

# WEEK 1

## WHAT LEVEL?

Your beep test results will determine your Level for this week:

**LEVEL 1** - 7 and below

**LEVEL 2** - 7.1 to 11

**LEVEL 3** - 11.1 and above

## WEEKLY TRAINING SESSIONS AUCKLAND - WELLINGTON - CHRISTCHURCH

If you live in Auckland, Wellington or Christchurch, you can attend free group training sessions.

Here you may meet other candidates who are preparing to join, and you can ask questions of the Defence Careers recruiters attending.

Find weekly session details at [defencecareers.mil.nz/force-fit-2](http://defencecareers.mil.nz/force-fit-2)

## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
<b>TEST &amp; CIRCUIT</b>	<b>STABILITY</b>	<b>RUN</b>	<b>STRENGTH</b>	<b>STABILITY</b>	<b>RUN</b>	<b>STRENGTH</b>
1. Warm up <i>ForceFit video</i> 2. MULTI-STAGE FITNESS TEST: <i>determine your Level for the week, and track your progress</i> Recover for 5 minutes 3. <b>CIRCUIT</b> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability exercises below</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability exercises below</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability exercises below</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability exercises below</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>

## EXERCISES/LEVELS

CIRCUIT			
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Squats	10	12	15
Lunges*	20	22	24
Press Ups	10	12	15
Plank (hold) x 6	4 sec	10 sec	20 sec
Plank Arm Raises*	10	12	15
Run	100m	150m	200m

STABILITY			
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Hip Raises (hold) x 3	4 sec	8 sec	12 sec
Side Plank Raises* (hold) x 5	4 sec	8 sec	12 sec
Star Drill*	2	3	4
Single Leg Wall Push* (hold) x 10	4 sec	8 sec	12 sec
Lateral Jumps*	24	28	32

STRENGTH			
LEVEL	L 1 2 sets	L 2 3 sets	L 3 4 sets
Lunges*	12	12	12
Squats	10	10	10
Plank (hold for 4 sec)	6	6	6
Inward Twists*	12	12	12
Cross Overs*	10	10	10
Press Ups	max	max	max

RUN		
L 1	L 2	L 3
20 mins	25 mins	27 mins

Watch the technique videos at [defencecareers.mil.nz/force-fit-2](http://defencecareers.mil.nz/force-fit-2)

\* Exercise reps are total - alternate through each side or limb, e.g.  
 10 lunges = 5 on each leg,  
 8 Inward Twists = 4 each side.

# WEEK 2

## WHAT LEVEL?

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**LEVEL 1** - 7 and below

**LEVEL 2** - 7.1 to 11

**LEVEL 3** - 11.1 and above

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## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
<b>TEST &amp; CIRCUIT</b>	<b>RUN</b>	<b>STABILITY</b>	<b>STRENGTH</b>	<b>RUN</b>	<b>STRENGTH</b>	<b>STABILITY</b>
1. Warm up <i>ForceFit video</i> 2. MULTI-STAGE FITNESS TEST: Recover for 5 minutes 3. <b>CIRCUIT</b> <i>Perform each exercise plus the run three times, before moving on to the next exercise</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability exercises below</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability exercises below</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability exercises below</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability exercises below</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>

## EXERCISES/LEVELS

CIRCUIT	L 1 3 sets	L 2 3 sets	L 3 3 sets
Squats	10	12	15
Sit Ups	10	12	15
Press Ups	10	12	15
Plank x 6	4 sec	10 sec	20 sec
Plank Arm Raises*	10	12	15
Lunges*	20	24	30
Run	100m	150m	200m

STABILITY	L 1 3 sets	L 2 3 sets	L 3 3 sets
Hip Raises (hold) x 3	6 sec	10 sec	15 sec
Side Plank Raises* (hold) x 5	6 sec	10 sec	15 sec
Star Drill*	3	4	5
Single Leg Wall Push* (hold) x 10	4 sec	8 sec	12 sec
Lateral Jumps*	24	28	32

STRENGTH	L 1 3 sets	L 2 4 sets	L 3 5 sets
Lunges*	16	16	16
Squats	12	12	12
Plank (4 sec hold)	8	8	8
Inward Twists*	16	16	16
Cross Overs*	6	6	6
Press Ups	max	max	max

RUN	L 1	L 2	L 3
	23 mins	27 mins	30 mins

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 10 Lunges = 5 on each leg,  
 8 Inward Twists = 4 each side.

# WEEK 3

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## PROGRAMME

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<b>TEST &amp; CIRCUIT</b>	<b>RUN</b>	<b>STRENGTH</b>	<b>RUN</b>	<b>STABILITY</b>	<b>RUN</b>	<b>STRENGTH</b>
1. Warm up <i>Stability - 1 set</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> <i>Progressive overload: ex 1+run, ex 1+2+run, ex 1+2+3+run, etc. Repeat in reverse order (set 2).</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability - 1 set</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>If you're not used to road running, try running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability - 1 set</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>

## EXERCISES/LEVELS

CIRCUIT			
LEVEL	L 1 2 sets	L 2 2 sets	L 3 2 sets
Run	100m	150m	200m
1. Squats	10	12	15
2. Sit Ups	10	12	15
3. Press Ups	10	12	15
4. Plank (hold) x 6	4 sec	10 sec	20 sec
5. Plank Arm Raise*	10	12	15
6. Lunges*	20	24	30
7. Burpees	8	10	12

STABILITY			
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Hip Raises (hold) x 3	8 sec	12 sec	17 sec
Side Plank Raises (hold) x 5	8 sec	12 sec	17 sec
Star Drill*	4	5	6
Single Leg Wall Push (hold) x 10	5 sec	9 sec	14 sec
Lateral Jumps*	28	32	36

STRENGTH			
LEVEL	L 1 2 sets	L 2 3 sets	L 3 4 sets
Lunges*	20	20	20
Squats	14	14	14
Plank (hold for 4 sec)	10	10	10
Inward Twists*	20	20	20
Cross Overs*	16	16	16
Press Ups	max	max	max

RUN		
L 1	L 2	L 3
25 mins	27 mins	32 mins

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\* Exercise reps are total - alternate through each side or limb, e.g.  
10 lunges = 5 on each leg,  
8 Inward Twists = 4 each side.

# WEEK 4

## WHAT LEVEL?

Your beep test results will determine your Level for this week:

- LEVEL 1** - 7 and below
- LEVEL 2** - 7.1 to 11
- LEVEL 3** - 11.1 and above

## WEEKLY TRAINING SESSIONS AUCKLAND - WELLINGTON - CHRISTCHURCH

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## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
<b>TEST &amp; CIRCUIT</b>	<b>RUN</b>	<b>STRENGTH</b>	<b>RUN</b>	<b>STRENGTH</b>	<b>RUN</b>	<b>STABILITY</b>
1. Warm up <i>ForceFit video</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Its still important to build into road running - so if you're not used to it, keep running on grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability - 1 set</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Now mix it up - split your run between road and grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>Stability - 1 set</i> 2. <b>STRENGTH</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Mix it up - split your run between road and grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>

## EXERCISES/LEVELS

CIRCUIT			
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Squats	12	15	20
Lunges*	24	30	40
Press Ups	15	20	25
Plank (hold)	8x6 sec	10x15 sec	12x20 sec
Plank Arm Raise*	12	15	20
Run	300m	500m	700m

STABILITY			
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Hip Raises (hold) x 3	10 sec	14 sec	20 sec
Side Plank Raises* (hold) x 5	10 sec	14 sec	20 sec
Star Drill*	10	12	14
Single Leg Wall Push* (hold) x 10	12 sec	15 sec	20 sec
Lateral Jumps*	32	36	40

STRENGTH			
LEVEL	L 1 2 sets	L 2 3 sets	L 3 4 sets
Lunges*	24	24	24
Squats	16	16	16
Plank (4 sec hold)	12	12	12
Inward Twists*	24	24	24
Cross Overs*	20	20	20
Press Ups	max	max	max

RUN		
L 1	L 2	L 3
28 mins	32 mins	35 mins

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\* Exercise reps are total - alternate through each side or limb, e.g.  
 10 Lunges = 5 on each leg,  
 8 Inward Twists = 4 each side.

# WEEK 5

## WHAT LEVEL?

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**LEVEL 1** - 7 and below

**LEVEL 2** - 7.1 to 11

**LEVEL 3** - 11.1 and above

## WEEKLY TRAINING SESSIONS

### AUCKLAND - WELLINGTON - CHRISTCHURCH

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## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
<b>TEST &amp; CIRCUIT</b>	<b>RUN</b>	<b>Strength &amp; Stability</b>	<b>REST</b>	<b>RUN &amp; EXERCISES</b>	<b>Strength &amp; Stability</b>	<b>REST</b>
1. Warm up <i>Stability - 1 set</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> <i>Perform each exercise plus the run twice, before moving on to the next exercise</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Mix it up - split your run between road and grass</i> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>		1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Road and grass. At 5 min intervals, complete these exercises:</i> 5 x Squat Jumps 5 x Down Ups 5 x Get Ups 20 x Plank Taps* 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	

## EXERCISES/LEVELS

CIRCUIT	L 1 2 sets	L 2 2 sets	L 3 2 sets
LEVEL <i>(a set is exercise+run)</i>			
Squats	14	16	18
Sit Ups	14	16	18
Press Ups	14	16	18
Plank (hold)	8x6 sec	10x15 sec	12x20 sec
Plank Arm Raises*	14	16	18
Lunges*	28	32	36
Run	300m	400m	500m

STABILITY	L 1 3 sets	L 2 3 sets	L 3 3 sets
LEVEL			
Single Leg Hip Raises* (hold) x 8	6 sec	10 sec	12 sec
Side Plank Raises* (hold) x 5	12 sec	17 sec	25 sec
Single Leg Jumps*	20	24	28
Star Drill*	10	12	14
Single Leg Wall Push* (hold) x 10	12 sec	17 sec	22 sec

STRENGTH	L 1 2 sets	L 2 3 sets	L 3 4 sets
LEVEL			
Lunge Step ups*	24	24	24
Squats	18	18	18
Plank Arm Raise* (6 sec hold)	18	18	18
Burpees	10	10	10
Cross Overs*	20	20	20
Press Ups	max	max	max

RUN	L 1	L 2	L 3
	30 mins	34 mins	37 mins

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 24 Lunges = 12 on each leg,  
 20 Cross Overs = 10 each side.

# WEEK 6

## WHAT LEVEL?

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**LEVEL 2** - 7.1 to 11

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## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday																								
<b>TEST &amp; CIRCUIT</b>	<b>RUN &amp; CIRCUIT</b>	<b>RUN &amp; STRENGTH</b>	<b>STABILITY</b>	<b>RUN &amp; CIRCUIT</b>	<b>RUN &amp; STRENGTH</b>	<b>STABILITY</b>																								
1. Warm up <i>Stability - 1 set</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> <i>Progressive overload:                      ex 1+run, ex 1+2+run,                      ex 1+2+3+run, etc. Repeat                      in reverse order (Set 2).</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>More focus on road running.                      At 3 min intervals, complete                      these exercises:                      5 x Squat Jumps                      5 x Down Ups                      5 x Get Ups                      20 x Plank Taps*</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 800m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 2</td> <td>3m 20s</td> <td>1m 40s</td> </tr> <tr> <td>L2 - 3</td> <td>3m 10s</td> <td>1m 30s</td> </tr> <tr> <td>L3 - 4</td> <td>3m</td> <td>1m 20s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 2	3m 20s	1m 40s	L2 - 3	3m 10s	1m 30s	L3 - 4	3m	1m 20s	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>More focus on road running.                      At 3 min intervals, complete                      these exercises:                      5 x Squat Jumps                      5 x Down Ups                      5 x Get Ups                      20 x Plank Taps*</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 400m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 4</td> <td>1m 40s</td> <td>1m 40s</td> </tr> <tr> <td>L2 - 5</td> <td>1m 35s</td> <td>1m 35s</td> </tr> <tr> <td>L3 - 6</td> <td>1m 25s</td> <td>1m 25s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 4	1m 40s	1m 40s	L2 - 5	1m 35s	1m 35s	L3 - 6	1m 25s	1m 25s	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>
Sets	Time (min/sec)	Recovery (min/sec)																												
L1 - 2	3m 20s	1m 40s																												
L2 - 3	3m 10s	1m 30s																												
L3 - 4	3m	1m 20s																												
Sets	Time (min/sec)	Recovery (min/sec)																												
L1 - 4	1m 40s	1m 40s																												
L2 - 5	1m 35s	1m 35s																												
L3 - 6	1m 25s	1m 25s																												

## EXERCISES/LEVELS

CIRCUIT			
LEVEL	L 1	L 2	L 3
Run	100m	200m	300m
1. Squats	12	15	18
2. Sit Ups	12	15	18
3. Press Ups	12	15	18
4. Plank (hold)	8x6 sec	10x15 sec	12x20 sec
5. Plank Arm Raises*	12	15	18
6. Lunges*	24	30	36
7. Burpees	10	12	15

STABILITY			
LEVEL	L 1	L 2	L 3
Single Leg Hip Raises* (hold)x 14	8 sec	12 sec	15 sec
Side Plank Raises* (hold) x 18	12 sec	17 sec	25 sec
Single Leg Jumps*	24	28	32
Star Drill*	14	16	18
Single Leg Wall Push* (hold)x16	12 sec	17 sec	22 sec

STRENGTH			
LEVEL	L 1	L 2	L 3
Lunge Step ups*	28	28	28
Squats	20	20	20
Plank Arm Raises* (4 sec hold)	20	20	20
Burpees	10	10	10
Cross Overs*	20	20	20
Press Ups	max	max	max

RUN		
L 1	L 2	L 3
36 mins	39 mins	42 mins

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 20 Cross Overs = 10 each side.

# WEEK 7

## WHAT LEVEL?

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1. Warm up <i>ForceFit video</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>More focus on road running. At 5 min intervals, complete these exercises:</i> 7 x Squat Jumps 7 x Down Ups 7 x Get Ups 30 x Plank Taps* 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 400m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 4</td> <td>1m 37s</td> <td>1m 37s</td> </tr> <tr> <td>L2 - 5</td> <td>1m 32s</td> <td>1m 32s</td> </tr> <tr> <td>L3 - 6</td> <td>1m 23s</td> <td>1m 23s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 4	1m 37s	1m 37s	L2 - 5	1m 32s	1m 32s	L3 - 6	1m 23s	1m 23s	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Focus on road running. At 5 min intervals, complete these exercises:</i> 7 x Squat Jumps 7 x Down Ups 7 x Get Ups 30 x Plank Taps* 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 400m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 4</td> <td>1m 35s</td> <td>1m 35s</td> </tr> <tr> <td>L2 - 5</td> <td>1m 30s</td> <td>1m 30s</td> </tr> <tr> <td>L3 - 6</td> <td>1m 20s</td> <td>1m 20s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 4	1m 35s	1m 35s	L2 - 5	1m 30s	1m 30s	L3 - 6	1m 20s	1m 20s	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm Up <i>Stability - 1 set</i> 2. <b>RUN</b> <i>Focus on road running. At 5 min intervals, complete these exercises:</i> 7 x Squat Jumps 7 x Down Ups 7 x Get Ups 30 x Plank Taps* 4. Stretches/Cool down <i>ForceFit video</i>
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## EXERCISES/LEVELS

CIRCUIT			
LEVEL	L 1	L 2	L 3
	3 sets	4 sets	5 sets
Squats	15	15	17
Lunges*	26	26	28
Press Ups	15	15	17
Plank (hold)	10x6 sec	10x15 sec	15x15 sec
Plank Arm Raises*	20	20	20
Run	500m	600m	700m

STABILITY			
LEVEL	L 1	L 2	L 3
	3 sets	3 sets	3 sets
Single Leg Hip Raises* (hold) x 18	10 sec	12 sec	14 sec
Side Plank Raises* (hold) x 24	12 sec	17 sec	25 sec
Single Leg Jumps*	28	32	36
Star Drill*	14	16	18
Single Leg Wall Push* (hold) x 20	12 sec	17 sec	22 sec

STRENGTH			
LEVEL	L 1	L 2	L 3
	3 sets	4 sets	5 sets
Lunge Step ups*	30	30	30
Squats	25	25	25
Plank Arm Raises*	24	24	24
Burpees	12	12	12
Cross Overs*	24	24	24
Press Ups	max	max	max

RUN		
L 1	L 2	L 3
35 mins	40 mins	45 mins

Watch the technique videos at [defencecareers.mil.nz/force-fit-2](http://defencecareers.mil.nz/force-fit-2)

\* Exercise reps are total - alternate through each side or limb, e.g.  
 26 Lunges = 13 on each leg,  
 24 Cross Overs = 12 each side.

# WEEK 8

## WHAT LEVEL?

Your beep test results will determine your Level for this week:

**LEVEL 1** - 7 and below

**LEVEL 2** - 7.1 to 11

**LEVEL 3** - 11.1 and above

## WEEKLY TRAINING SESSIONS AUCKLAND - WELLINGTON - CHRISTCHURCH

If you live in Auckland, Wellington or Christchurch, you can attend free group training sessions.

Here you may meet other candidates who are preparing to join, and you can ask questions of the Defence Careers recruiters attending.

Find weekly session details at [defencecareers.mil.nz/force-fit-2](http://defencecareers.mil.nz/force-fit-2)

## PROGRAMME

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday																								
<b>TEST &amp; CIRCUIT</b>	<b>RUN &amp; STRENGTH</b>	<b>STABILITY</b>	<b>RUN &amp; STRENGTH</b>	<b>STABILITY</b>	<b>RUN &amp; STRENGTH</b>	<b>STABILITY</b>																								
1. Warm up <i>Stability - 1 set</i> 2. MULTI-STAGE FITNESS TEST Recover for 5 minutes 3. <b>CIRCUIT</b> <i>Perform each exercise plus the run three times, before moving on to the next exercise</i> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 400m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 4</td> <td>1m 35s</td> <td>1m 35s</td> </tr> <tr> <td>L2 - 5</td> <td>1m 30s</td> <td>1m 30s</td> </tr> <tr> <td>L3 - 6</td> <td>1m 20s</td> <td>1m 20s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 4	1m 35s	1m 35s	L2 - 5	1m 30s	1m 30s	L3 - 6	1m 20s	1m 20s	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>RUN</b> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>	1. Warm up <i>ForceFit video</i> 2. RUN - 400m <table border="1"> <thead> <tr> <th>Sets</th> <th>Time (min/sec)</th> <th>Recovery (min/sec)</th> </tr> </thead> <tbody> <tr> <td>L1 - 4</td> <td>1m 35s</td> <td>1m 35s</td> </tr> <tr> <td>L2 - 5</td> <td>1m 30s</td> <td>1m 30s</td> </tr> <tr> <td>L3 - 6</td> <td>1m 20s</td> <td>1m 20s</td> </tr> </tbody> </table> 3. <b>STRENGTH</b> 4. Stretches/Cool down <i>ForceFit video</i>	Sets	Time (min/sec)	Recovery (min/sec)	L1 - 4	1m 35s	1m 35s	L2 - 5	1m 30s	1m 30s	L3 - 6	1m 20s	1m 20s	1. Warm up <i>ForceFit video</i> 2. <b>STABILITY</b> 3. Stretches/Cool down <i>ForceFit video</i>  <i>You've now completed the Force Fit 2 programme, and you're better prepared for initial training in the NZDF.</i>  <b>CONGRATULATIONS AND GOOD LUCK!</b>
Sets	Time (min/sec)	Recovery (min/sec)																												
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## EXERCISES/LEVELS

CIRCUIT	L 1	L 2	L 3
LEVEL <i>(a set is exercise+run)</i>	L 1 3 sets	L 2 3 sets	L 3 3 sets
Squats	12	14	16
Sit Ups	12	14	16
Press Ups	10	12	15
Plank (hold)	10x8 sec	12x14 sec	14x20 sec
Plank Arm Raises*	14	16	18
Lunges*	24	28	32
Run	100m	200m	300m

STABILITY	L 1	L 2	L 3
LEVEL	L 1 3 sets	L 2 3 sets	L 3 3 sets
Single Leg Hip Raises* (hold)x 18	10 sec	12 sec	14 sec
Side Plank Raises* (hold) x 24	12 sec	17 sec	25 sec
Single Leg Jumps*	28	32	36
Star Drill*	14	16	18
Single Leg Wall Push* (hold)x20	12 sec	17 sec	22 sec

STRENGTH	L 1	L 2	L 3
LEVEL	L 1 2 sets	L 2 2 sets	L 3 2 sets
Lunge Step ups*	32	32	32
Squats	25	25	25
Plank Arm Raises* (4 sec hold)	24	24	24
Burpees	12	12	12
Cross Overs*	24	24	24
Press Ups	max	max	max

RUN	L 1	L 2	L 3
LEVEL	L 1 17 mins	L 2 20 mins	L 3 25 mins

Watch the technique videos at [defencecareers.mil.nz/force-fit-2](http://defencecareers.mil.nz/force-fit-2)

\* Exercise reps are total - alternate through each side or limb, e.g.  
24 Lunges = 12 on each leg,  
20 Cross Overs = 10 each side.