

90 DAY PREPARATION GUIDE

Background. On average, prospective officer candidates spend 90 days with their Officer Selection Officer (OSO). Upon arrival to OCS, the single highest percentage of attrition from the training program is due to physical injuries. This physical training program has been established to assist these officer candidates with their preparation given the time constraints to reduce preventable injuries and to facilitate a successful evaluation. There is a direct correlation between physical fitness and anticipated success in academic and leadership evaluations required to complete OCS. The physical training program at OCS is dynamic in nature and involves all ranges of motion, total body conditioning, and a holistic approach to physical training. A common mistake that leads to fatigue and stress related injuries is preparing only for the Physical Fitness Test (PFT). Adherence to this program along with a balanced diet will ensure proper preparation and facilitate a safe and successful evaluation. Special modifications may be necessary for prospective candidates who are not within the Marine Corps height and weight standards.

Purpose. The purpose of this program is to assist officer candidates with their physical preparation prior to their arrival at OCS. It has been tailored for prospective candidates who have been with their OSOs for 90 days or less. The focus of this 90 day training program is on total body conditioning and it has been developed to prevent over/under training. Adherence to the program, along with a balanced diet, will reduce the chance of fatigue and stress related injuries. It will also ensure the officer candidates are able to meet required physical standards and able to achieve peak physical conditioning while in training at OCS.

Execution. The 90 day program follows a 12-week plan that gradually increases in intensity and duration. This progressive approach is designed for all standards of physical fitness, and by starting gradually it allows potential candidates to increase their fitness. The 12-weeks are split down into three cycles of 4-weeks, you will steadily increase your times and workouts for 3-weeks of each cycle and then lower the intensity for the fourth week of each cycle. The reduced intensity and duration of the last week of each cycle will allow your body to recover and stop over training, which is a common cause of injury at OCS.

Sessions. The PT sessions do not require use of a gymnasium or expensive equipment; all you will need is a good pair of running shoes, access to a pull-up bar, and a watch. Nearly all of the exercises involve moving your own body weight - a key function you will be required to perform at OCS. Ensure that you are properly warmed up, stretched, and hydrated before beginning any physical training event.

Running. During your time at OCS you will be required to run and hike for long distances. To prepare you for this, run times and distance steadily increase throughout the pre-OCS physical program. The program requires you to run twice weekly and gradually increase your pace (min/mile). The program begins by establishing an 8:30 min/mile pace and steadily increases to a 7:30 min/mile pace at the end of the program.

Circuit Training. Circuits are to be conducted twice weekly to improve muscular and cardiovascular endurance using the following exercises which are explained in detail in at the bottom of this document:

- Pull Ups Outboard
- Crunches
- Bends and Thrusts
- Push Ups
- Frog Sit Ups
- Star Jumps
- Diamond Push Ups
- Sit Ups with a Twist
- Plyometric Jumps

All exercises are to be executed in this order. Each exercise should be performed for 10 repetitions except the pull ups which should be completed for maximum repetitions each time. All exercises should be executed with no rest in between each exercise and the rest between each circuit directed as part of the program.

Weekly Cycle

Day	1	2	3	4	5	6	7
Session	Run	Rest	Circuit	Rest	Run	Rest	Circuit

Comprehensive Training Program

Week	Runs	Circuits
1	2x3 mile runs 8:30 min/mi pace	2xcircuit sessions Circuit to be completed 2 times with 2 min rest between each circuit.
2	2x3 mile run 8:30 min/mi pace	2xcircuit sessions Circuit to be completed 2 times with 2 min rest between each circuit
3	2x3.5 mile runs 8:30 min/mi pace	2xcircuit sessions Circuits to be completed 3 times with 2 min rest between each circuit

4	2x3 mile run 8:30 min/mi pace	2xcircuit sessions Circuit to be completed 2 times with 2 min rest between each circuit.
5	2x3.5 mile runs 8:30 min/mi pace	2xcircuit sessions Circuits to be completed 3 times with 2 min rest between each circuit
6	2x3 mile runs 8:00 min/mi pace	2xcircuit sessions Circuit to be completed 3 times with 1 min 30 s rest between each circuit
7	2x3.5 mile runs 8:00 min/mi pace	2xcircuit sessions Circuits to be completed 4 times with 2 min rest between each circuit
8	2x3 mile run 8:30 min/mi pace	2xcircuit sessions Circuits to be completed 3 times with 2 min rest between each circuit
9	2x3.5 mile runs 8:00 min/mi pace	2xcircuit sessions Circuits to be completed 4 times with 2 min rest between each circuit
10	2x4 mile runs 8:00 min/mi pace	2xcircuit sessions Circuit to be completed 4 times with 1 min 30 s rest between each circuit
11	2x3.5 mile runs 7:30 min/mi pace	2xcircuit sessions Circuit to be completed 4 times with 1 minute rest between each circuit
12	2x3 mile run 8:30 min/mi pace	2xcircuit sessions Circuits to be completed 3 times with 2 min rest between each circuit

The OCS pre-entry program is designed to bring you up to the minimum standard required at OCS. The progressive manner of the program enables your body to adapt to the stresses it will encounter at OCS without over training prior to entry.

The following exercises should be incorporated into your daily training regimen. Each exercise is accompanied by a description of how to execute each move properly. Do not cheat the proper form - you will be expected to execute these properly for the duration of Officer Candidates School.

1. PULL UPS. *Inboard-* Mount the bar with the palms of your hands facing you. You will start at a complete dead hang; your elbows will be completely locked out with no muscle tension in your arms. From that position you will initiate your pull up continuing to pull your body upwards until your

chin breaks the plane of the bar and then lowering your body back to the dead hang position. *Outboard*- Mount the bar with the palms of your hands facing towards the bar. You will start at a complete dead hang; your elbows will be completely locked out with no muscle tension in your arms. From that position you will initiate your pull up continuing to pull your body upwards until your chin breaks the plane of the bar and then lowering your body back to the dead hang position.

2. PUSH UPS. Start in the up position, with your arms locked out and your hands slightly wider than shoulder width and your feet together. Roll your shoulders towards the ground to create active shoulders while keeping your body rigid in a straight line with your head up looking forward. From that position lower your body to the ground until your chest touches the desk. As soon as your chest touches, push your body back to the upright position maintaining straight alignment until you once again are in the upright position.

3. TRICEP PUSH UPS. Start in the up position with your arms locked out and your elbows close to your rib cage. Your hands should be approximately 12 inches apart and your feet together. Roll your shoulders towards the ground to create active shoulders while keeping your body rigid in a straight line with your head up looking forward. From that position, lower your body to the ground until your chest touches the deck keeping your elbows in contact with your rib cage. As soon as your chest touches, push your body back to the upright position, keeping that straight alignment until you once again are in the upright position.

4. DIAMOND PUSH UPS. Start in the up position with your arms locked out, your elbows close to your rib cage, your hands directly underneath your chest with your index fingers and thumbs touching (creating a diamond), and your feet spread slightly wider than shoulder width. Roll your shoulders toward the ground to create active shoulders while keeping your body rigid in a straight line with your head up looking forward. From that position lower your body to the ground until your chest touches the deck. Keep your elbows in contact with your rib cage as your body lowers. As soon as your chest touches, push your body back to the upright position keeping that straight alignment until once again in the upright position.

5. PLYOMETRIC JUMPS. Stand behind a sturdy surface approximately 12 inches high with your feet spread in a natural stance. Lower your body by bending at the knees at a 45 degree angle, and then explode upwards with both feet leaving the ground at the same time and landing on top of the surface. The entire soles of both feet should impact the surface at the same time; as soon as contact is made, immediately jump again to travel back to the ground.

6. MILITARY PRESS. Stand with your back straight and feet spread shoulder width apart, your arms bent at your sides with palms facing forward and the bar touching your chest. Push the bar upwards until your arms are fully extended and locked out above your head. Then proceed to lower the bar back to the starting position.

7. BICEP CURL. Stand with your back straight and your feet shoulder width apart, your arms fully extended at your sides with the bar touching your legs. Bending your arms at the elbow, pull the weight

upwards to your chest while keeping your back straight. Continue upwards until the bar touches your chest. Lower the bar until you are back to your starting position.

8. CRUNCHES. Lay down with your back flat on the ground and your feet in the air with your knees bent at a 90 degree angle. Your hands should be cupping your ears without your fingers touching. Flex your abdomen and pull your shoulder blades off the ground. When both shoulder blades are off the ground and your elbows come even with your thighs, lower yourself back to the starting position. Note - this is not proper form for crunches on the Physical Fitness Test.

9. FROG SIT UPS. Lay down with your back flat on the ground, bend your knees and turn the soles of your feet inboard so that they touch. Place your hands on your chest. Flex your abdomen while pushing your hands forward until you are in the sitting position and your hands are touching your ankles. Lower your torso and pull your hands back to return to the starting position.

10. SIT UPS WITH A TWIST. Lay down with your back flat on the ground. With your feet flat on the ground, bend your knees and cup your ears with your hands. Flex your abdomen so that you come to a sitting position. As you are coming up, rotate your torso so that your left elbow touches your right knee. Then lower your body while rotating your torso back to the starting position. Repeat to the opposite side.

11. LUNGES. Stand with your feet spread naturally, back straight, and your hands on your hips. Step out with your left foot, lowering your body until your right knee comes close to the ground but does not touch. Keeping that left foot in place, raise your body forward to the standing position. Change legs and repeat.

12. SQUATS. Stand with your feet spread naturally and your arms straight out in front of your body. Lower your body by bending your knees to approximately 90 degrees, keeping your back straight. Return to starting position and repeat.

13. STAR JUMPS. Stand with your feet together and your back straight, bending at the knees and waist. Lower your body until your hands touch the floor. From that position, explode upwards, jumping into the air so that your body is fully extended with your legs flared out to the sides and your arms to the sky. Return to the starting position and repeat.

14. BEND AND THRUST. Stand with your feet together and arms hanging down at your sides, bend at the knees and lower your body until you are in the crouched positioning with your hands touching the ground. Thrust your legs out straight behind you so that you are in the push up position. Pull your legs back to the crouched position so your knees are directly under your chest. Then return to the starting position.

15. DORSAL RAISES. Lie flat with your chest on the ground and your legs spread naturally. Cup your ears with your hands with your elbows pointed outboard. Keeping your abdomen on the ground, raise your chest and legs off the ground. Then lower your chest and legs back to the starting position.