

# EOD Physical Prep Guide

University of Michigan NROTC

## SUGGESTED STUDENT PREPARATION

The following workouts are designed for two categories of people: Category I are for future EOD students that have not been on a regular routine physical training program. Category II is designed for potential students that have had a regular routine physical training program. Usually participants in sports or activities that require a high level of cardiovascular activity are in Category II. Swimming, running, bicycling and wrestling are good examples of such sports.

## PREPARATION FOR CATEGORY I

**RUNNING:** The majority of the physical activities you will be required to perform during your first phase of EOD training will involve a substantial amount of running. The intense amount of running can lead to unseen injuries of the lower extremities in trainees who arrive without physically preparing themselves to handle the activities. Swimming, bicycling and lifting weights will prepare you for some of these activities at EOD school, but, **ONLY** running can prepare your lower extremities for the majority of the physical demands you will be required to overcome.

The goal for the category I student is to work up to sixteen miles per week of running. After you've achieved that goal, **THEN** and **ONLY THEN** should you continue on to the category II goal of thirty miles per week. Category I is a build up program, follow the workout as best you can and you will be amazed at the progress you will make.

### CATEGORY I RUNNING SCHEDULE

|        |   |               |
|--------|---|---------------|
| Week 1 | Monday, Wednesday, Friday; 2 miles per day, 8:30 pace         | 6 miles/week  |
| Week 2 | Monday, Wednesday, Friday; 2 miles per day, 8:30 pace         | 6 miles/week  |
| Week 3 | No running. High risk of stress fractures                     |               |
| Week 4 | Monday, Wednesday, Friday; 3 miles per day                    | 9 miles/week  |
| Week 5 | Monday - 2 mi, Tuesday - 3 mi, Thursday - 4 mi, Friday - 2 mi | 11 miles/week |
| Week 6 | Monday - 2 mi, Tuesday - 3 mi, Thursday - 4 mi, Friday - 2 mi | 11 miles/week |
| Week 7 | Monday - 4 mi, Tuesday - 4 mi, Thursday - 5 mi, Friday - 3 mi | 16 miles/week |
| Week 8 | Monday - 4 mi, Tuesday - 4 mi, Thursday - 5 mi, Friday - 3 mi | 16 miles/week |
| Week 9 | Monday - 4 mi, Tuesday - 4 mi, Thursday - 5 mi, Friday - 3 mi | 16 miles/week |

## PHYSICAL TRAINING SCHEDULE I

Sets X Repetitions

### CATEGORY I PHYSICAL TRAINING SCHEDULE

**Monday, Wednesday, and Friday**

| <b>Sets of Repetitions</b>   |  |
|--|--|
| Week 1   | 4×15 push-ups; 4×20 sit-ups; 3×3 pull-ups  |
| Week 2   | 5×20 push-ups; 5×20 sit-ups; 3×3 pull-ups  |
| Week 3   | 5×25 push-ups; 5×25 sit-ups; 3×4 pull-ups  |
| Week 4   | 5×25 push-ups; 5×25 sit-ups; 3×4 pull-ups  |
| Week 5   | 6×25 push-ups; 6×25 sit-ups; 2×8 pull-ups  |
| Week 6   | 6×25 push-ups; 6×25 sit-ups; 2×8 pull-ups  |
| Week 7   | 6×30 push-ups; 6×30 sit-ups; 2×10 pull-ups |
| Week 8   | 6×30 push-ups; 6×30 sit-ups; 2×10 pull-ups |
| Week 9   | 6×30 push-ups; 6×30 sit-ups; 3×10 pull-ups |
| <b>Note:</b> for best results, alternate exercise. Do a set of push-ups, then a set of sit-ups, followed by a set of pull-ups. Do not rest between sets. |  |

**SWIMMING SCHEDULE I**

(Alternate sidestroke and breaststroke with no fins 4-5 days a week)

**CATEGORY I SWIMMING SCHEDULE**

(Sidestroke with no fins, 4-5 days per week)

|  |                                  |
|--|----------------------------------|
| Week 1   | Swim continuously for 15 minutes |
| Week 2   | Swim continuously for 15 minutes |
| Week 3   | Swim continuously for 20 minutes |
| Week 4   | Swim continuously for 20 minutes |
| Week 5   | Swim continuously for 25 minutes |
| Week 6   | Swim continuously for 25 minutes |
| Week 7   | Swim continuously for 30 minutes |
| Week 8   | Swim continuously for 30 minutes |
| Week 9   | Swim continuously for 35 minutes |
| <b>Notes:</b> If you have access to a pool, swim as often as possible. Your initial work-up goal is 4-5 days per week and 200 meters distance per session. Develop your sidestroke on both right and left sides. Try to swim 50 meters in one minute or less. If you DON'T have access to a pool, ride a bicycle for twice as long as the recommended swim duration. |                                  |

**PREPARATION FOR CATEGORY II**

Category II is a more intense workout designed for those who have been involved with a regular routine physical training program or for those who have completed the requirements of category I. DO NOT ATTEMPT THIS WORKOUT SCHEDULE UNLESS YOU CAN COMPLETE THE WEEK #9 LEVEL OF CATEGORY I WORKOUTS.

# RUNNING SCHEDULE II

## Running

Most of the physical activities you will be required to perform during your 10 weeks of training at dive school involve running. Intense running can lead to stress injuries of the lower extremities in trainees who arrive unprepared for it. Swimming, bicycling, and weight training will prepare you for some of the activities at dive school, but **ONLY** running can prepare your legs for the rigors of the training. You should also become accustomed to running in sand.

|        |   |               |
|--------|---|---------------|
| Week 1 | Mon - 3 mi, Tues - 5 mi, Thurs - 4 mi, Fri - 5 mi, Sat - 2 mi | 19 miles/week |
| Week 2 | Mon - 3 mi, Tues - 5 mi, Thurs - 4 mi, Fri - 5 mi, Sat - 2 mi | 19 miles/week |
| Week 3 | Mon - 4 mi, Tues - 5 mi, Thurs - 6 mi, Fri - 4 mi, Sat - 3 mi | 22 miles/week |
| Week 4 | Mon - 4 mi, Tues - 5 mi, Thurs - 6 mi, Fri - 4 mi, Sat - 3 mi | 22 miles/week |
| Week 5 | Mon - 5 mi, Tues - 5 mi, Thurs - 6 mi, Fri - 4 mi, Sat - 4 mi | 24 miles/week |
| Week 6 | Mon - 5 mi, Tues - 6 mi, Thurs - 6 mi, Fri - 6 mi, Sat - 4 mi | 27 miles/week |
| Week 7 | Mon - 6 mi, Tues - 6 mi, Thurs - 6 mi, Fri - 6 mi, Sat - 6 mi | 30 miles/week |

**Notes:** For Weeks 8 and beyond, you need not increase the distance of your runs. Instead, work on the speed of your 6-mile runs with an eye toward decreasing your time to 7:30 per mile or less. If you wish to increase the distance of your runs, **DO SO GRADUALLY**. Do not increase your distance more than one mile per day for every week beyond Week 9.

# PHYSICAL TRAINING SCHEDULE II

(Perform Mon/Wed/Fri)

Sets X Repetitions

## CATEGORY II PHYSICAL TRAINING SCHEDULE

Monday, Wednesday, Friday

| Sets of Repetitions |  |
|---------------------|--|
| Week 1              | 6×30 push-ups; 6×35 sit-ups; 3×10 pull-ups; 3×20 dips    |
| Week 2              | 6×30 push-ups; 6×35 sit-ups; 3×10 pull-ups; 3×20 dips    |
| Week 3              | 10×20 push-ups; 10×25 sit-ups; 4×10 pull-ups; 10×15 dips |
| Week 4              | 10×20 push-ups; 10×25 sit-ups; 4×10 pull-ups; 10×15 dips |
| Week 5              | 15×20 push-ups; 15×25 sit-ups; 4×12 pull-ups; 15×15 dips |
| Week 6              | 20×20 push-ups; 20×25 sit-ups; 5×12 pull-ups; 20×15 dips |

**Note:** These workouts are designed for long-distance muscle endurance. By performing high-repetition workouts, muscle fatigue will gradually take longer to develop. For best results, alternate exercises each set to rest affected muscle groups for a short period. Once you've met Categories I and II running and PT standards, you may vary your exercise program with the pyramid and swimming workouts below.

## PYRAMID WORKOUTS

You can do this with any exercise. The object is to slowly build up to a set goal, then work back down to the beginning. For instance, push-ups, sit-ups, pull-ups and dips can be alternated as in the above workouts, but this time chose a number to be your goal and build up to that number. Each number counts as a set.

### SAMPLE PYRAMID WORKOUT

Goal: 5 Sets

| Number of Repetitions |   |
|-----------------------|---|
| Pull-ups              | 1, 2, 3, 4, 5, 4, 3, 2, 1                           |
| Push-ups              | 2, 4, 6, 8, 10, 8, 6, 4, 2 (2x the # of pull-ups)   |
| Sit-ups               | 3, 6, 9, 12, 15, 12, 9, 6, 3 (3x the # of pull-ups) |
| Dips                  | 1, 2, 3, 4, 5, 4, 3, 2, 1                           |

## SWIMMING WORKOUTS II

(4 - 5 days per week)

|        |                                  |
|--------|----------------------------------|
| Week 1 | Swim continuously for 35 minutes |
| Week 2 | Swim continuously for 35 minutes |
| Week 3 | Swim continuously for 45 minutes |
| Week 4 | Swim continuously for 45 minutes |
| Week 5 | Swim continuously for 60 minutes |
| Week 6 | Swim continuously for 75 minutes |

**Notes:** When starting with fins, alternate swimming 1000 meters with fins and 1000 meters without. This will reduce initial stress on your foot muscles. Your goal is to swim 50 meters in 45 seconds or less.

## STRETCHING

Since Monday, Wednesday and Friday are devoted to physical training exercises, it is wise to devote at least twenty minutes on Tuesday, Thursday and Saturday to stretching. You should always follow up any workout with at least fifteen minutes of stretching, however, on non-exercise days, just stretching the muscles will make you more flexible and less likely to get injured. A good way to start stretching is to start at the top and work toward the bottom. Stretch each muscle group to the point of tightness - not to pain - hold for ten to fifteen seconds. DO NOT BOUNCE. Stretch every muscle in your body from the neck to the ankles, concentrate especially on the calves, thighs, hamstrings, chest, back and shoulders.

# NUTRITION

Proper nutrition is extremely important now and especially when you arrive at EOD School. You must make sure you receive the necessary nutrients to obtain maximum performance output during exercise as well as to promote muscle/tissue growth and recovery. The proper diet provides all the nutrients for the body's needs and supplies energy for exercise. As well, it promotes growth and repair of tissue and regulates the body processes.

The fastest, most readily used source of energy is carbohydrates. Carbohydrates are divided into two categories: simple and complex. Simple carbohydrates are quickly broken down into fuel, although they provide a fast source of energy to the body they are used very rapidly. For long-distance endurance activities simple carbohydrates alone cannot adequately supply the body with the fuel it requires. In comparison, complex carbohydrates require a slightly longer period of time to break down to fuel. However, that fuel will be utilized over a much longer period of time.

A combination of simple and complex carbohydrates is optimal for proper energy and recovery. Foods rich in complex carbohydrates would include potatoes, pasta, rice, fruits and vegetables.

Simple carbohydrates are found abundantly in processed foods: Fig Newton cookies and dried fruit would be healthy sources. Readily available performance nutrition bars generally provide a good ratio of complex to simple carbohydrates, their drawback would be the high cost per bar.

Carbohydrates alone will not provide the body all that it requires. Your diet requires, in addition, a combination of protein and fat. Protein is essential in the diet, especially for active individuals. It contains amino acids, which are the building blocks of all muscle within the body. High quality protein will help aid in muscle growth, repair and recovery. Fat, on the other hand, provides the muscles with a long-term source of energy. Even in the leanest athletes, the body's fat storage can potentially provide more than twice the amount of energy as carbohydrates. The trick in utilizing this gold mine of energy is to provide the body with a regular supply. Contrary to popular thought, diets void of fat will not enable you to lose weight and maintain energy.

The amount of food consumed each day should coincide with the level of exercise you are doing. As a general rule, the average adult male requires approximately 2000 calories per day. As you increase your energy usage you need to increase the amount of fuel you consume. A good practice is to regularly refuel following each substantial workout. This means getting in a balanced amount of nutrients within fifteen to thirty minutes following a workout. This is a good time to utilize those nutrition bars, energy drinks or even a peanut butter and jelly sandwich.

Your basic diet should consist of a proper percentage of each of these nutrients:

Carbohydrates 40 - 60 %

Protein 30 - 20 %

Fat 30 - 20 %

Of all the things you put into your body, water is by far the most important. Depending on your level of exercise, you should be consuming as much as four quarts of water daily. It is very easy to become dehydrated while exercising, this is especially true while in EOD school. The single most important rule to remember is to DRINK BEFORE YOU GET THIRSTY! Substances such as alcohol, caffeine and tobacco increase your body's need for water. So, if you are going to utilize these, do so in moderation!

Too much of these substances will definitely harm your body and hinder your performance. Supplemental intake of vitamins, as well, has not been proven to be beneficial. If you are eating a well balanced diet, you will be getting all the vitamins, minerals and trace elements your body requires to get you through the training.

## Источники

- EOD Physical Prep Guide. University of Michigan NROTC

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