

HOW TO PREPARE PHYSICALLY FOR CADET BASIC TRAINING



West Point Physical Program

To assist you in preparing for the physical challenges of Cadet Basic Training (CBT), provided is an overview of physical requirements and improvement strategies. The paragraphs in this document link to the West Point site where the Department of Physical Education provides more information. Please click on any of the headlines or hyperlinks listed to learn more. Your individual training in preparation for CBT should start **no later than** 12 weeks prior to R-day. Start training now! See you on R-Day!

Physical Requirements

1. **CBT Physical Training-** The CBT physical program will introduce New Cadets (NCs) to Physical Readiness Training (PRT) with the intent of imposing stress, exposing NCs to Army PRT, and enforcing proper movement and standards. The skills learned during CBT are the foundation to a NCs physical journey during CBT and beyond. During CBT, NCs will participate in daily ninety (90) minute training sessions, that will consist of an active warm-up, continuous exercise, and cool-down beginning at 0530.

Aerobic Endurance- A NCs day is extremely busy. NCs must be able to move and function for long periods of time without becoming fatigued. NCs will execute sustained bouts of low intensity exercise to build up their individual capacity. Examples include slow & long distance running, foot marches, and unit formation running. NCs will run approximately 3 miles multiple times in a week and conduct timed foot marches ranging from three (3) to twelve (12) miles (with a load 20-35lbs).

Muscular Endurance- NCs will execute sustained bouts of low intensity resistance to build up their overall movement capability. NCs should expect to repetitively perform work for extended periods. Examples include push & pull bodyweight exercises (pull-ups, push-ups), lifting and loading duffel bags, and carrying weapons and military equipment. NCs will conduct muscular endurance training sessions 2-3x a week.

Anaerobic Endurance- NCs will execute short duration, high intensity movement to build their ability to tolerate short bursts and recruit fast-twitch muscle fibers. Examples include sprinting, heavy lifting, combatives, and moving swiftly with a load.

Muscular Strength- NCs will lift, drag, and carry heavy loads during CBT. NCs should be sure to conduct controlled and safe resistance exercise before arriving to Cadet Basic Training.

Explosive Power- NCs will execute training that tests both their strength and speed capabilities. The rate of work per unit of time will assist in building a NCs ability to conduct explosive movement against high level of resistance. Examples include power throws, broad jumps, and heavy sled drags.

2. **Army Combat Fitness Test-** The Army Combat Fitness Test (ACFT) is a six-event fitness test that measures upper and lower body muscular endurance, muscular strength, aerobic endurance, anaerobic endurance, and explosive power. Results identify physical readiness which is an individual responsibility. NCs will be expected to pass the ACFT.



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The three-event ACFT (Hand-Release Push Up, Leg Tuck, Two Mile Run) will be administered to incoming cadet candidates upon arrival.

Below are two resources you can use to help you understand and prepare for the ACFT:

[Army ACFT Informational Page](#)

[USCC ACFT Informational Page](#)

3. ***Swim Test and Swimming Expectations***- Within the first week of CBT, each cadet candidate will swim 150 yards for time in an indoor pool. The trial time will determine the swim class that each cadet will take during the school year. You can find information about the course [here](#). Individuals who are not familiar with swimming are encouraged to learn the basics of swimming before attending CBT.

Additional Preparation

Height & Weight is measured consistently during CBT and a Cadet's 47-month experience. This is to ensure cadets build and maintain proper habits as a cadet and Army Officer. Healthy body composition and total body strength are essential for optimal performance in the physical program at West Point.

Nutrition & Sleep are key to your success before, during, and after Cadet Basic Training. Proper nutrition will allow you to become stronger and faster while maintaining a healthy body weight and composition. It will also allow you to recover between bouts of exercise and physical exertion. Be sure to focus on caloric intake and energy expenditure as you prepare for the United States Military Academy at West Point. Also, be sure to focus on the amount of time you sleep every night. Receiving eight hours a night is ideal.

Performance Expectations- Cadets have a higher chance of being successful in the physical pillar if they can conduct multiple pull ups without generating momentum from their lower extremities (kicking, kipping, etc). Successful candidates accept the challenge and make it a personal responsibility to perform. Before arriving to Cadet Basic Training, be able to conduct pull-ups per [Candidate Fitness Assessment standards](#).

Physical Training Plan for CBT

Below are two resources you can use to train for Cadet Basic Training:

1. [Individualized Training Based on Aerobic Endurance & Muscular Endurance](#)
2. [Individualized Training Based on Resistance Training](#)

