups
 - 1/2 of X mountain climbers
 - 1/2 of X Russian twists
 - 1 minute plank
- **Friday**
 - **Run Day:**
 - Run loop 3x at 60% max speed
- **Saturday**
 - **Push-ups & Sit-ups**
 - 6 sets of the following:
 - 1/3 of X push-ups for the week (If X was 30, complete 10 per set)
 - 1/3 of X sit-ups for the week
- **Sunday**
 - **Run Day:**
 - Run loop 2x at 80% max speed

You should look for continuous progress every week, if one exercise is lagging behind the others, focus on it more. None of these workouts are set in stone. If a different exercise works better for you, feel free to swap it in.

Weight Standards

A cadet must meet BMI standards to activate a scholarship, compete for an enrollment allocation, attend Field Training, and commission. Cadets are weighed upon entry into the program and during each official Physical Fitness Assessment (PFA). Cadets are responsible for monitoring caloric intake and their personal exercise program to maintain the required body composition standards IAW AFMAN 36-2905.

Scan the QR code for more information regarding AFROTC fitness requirements.

