

## CHARLIE DON'T SURF

### Pre-conditioning for Military Service

#### Fees & Conditions

Training slots are for one hour and must be pre booked (regular client).

£125.00 per calendar month payable in advance by standing order only.

#### Cancellations

Please note that as a "regular client" slots are non-transferable and are available for the pre-booked time only.

#### Cancelling a Regular Appointment & Standing Order

4 weeks notice is required; You are not tied into a contract but once cancelled all subsequent training will be at the discretion of the instructor.

#### Stand Downs (no training)

The following timings will apply

11<sup>th</sup> – 24<sup>th</sup> May 2009 (inclusive)

12<sup>th</sup> – 25<sup>th</sup> October 2009 (inclusive)

25<sup>th</sup> December 2009 – 1<sup>st</sup> January 2010  
(Christmas/New Year)

It is recommended where possible that holidays and other interruptions to training are taken to coincide with the above.

#### Training Availability

Contact us for course dates.

**H Meckiffe (P.T.I)**



## CHARLIE DON'T SURF

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## CHARLIE DON'T SURF

### Pre-Physical Conditioning for Military Service



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## CHARLIE DON'T SURF

Are you joining a military service such as:-

**Royal Marines  
Parachute Regiment,  
Yorkshire Regiment**

Physical Preparation is the key.

Do not underestimate the requirements of your course.

Examples of minimum standards for potential Elite Troops.

### Gym Tests

60 press ups in 2 minutes

80 sit ups in 2 minutes

6 over grasp pull-ups

Minimum of Level 11 on the bleep test

The conduct of these tests is very strict!

### Cardio Tests

3 miles in 22.5 minutes.

Your training preparation should be sufficient to cope with running 4-6 miles at 7 min mile pace.

## Physical Preparation

All three military services stipulate that all potential recruits complete a PJFT (Pre Joining Fitness Test).

Fitness protocols for the induction of military personnel will vary. Sailors and Airmen employed in technical support roles would not be required to achieve and maintain the same levels of fitness as front line infantry personnel. However, the single largest reason for people failing recruit training in all its forms is lack of physical preparation.



*Our professionally equipped gymnasium on the lower promenade at Saltburn*

## Elite Troops (Royal Marines, Paras, etc)

Do not underestimate the requirements of your course: if you have not prepared yourself you will find the going very tough. Your training in preparation should be sufficient to cope with running 4-6 miles at 7 min/mile pace 3 times per week. In addition to your running, your upper body strength is vital. During the gym tests you must complete certain tasks; the conduct of these tests is very strict and your aim is to complete 60 press-ups in 2 mins, 80 sit-ups in 2 mins and 6 over grasp pull-ups. You must also achieve a minimum of level 11 on the bleep test.



*A prospective Royal Marine Candidate trains hard for his upcoming PRMC course*

## The All Round Athlete

Physically, in particular upper body strength, is where some recruits struggle during the first few weeks of

training. To help you start strong, our training programmes concentrate on building overall base muscularity particularly focusing on upper body strength and core condition using the body's own weight.

## Progression

It is our job to help you achieve your goals in preparation for your recruits course. You will need bucket loads of determination and the willpower to push yourself above and beyond anything you have done before.

## The Instructor



*Demonstration of wide suspended ring press-ups*

Harry Meckiffe

Experience:

25 years

Qualifications

British Army PTI

BWLA Coach

## Summary

Military physical training by definition will be arduous and progressive. In order to meet the demanding standards required by the British Army our training courses are designed specifically to reflect a military training environment. We therefore strongly recommend that all potential recruits seek professional medical advice in advance of any high intensity training programme.