

# Preparing for the Boat Forces Physical Fitness Test

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# Objectives

- Overview of the Boat Forces PFT
- Describe training variables for PFT components
- Example exercises and sample workouts
- Describe Recruit Training Physical Training Program

# What is the PFT?

- Required for law enforcement and boat crew members
  - Performed during qual, recert, and semi-annually or when required by superiors
- Required for members not in compliance with weight or body fat standards

# What is the PFT?

- 1-minute push-up
- 1-minute sit-up
- 1.5-mile run
  - 12-minute swim alternative



# PFT Standards

Males	Push-ups	Sit-ups	1.5-Mile Run	12-Minute Swim*
Under 30	29	38	12:51	500 YDS
30 to 39	24	35	13:36	450 YDS
40 to 49	18	29	14:29	400 YDS
50 to 59	13	25	15:26	350 YDS
60+	10	22	16:43	300 YDS

Females	Push-ups	Sit-ups	1.5-Mile Run	12-Minute Swim*
Under 30	15	32	15:26	400 YDS
30 to 39	11	25	15:57	350 YDS
40 to 49	9	20	16:58	300 YDS
50 to 59	9	16	17:55	250 YDS
60+	9	15	18:44	200 YDS

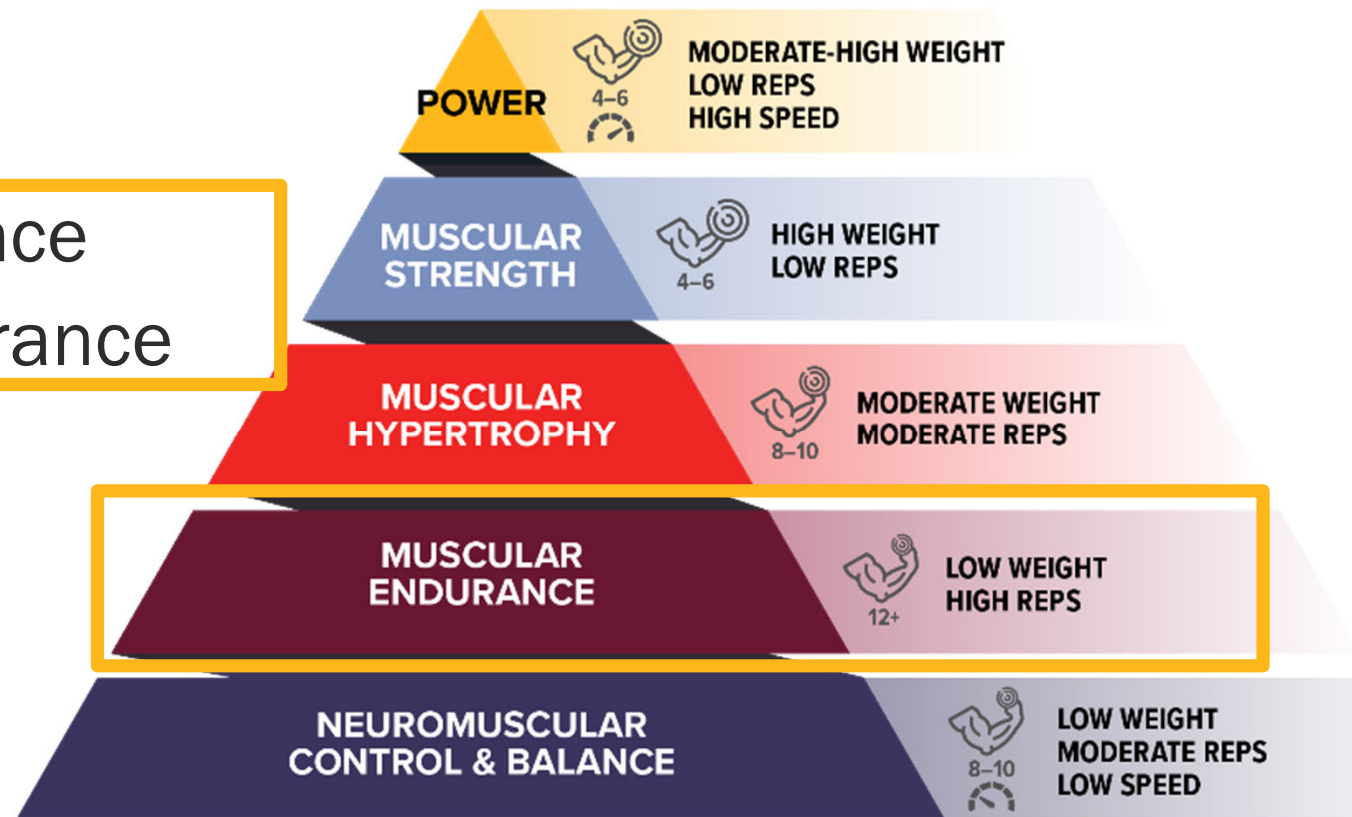
**Notes:**

- (01) 12-minute swim test chart is based on Dr. Kenneth Cooper's research.
- (02) Push-ups and sit-ups must be performed within a one-minute time period.
- (03) Either the 1.5-mile run or the 12-minute swim may be performed to meet the standard.

Table 4-5  
Physical Fitness Standards

# PFT Domains of Fitness

- Aerobic endurance
- Anaerobic endurance
- Speed
- Agility

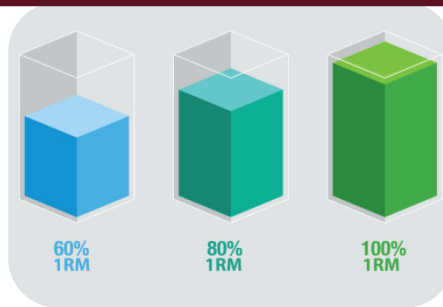


# Variables in a PT Program



## Frequency

- How often



## Intensity

- How hard



## Time

- How long



## Type

- What you do



## Volume

- How much



## Progression

- How you overload



# Resistance Training for Push-up Component

- Frequency: 2-3 days/wk
- Intensity & volume

Training goal	Intensity (% 1RM)	Goal repetitions	Goal sets per muscle group	Rest duration
<b>Strength</b>				2–5 minutes
Multi-joint exercises	≥85%	≤6	2–6	5' rest most appropriate for loads close to 1RM
Single joint exercises	75–80%	≤6	2–6	
<b>Power</b>				2–5 minutes
Single-effort lift	80–90%	1–2	3–5	5' rest most appropriate for loads close to 1RM
Multiple-effort lift	75–85%	3–5	3–5	
<b>Hypertrophy</b>	67–85%	6–12	3–6	30–90 seconds
<b>Muscular endurance</b>	≤67%	≥12	2–3	≤30 seconds

# Resistance Training for Push-up Component

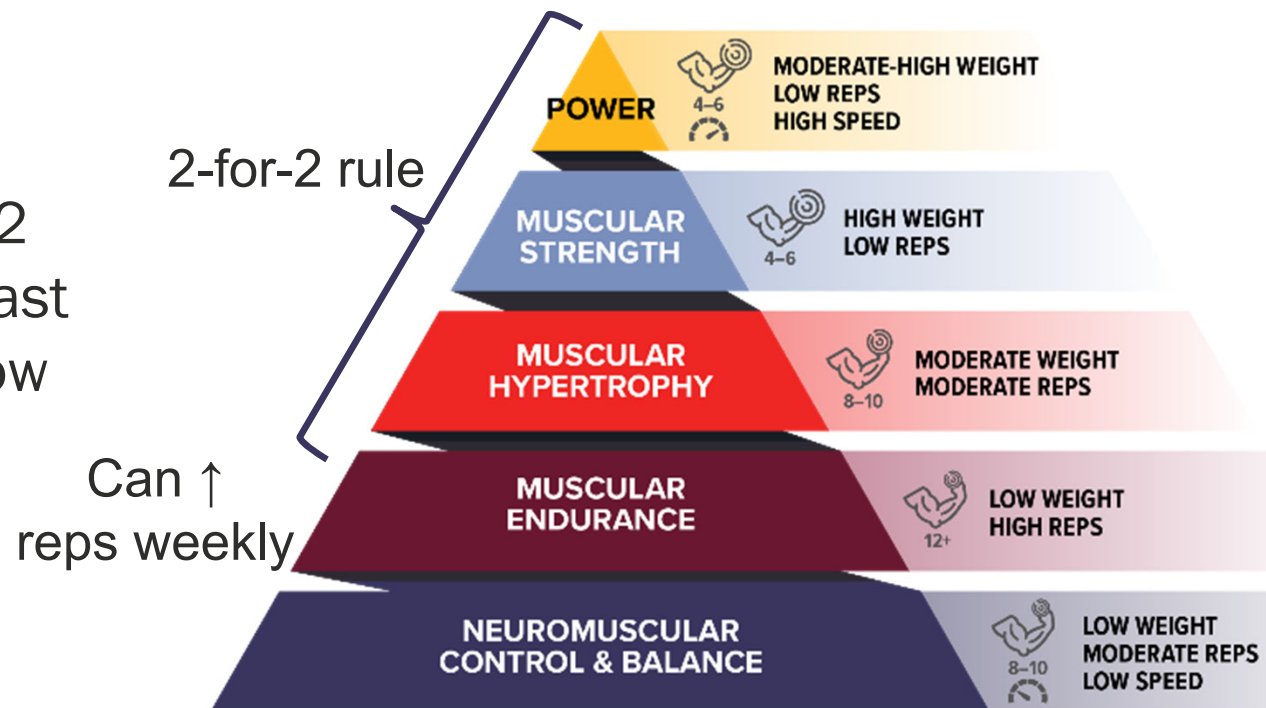
- Time: Depends on training goal & program structure
- Type:



# Resistance Training for Push-up Component

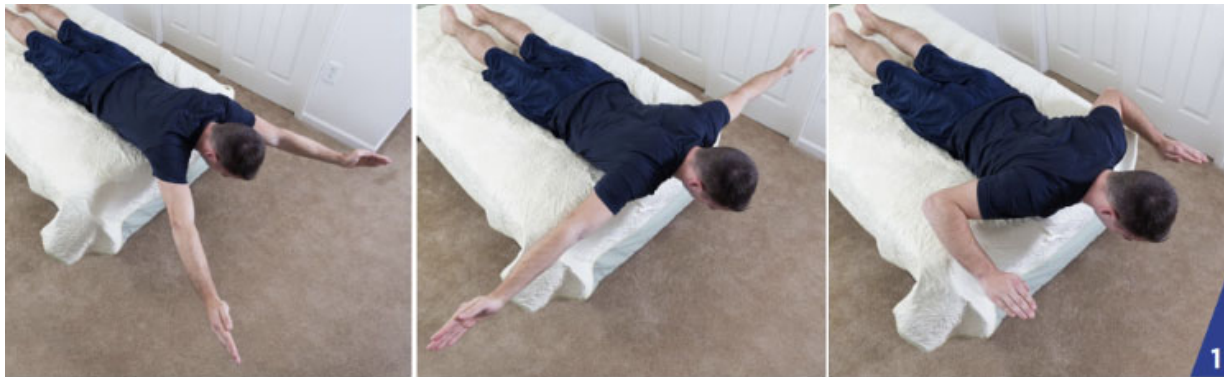
- Progression
  - 2-for-2 rule: Increase weight when perform 2 reps over goal in the last set, 2 workouts in a row

<b>Less trained</b>	Upper Body	2.5-5 lb
	Lower Body	5-10 lb
<b>More trained</b>	Upper Body	5-10 lb
	Lower Body	10-15 lb



# Resistance Training for Push-up Component

- Don't exclusively work the chest
  - Contributes to excessive head/shoulders forward posture
- Incorporate upper back exercises

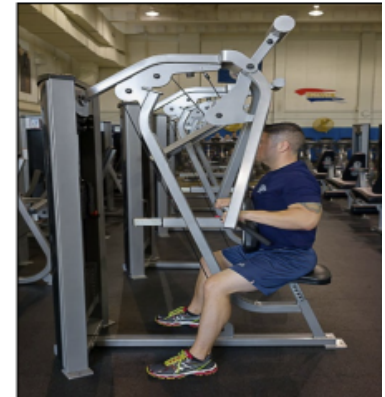


## Seated Row

Start Position



Finish Position



# Training for Sit-up Component

- Test of core muscle endurance
- Excessive sit-up training can contribute to back pain
  - Tight, over-active hip flexors

# What is the “Core”

**Myth**



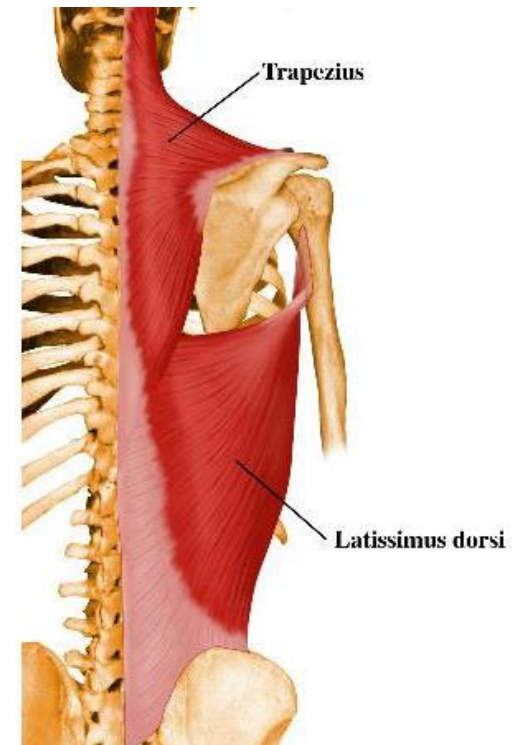
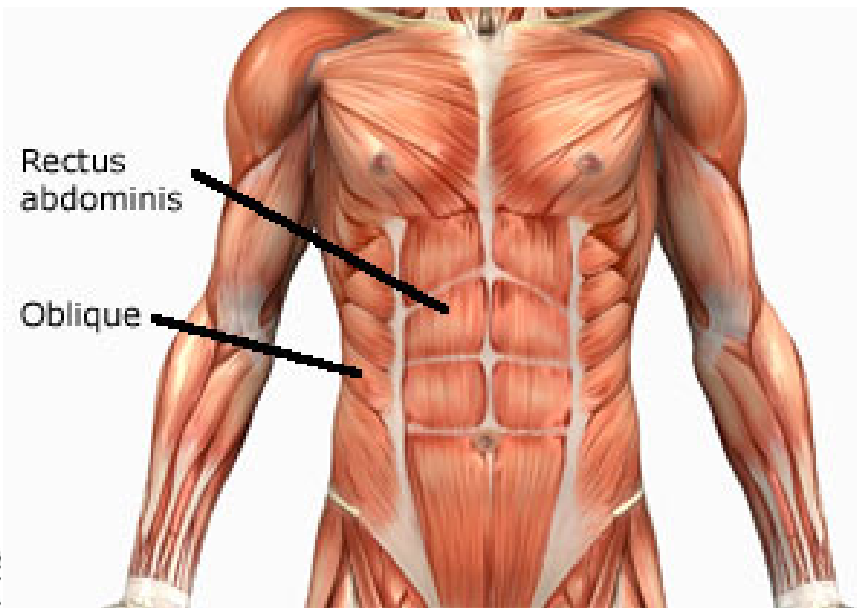
**Fact**



# What is the “Core”

Not only gross movers

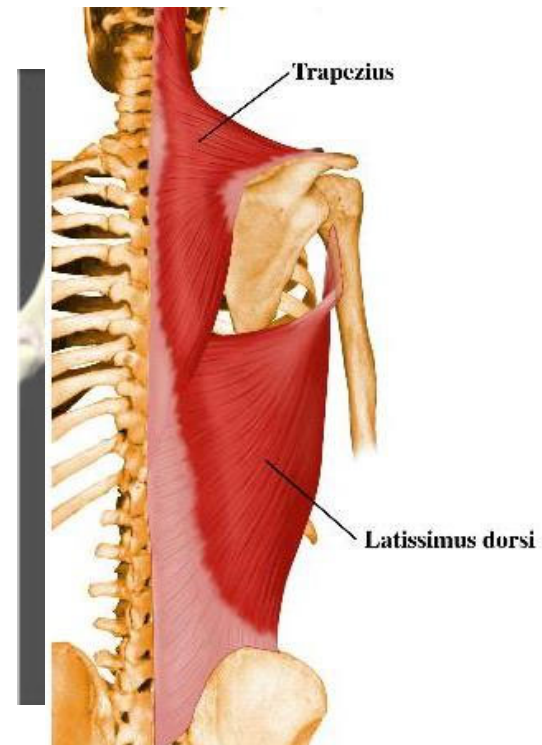
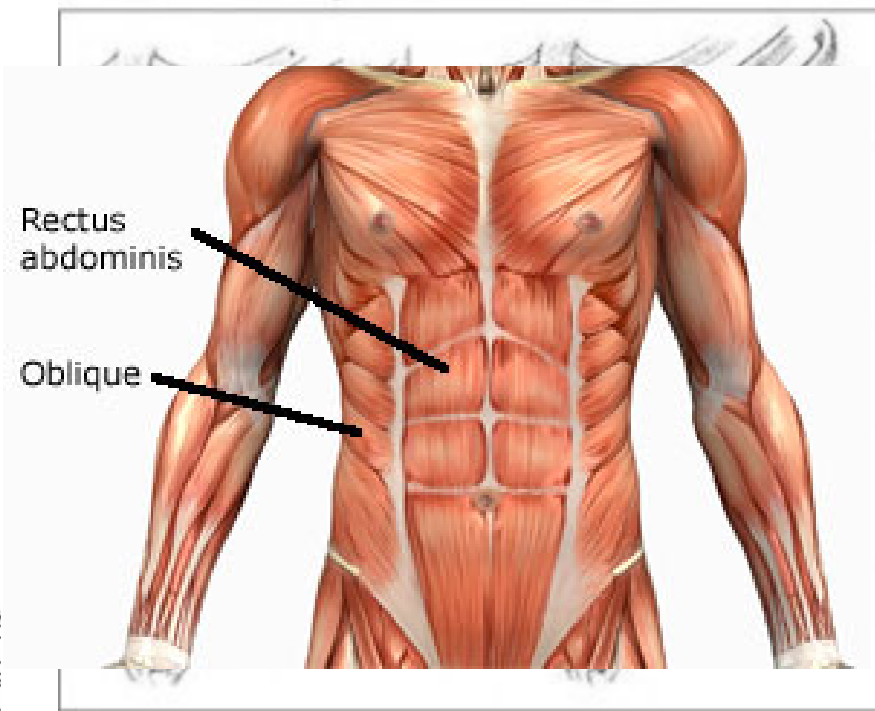
Rectus Abdominus, Back Extensors, etc.



# What is the “Core”

Primarily small stabilizing muscles

Transverse Rectus Abdominus, Internal and External Obliques, Multifidi





# What is the “Core”

**Myth**



50 sets of 1000 reps

**Fact**



# How do we strengthen the core?

The core is the foundation for movement

- Start small and work your way up
  - Stationary
  - Limited Movement
  - Dynamic Exercises



# Core for Sit-up Performance

- Core strengthening exercises will improve sit-up performance as well as exclusive sit-up training
- Can be incorporated as part of a regular PT program, and doesn't need to be exclusively trained
- Use muscular endurance program variables

# Aerobic Training



# Aerobic Training

- Frequency: 2-3 days/wk
- Intensity:
  - % Max HR  
(220 - Age) OR (208 - 0.7\*Age)
    - Moderate = 64-76%
    - Vigorous = 77-93%
  - RPE
    - Moderate = 12-14
    - Vigorous = 15-17

Rating	Intensity
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

# Aerobic Training

Training type	Description
<b>Long, slow distance</b>	High volume, consistent moderate intensity
<b>Interval training</b>	Alternates periods of vigorous intensity cardio for 3–5 minutes and active recovery for an equal period
<b>Pace or tempo</b>	Consistent pace at higher intensity than LSD. Vigorous, but sub-maximal
<b>Repeated sprints</b>	200 meters or shorter and <30 seconds in duration.
<b>HIIT</b>	Similar to interval training, but at maximal intensity for shorter bouts of time—usually about 30–90 seconds of work with 15–90 seconds of rest
<b>Fartlek</b>	Combination of LSD and pace/tempo. Run at moderate intensity with short bursts of vigorous-intensity running

# Aerobic Training

Training type	Frequency (per week)	Intensity	Time
<b>Long, slow distance</b>	1–2 days	Moderate intensity	30–120 minutes
<b>Interval training</b>	1–2 days	Vigorous intensity, near maximal effort	3–5 minutes (work:rest ratio of 1:1)
<b>Pace or tempo</b>	1–2 days	Vigorous intensity	20–30 min
<b>Repeated sprints</b>	1–2 days	Maximal intensity	5–20 sprints, depending on distance and fitness
<b>HIIT</b>	1 day	Maximal intensity	30–90 seconds (work:rest ratio ranging from 2:1 to 1:1)
<b>Fartlek</b>	1 day	Moderate to vigorous intensity	20–60 minutes

# Aerobic Training

- Volume – Low if unfit
  - 30 minutes of moderate-intensity LSD 2x/week is a good place to start
  - Walk or jog intervals for unfit people should have fairly low work:rest ratios (1:3–1:4) and progress to the recommended 1:1 over a period of a few weeks, with a total training day volume of 20–30 minutes



# Aerobic Training

- Progression
  - Cardio: 10% rule
  - Increase frequency, duration, or intensity a max of 10% each week
  - Some research is questioning this old guideline
  - Low volume, can increase >10%
  - High volume, <10%



# Example Training Programs



# Sample Schedule

Sunday	Off
Monday	Upper-body & core
Tuesday	LSD cardio
Wednesday	Lower-body & core
Thursday	Pace cardio, short to moderate distance
Friday	Total-body & core
Saturday	Off

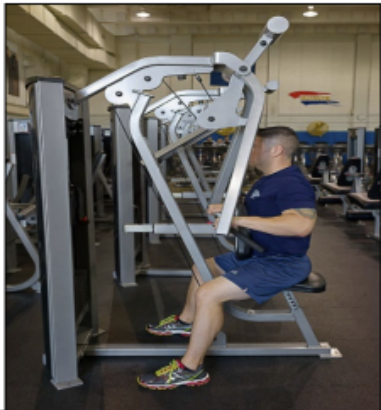
# Upper-body Exercises

## Seated Row

Start Position



Finish Position



## Chest Press

Start Position



Finish Position



## Lat Pulldown

Start Position



Finish Position



## Shoulder Press

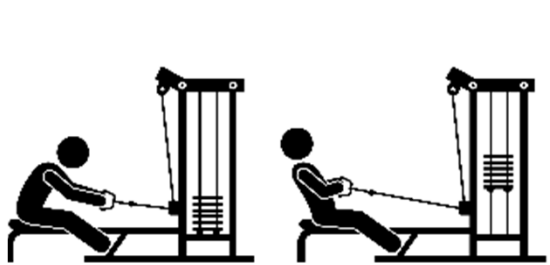
Start Position



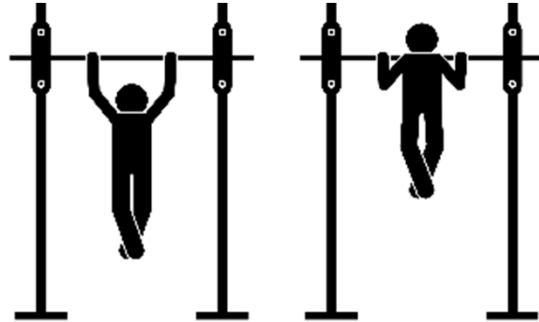
Finish Position



# Upper-body Exercises



*Seated Cable Rows*



*Pull Ups*



*Dumbbell Incline Row*



*Dumbbell Bent Over Row*



*One-Arm Kettlebell Row*



*Barbell Bench Press*



*Incline Barbell Bench Press*



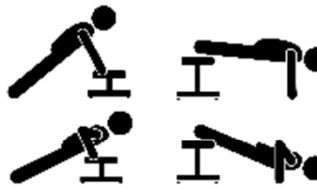
*Decline Barbell Bench Press*



*Flat Bench Dumbbell Press*

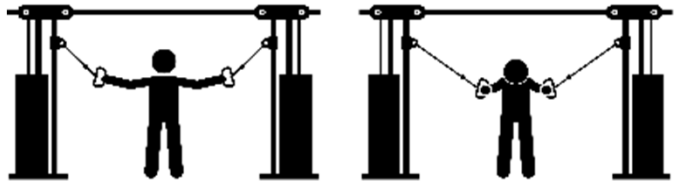


*Incline Dumbbell Press*



*Incline Push-Up*

*Decline Push-Up*



*Cable Crossover Machine*



*Butterfly Chest Workout*

## Sample Upper-body workout

Muscle Group	Exercise	Sets x reps
Chest	Dumbbell press	3 x 12
Back	Bent-over row	3 x 12
Chest	Chest fly	3 x 12
Back	Back fly	3 x 12

Weight guidance:  $\leq 67\%$  of 1-rep max

- Reps 10-12 are a challenge, but you can do them
- 2-for-2 rule to increase weight
- OR start at 10 reps, increase 2 reps weekly until 16 reps. If unable to increase reps, stay at that level for another 2-3 weeks

# Core Exercises

## Glute Bridge

1. Lie on back, knees bent, place feet about 18in from buttocks.
2. Raise your hips until your body forms a straight line from your shoulders to your knees.
3. Hold for 2s then return to the starting position. Repeat.



## Superman Hold

1. Lie on stomach with arms straight out over your head.
2. Raise chest, arms and legs of the deck.
3. Hold for 2s then return to the starting position. Repeat.



## Squat

- Stand tall with feet shoulder width apart.
- Hips descend back and down. Hips descend to at least to the top of the knees.
- Keep Chest tall and back straight.
- Knees in line with toes



## Forward Lunge

- Stand tall with feet shoulder width apart.
- Take a step forward with one foot.
- Lower hips until forward thigh is parallel to deck and back knee touches deck.
- Forward shin and knee should form a 90 degree angle.
- Drive into heel and press back up to standing. Repeat stepping with other leg.



## Low Plank Hold

- Lie on stomach with elbows placed under shoulders and legs extended.
- Raise body as a single unit until your body forms a straight line from shoulders to feet. Hold position.



## Side Plank Hold

- Lie on side with elbow placed under shoulder and legs extended. One leg stacked on the other.
- Raise body as a single unit until your body forms a straight line from shoulders to feet. Hold Position.



# Sample Core-circuit Workout

## Core Circuit Instructor Card

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**2 Rounds of Each Station (5 stations)**  
**Total Workout time: 20 minutes**

**Wk 2 and 3**  
 Exercise= 20s  
 Rest/Rotate= 40s

**Wk 4 and Wk 5 MON:**  
 Exercise= 30s  
 Rest/Rotate= 30s

**Wk 5 WED and SAT:**  
 Exercise= 40s  
 Rest/Rotate= 20s

**Round 1 & 2:**

- Push-ups
- Rest
- Push-ups
- Rotate

**Round 1:**

- Dynamic Glute Bridge
- Rest
- Dynamic Glute Bridge
- Rotate

**Round 2:**

- Superman Hold
- Rest
- Superman Hold
- Rotate

**Push-ups**

1. Place hands about shoulder width apart and beneath the shoulders.
2. Extend legs straight back supported on balls of feet. Keep torso in a straight line.
3. Bend elbows and lower body as one unit.
4. Lower until chest is one fist distance from deck then push back up.



**Round 1:**

- Low Plank Hold
- Rest
- Low Plank Hold
- Rotate

**Round 2:**

- Side Plank Right Hold
- Rest
- Side Plank Left Hold
- Rotate

**Round 1:**

- Low Plank Hold
- Rest
- Low Plank Hold
- Rotate

**Round 2:**

- Side Plank Right Hold
- Rest
- Side Plank Left Hold
- Rotate

**Sit-ups**

1. Lie on back, knees bent, place feet about 18in from buttocks.
2. Place hands loosely on side of head. Hands must remain at side of head.
3. In up position, elbows must touch knees. Shoulder blades must touch deck in down position
4. Buttocks must remain on deck at all times. Resting occurs in up position



**Round 1:**

- Squats
- Rest
- Squats
- Rotate

**Round 2:**

- Forward Lunge
- Rest
- Forward Lunge
- Rotate

**Round 1 & 2:**

Partner 1	Partner 2
Sit ups	Hold Partner's feet
Rest	Rest
Hold Partner's feet	Sit-ups
Rotate	Rotate



# Lower-body Exercises



## Sample Lower-body workout

Muscle Group	Exercise	Sets x reps
Glutes	Deadlift	3 x 12
Quads	Weighted lunge	3 x 12
Hamstrings	Romanian deadlift	3 x 12
Quads	Lateral lunge	3 x 12

Weight guidance:  $\leq 67\%$  of 1-rep max

- Reps 10-12 are a challenge, but you can do them
- 2-for-2 rule to increase weight
- OR start at 10 reps, increase 2 reps weekly until 16 reps. If unable to increase reps, stay at that level for another 2-3 weeks

# Sample Cardio Program

## Schedule

- Week 2 TUE:** 15 min Run
- Week 2 THU:** 15 min Run
- Week 2 SAT:** 10 x 100m Run
- Week 3 MON:** 18 min Run
- Week 3 WED:** 18 min Run
- Week 3 FRI:** 7 x 200m Run
- Week 4 FRI:** 12 x 100m Run
- Week 4 SUN:** Company Run
- Week 5 TUE:** 3 x 800m Run
-  **Week 5 SUN:** Company Run
- Week 6 FRI:** 20 min Run
- Week 6 SUN:** Company Run
- Week 7 SUN:** Company Run

## Timed Runs (15min, 18min, & 20min)

Recruits shall run in ability groups based on forming run times.

Goal Run Pace per 1.5 mile Run Ability Group:

Forming Run	Goal Pace (min/mile)	Laps on Red Track		
		15min	18min	20min
<8mins	7:00	8.5	10.25	11.5
8-8.5	7:30	8	9.75	10.75
8.5-9	8:00	7.5	9	10
9-9.5	8:30	7	8.5	9.5
9.5-10	9:00	6.5	8	9
10-10.5	9:20	6.25	7.75	8.5
10.5-11	9:40	6	7.5	8.25
11-11.5	10:00	6	7.25	8
11.5-12	10:20	5.75	7	7.75
12-12.5	10:40	5.75	6.75	7.5
12.5-13	11:00	5.5	6.5	7.25
13-13.5	11:15	5.5	6.25	7.25
13.5-14	11:30	5.25	6.25	7
14.5-15	12:00	5	6	6.75
>15	12:30	4.75	5.75	6.5

# Sample Cardio Program

## 100 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	18s	9.5-10	22s	11.5-12	27s	13.5-14	32s
8-8.5	19s	10-10.5	23s	12-12.5	29s	14-14.5	34s
8.5-9	20s	10.5-11	24s	12.5-13	30s	14.5-15	35s
9-9.5	21s	11-11.5	26s	13-13.5	31s	>15	37s

Rest/Walk: 2 minutes

## 200 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	38s	9.5-10	48s	11.5-12	58s	13.5-14	68s
8-8.5	40s	10-10.5	50s	12-12.5	60s	14-14.5	70s
8.5-9	43s	10.5-11	53s	12.5-13	63s	14.5-15	73s
9-9.5	45s	11-11.5	55s	13-13.5	65s	>15	78s

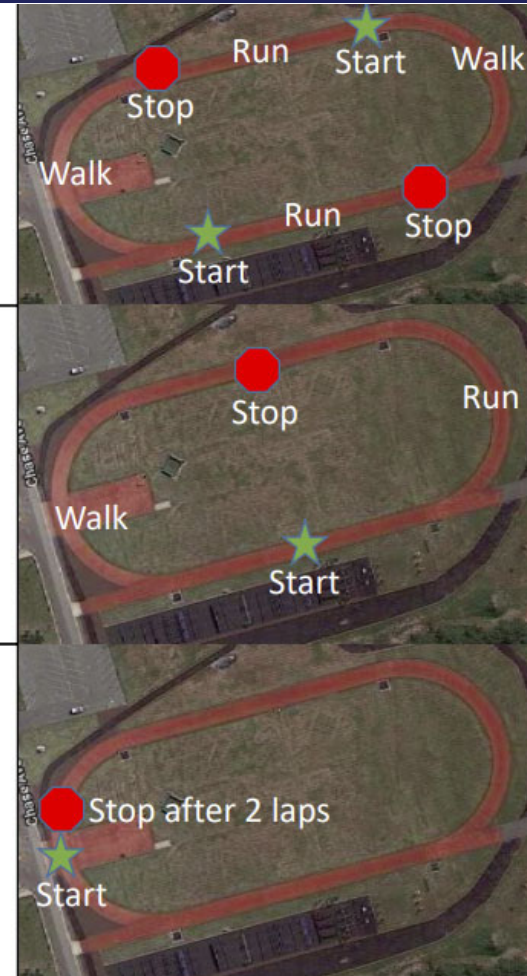
Rest/Walk: 3 minutes

## 800 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	2:50	9.5-10	3:30	11.5-12	4:10	13.5-14	4:50
8-8.5	3:00	10-10.5	3:40	12-12.5	4:20	14-14.5	5:00
8.5-9	3:10	10.5-11	3:50	12.5-13	4:30	14.5-15	5:10
9-9.5	3:20	11-11.5	4:00	13-13.5	4:40	>15	5:30

Rest: 7 minutes



# Summary

- Boat Forces PFT tests cardiorespiratory and muscular endurance
- Both components of fitness take time to improve
- Train both chest and back for push-ups
- Train core for sit-ups
- Don't exclusively take the PFT as a training program

# How Did We Do?

CHAMP Poll Everywhere Questions:

[https://pollev.com/surveys/MmiS4qczUlihM  
RxBW7S6M/respond](https://pollev.com/surveys/MmiS4qczUlihMRxBW7S6M/respond)



# For Further Information

Please contact:

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Web Resources:

<https://www.hprc-online.org/>

<https://www.opss.org/>



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