Welcome to your Army Briefing Day

ARMY
BE THE BEST

Future Soldier Handbook

NAME:

WELCOME

TO YOUR ARMY BRIEFING

We're delighted you're interested in a career with the Army and have taken the first step in your application by attending your Army Brief today.

We'll be with you every step of the way, giving you the tools and preparation you need for a successful application and career in the Army.

We'll be providing you with an overview of the various roles available and an insight into Army life. There'll be a lot to take in and you have some exciting decisions ahead of you. The Army Brief is your chance to find out more about life as a soldier, and to ask our recruiting experts any questions you may have.

Future Soldier Handbook

YOUR JOURNEY

TO BECOMING A SOLDIER IN THE ARMY

This handbook has been created to support you through your journey to join the Army. It includes lots of information to help you along the way and you can use it however you wish!

We would encourage you to share the information in here with your family and friends so that they can see what you'll be involved in, and can support you throughout the process.

Make sure you take this along to each activity or event you attend with the Army, and also to the Assessment Centre.

This is your handbook to help you all the way through to the start of your Basic Training.

WE'RE HERE TO HELP

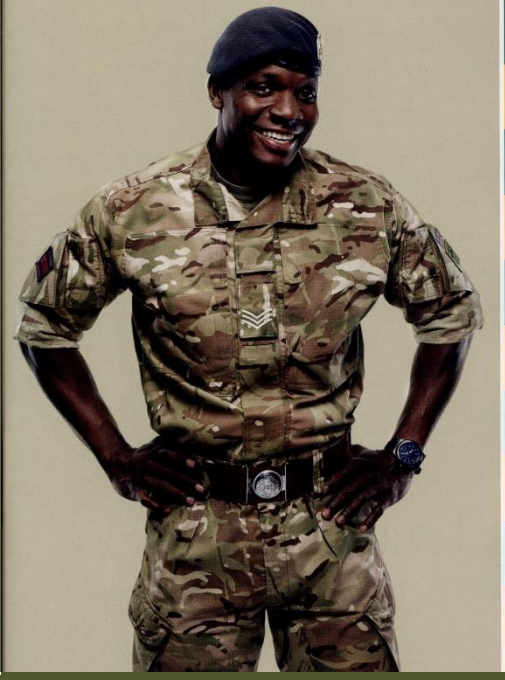
We're here to support you every step of the way through your application. If you have the right attitude, we can help you prepare to the best of your ability.

We can provide all of the resources you may need to get started, including: interview tips, how to prepare for your fitness tests, support for your computer assessments and give overall guidance on how to prepare for Army life.

Our drop-in sessions cover a range of modules that you may need support on and our Ambassador Programme can put you in contact with a network of people in the Army, to help you find out whether the Army lifestyle is a good fit for you.

We do all of this to make sure you're 100% clear on what we're looking for from you and are progressing successfully.

You can keep track of your progress through the online candidate portal.



1. APPLICATION (ALREADY COMPLETED)
2. ARMY BRIEFING DAY
3. PREP FOR ASSESSMENT CENTRE
4. ASSESSMENT CENTRE
5. BASIC TRAINING
6. PASSING OUT
7. INITIAL TRADE TRAINING

Future Soldier Handbook

BENEFITS & REWARDS

A career with us offers you challenge and adventure that you simply can't find in any other job. Add in competitive pay, plenty of travel and the chance to learn some valuable skills – in fact, you'll be surprised at just how good the benefits are. Find out what's on offer...

- COMPETITIVE PAY, YOU'LL EARN £18,488 AFTER TRAINING
- SIX WEEKS' PAID LEAVE PLUS BANK HOLIDAYS
- SUBSIDISED FOOD & ACCOMMODATION
- FREE GYM & SPORTS FACILITIES
- FREE DENTAL & FREE MEDICAL COVER
- POTENTIAL FINANCIAL BURSARIES DURING TRAINING
- ANNUAL ALLOWANCE TOWARDS EXTRA EDUCATIONAL TRAINING
- NON-CONTRIBUTORY PENSION
- ADVENTUROUS TRAINING
- APPRENTICESHIPS
- TRANSFERABLE SKILLS & QUALIFICATIONS
- LEADERSHIP
- CAMARADERIE
- WORLD-CLASS TRAINING
- TRAVEL

MONEY IN YOUR POCKET*

£486 CIVILIAN		£1,232 SOLDIER
£151	UTILITY BILLS	FREE
£13	PENSION	FREE
£165	TRAVEL	FREE
£8	HEALTHCARE	FREE
£435	RENT	£77
£63	COUNCIL TAX	£12

BASED ON £1,321 SALARY PER MONTH AFTER TAX

Figure based on 17/18 pay and tax rates, all other rates are approximate.
Final figure would be dependent on personal circumstances.

YOUR PAY STARTS AT £14,931 DURING BASIC TRAINING AND RISES TO AT LEAST £18,488 AS A PRIVATE, DEPENDING ON THE JOB YOU DO. WITHIN FIVE YEARS YOU COULD REACH THE RANK OF CORPORAL WHICH STARTS AT £29,768.

- £14,931 NEW ENTRANTS
- £18,488 PRIVATE
- £25,524 LANCE CORPORAL
- £29,768 CORPORAL
- £33,490 SERGEANT

Future Soldier Handbook

To do its job well, the Army looks to its Values and Standards to guide its behaviour. To help you remember the Values we abide by, think: CDRILS

Courage

Courage doesn't mean not being afraid, it means rising to the challenge.

Discipline

Although the rank structure and regulations of the Army are one kind of discipline, learning self-discipline will help you do your job efficiently without orders.

Respect for others

Our soldiers come from all backgrounds. Respect for others is about judging people on their effort and abilities, not their race, religion or gender.

Integrity

Being trustworthy – doing the right thing, even when no one is looking.

Loyalty

Putting other members of your team first and not letting them down.

Selfless commitment

Playing your part in full, and trusting others completely. Don't engage in the wrong behaviour, and support your fellow soldiers.

The Army's Standards remind us that our behaviour must always be:

Lawful

Everywhere you work you'll be governed by national and international law – even in armed conflict. You must always behave lawfully, no matter what the situation.

Appropriate

Trust is key to everything we do.

Totally professional

As a soldier you're trained and expected to be the best.

Top Tip:
Get familiar with these so you can discuss them at the Assessment Centre.

Future Soldier Handbook

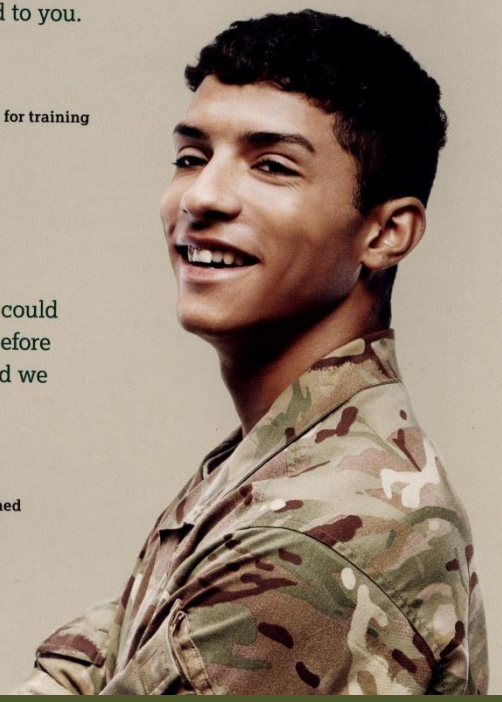
ASSESSMENT CENTRE

Once you're ready, you'll be invited to an Assessment Centre to see whether the Army is suited to you. While you're there, you'll take part in:

- A medical review
- Physical assessment to ensure you meet the standards for training
- Computer based assessments to identify which roles you'll be suited to in the Army
- Team exercises to see how you work with other people
- A Career Discussion to talk about your results and decide which job is right for you.

All of this is designed to find out if you could be a potential soldier. You'll have time before your assessment to prepare yourself, and we strongly recommend that you:

- Learn as much as you can about the Army
- Consider a few roles you may be interested in
- Work on your fitness – our 100% Army Fit App is designed to help those interested in the Army, get Army fit.



On the next few pages you'll find more details about the different parts of the assessment and how you can prepare for them.

THE MEDICAL	PAGE 10
THE COMPUTER ASSESSMENTS	PAGES 12-15
COGNITIVE TEST	
LITERACY & NUMERACY	
TECHNICAL SELECTION TEST (TST)	
THE PHYSICAL ASSESSMENT	PAGE 16

Future Soldier Handbook

THE MEDICAL

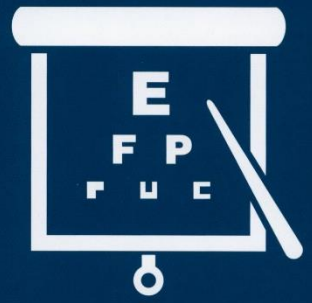
On day one, you'll see one of our doctors to discuss your health and confirm your eligibility to complete our assessment activities and to join the Army. The tests are nothing to worry about and don't involve taking any blood or the use of needles.

WHAT TO EXPECT

- Your hearing, eyesight, colour perception and lung capacity will all be tested.
- Measurement of your height and weight to confirm your Body Mass Index (BMI).
- An ECG (electrocardiogram), which is a test that measures the activity of your heart. This involves a health technician sticking small pads to your arms, legs and chest, and passively measuring the electrical activity of your heart. It's quick and it doesn't hurt at all.
- You might also have an 'echocardiogram', which is where a trained technician moves a machine over your chest to get pictures of your heart. It only takes 30-40 minutes and it doesn't hurt.

HOW TO PREPARE

Avoid fizzy drinks, energy drinks or alcohol for 12 hours before your medical. You should also try to avoid taking in too much sugar. This is to make sure that your test results are accurate.



EYE TEST

If you wear corrective lenses for your eyesight:

- Glasses should be brought with you to the Assessment Centre
- Soft contact lenses should be removed 48 hours in advance
- Hard contact lenses should be removed 10 days in advance
- You should also bring a copy of your current opticians' prescription/report.

For example:
56 (kg) ÷ 1.67 (m) = 33.53
33.53 ÷ 1.67 = 20.07
BMI = 20

BMI

Try measuring your BMI at home before the Assessment Centre. This will give you guidance on if you're the right weight for your height. Depending on the result, your Recruiter will be able to give you tips on how to improve your fitness ahead of the Assessment Centre.

BMI is calculated as follows:
Weight (kg) ÷ height (m) = X
X ÷ height (m) = BMI

Divide your weight in kilograms by your height in metres, then divide the answer by your height again.

Future Soldier Handbook

THE COMPUTER ASSESSMENTS

COGNITIVE TEST

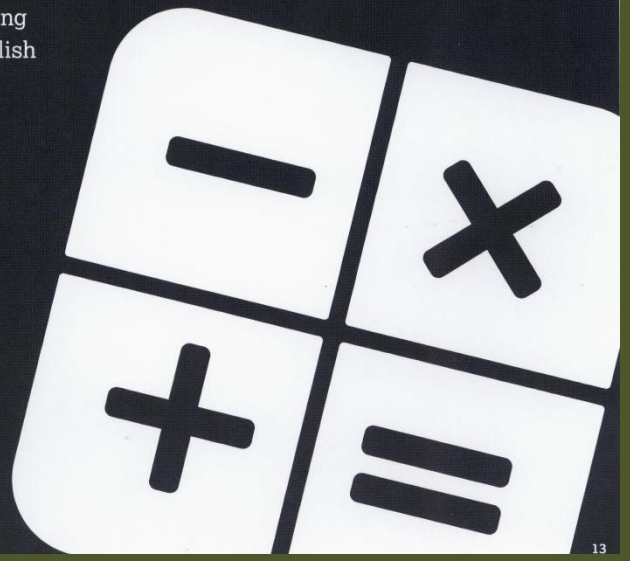
You'll need to complete a short test which helps us to match you with roles that are right for you. Don't worry, we're not trying to catch you out, this is just to make sure you're in the right role to suit your skills and abilities.

LITERACY & NUMERACY

You'll take these tests depending on your GCSE Maths and English grades or equivalent.

HOW TO PREPARE

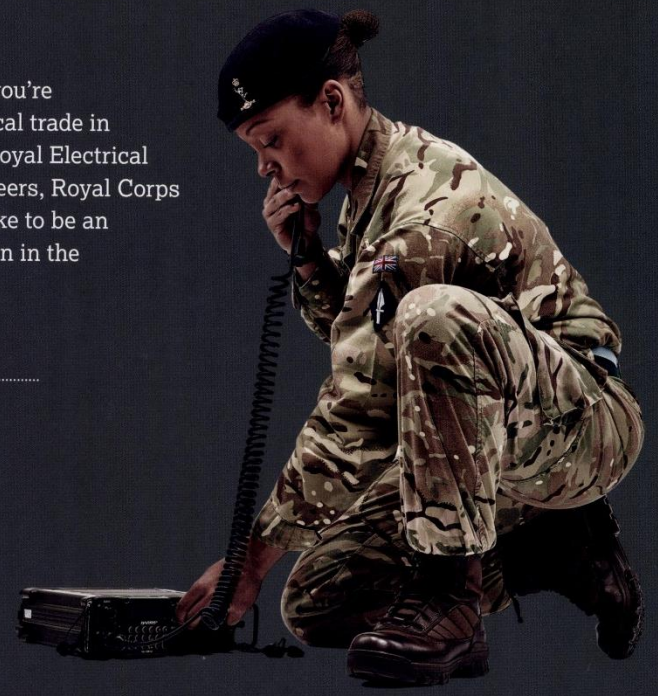
It's a good idea to brush up on your Maths and English through GCSE revision guides you can find online. You can also talk to your Recruiter about the 'Demystifying Assessment Centre Tests' workshops we offer, which will help you prepare for these.



Future Soldier Handbook

TECHNICAL SELECTION TEST (TST)

You'll take the TST if you're hoping to join a technical trade in the Royal Engineers, Royal Electrical and Mechanical Engineers, Royal Corps of Signals or if you'd like to be an Ammunition Technician in the Royal Logistic Corps.



HOW TO PREPARE

Ask your Recruiter about the 'Demystifying Assessment Centre Tests' to learn more about how to prepare for this.

HINTS & TIPS

BEFORE

- Ask your Recruiter about attending the 'Demystifying Assessment Centre Tests' workshop.
- Seek further support with literacy and numeracy revision using online resources such as BBC Bitesize or visit your local library.
- Schedule time to research any weaker subjects and structure your study.
- Effective study is different for everyone; however, nutrition and rest are key factors. It can be difficult to focus and concentrate if you're tired and/or hungry. Ensure that you schedule regular breaks when studying.
- Speak with your Recruiter if you're unsure of anything beforehand, because once you're at the Assessment Centre it may be too late.
- At the Assessment Centre, try not to dwell on the tests the night before. Ensure that you're well rested and have eaten on the morning of the tests.

DURING

- Ensure that you adopt a positive mental approach to the tests. Remember, no one is trying to catch you out; all of the staff want you to succeed and to give it your absolute best performance.
- The Army Cognitive Test is touch screen so it may feel slightly different from your practice sessions but the nature of the questions are exactly the same.
- Position yourself at the desk to answer questions quickly (i.e. don't slouch and waste time having to sit up for every question).
- The Army Cognitive Test also measures speed and accuracy so you should attempt to get into a rhythm.

AFTER

- Maintain your positive mental approach as you move into subsequent activities and don't attempt to over-analyse your performance.
- You'll receive feedback on how you did during your Careers Discussion on day two of the Assessment Centre.
- Remember! The Assessment Centre Tests are only a small part of the whole experience, enjoy it.

Future Soldier Handbook

SEATED MEDICINE BALL THROW

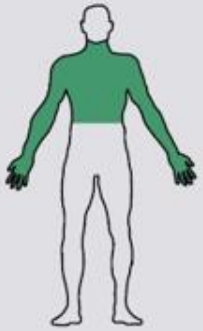
ARMY
BE THE BEST

The seated medicine ball throw measures a candidate's upper-limb explosive strength. Upper-limb explosive strength is an important component of fitness and correlates well to upper body maximal strength.
Upper body strength is essential for successful performance in many military tasks, such as pushing up from the prone position, launching a hand held drone, throwing a grenade and load carriage. This test correlates well to all RMTs within RFT(S).

GYM-BASED TEST

CORRELATIONS TO RFT(S)

- Loaded March
- Fire & Manoeuvre
- Casualty Drag
- Water Can Carry
- Vehicle Casualty Extraction



TEST PROTOCOLS

START	Holding a 4kg medicine ball, the candidate adopts the long sitting position, back firmly against the wall with legs extended and together.
EXECUTION	The candidate extends arms explosively, releasing the medicine ball at an angle of approximately 45°. This action is repeated until three throws have been recorded.
SCORE	The maximum distance achieved from the three attempts is recorded as the candidate's score.

TRAINING EXERCISES

PRESS UP
3 x 15 Reps

MEDICINE BALL THROW
3 x 5 Reps

PLANK
3 x 30 Sec Hold

TRICEP DIPS
3 x 15 Reps

MID-THIGH PULL

ARMY
BE THE BEST

The mid-thigh pull measures lower-body strength and is a less injurious and more time efficient test than the deadlift. Lower body strength is essential for successful performance in all military tasks including loaded march, causality drag and extraction running, jumping and landing. This test has multiple correlations with RMTs and is an excellent predictor of strength and capacity.

GYM-BASED TEST

CORRELATIONS TO RFT(S)

- Loaded March
- Fire & Manoeuvre
- Casualty Drag
- Water Can Carry
- Repeated Lift & Carry
- Vehicle Casualty Extraction

TEST PROTOCOLS

START	The candidate stands with feet shoulder width apart and directly below the bar. Whilst maintaining a straight back posture, the knees are bent and the bar is held with an overhand grip at mid-thigh height.
EXECUTION	On the command, "take up the slack..... Pull" the candidate pulls the bar upwards as hard as they can for 5 secs. After a short rest this action is repeated.
SCORE	The maximum force produced from the two attempts is taken as the candidate's score.

TRAINING EXERCISES

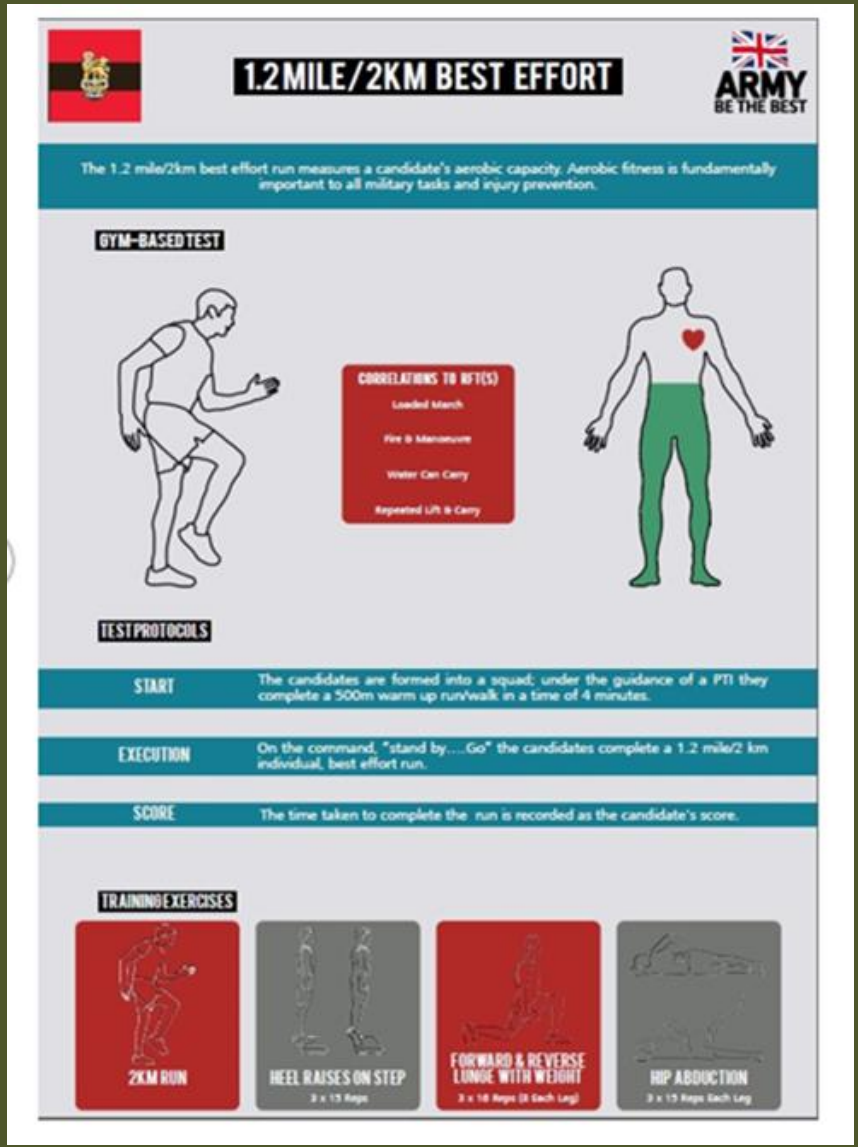
SQUAT
3 x 1 Rep

FARMER'S WALK
3 x 30m Walk

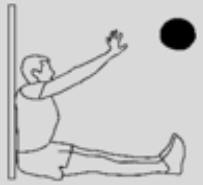
PULL AGAINST BENCH OR ROPE
3 x 3 Reps (3 sec hold per rep)

INCLINE PULL UP
3 x 10 Reps

Future Soldier Handbook



Role Fitness Test (Entry) – RFT(E)

2km Run	Medicine Ball (4kg) Throw	Mid-Thigh Pull
		

Ground Close Combat (GCC) standards

Inf and RAC	GCC	GCC
10 mins 15 secs	3.1 metres	76kg
Para		
8 mins 15 secs		

Non-GCC standards – role specific (see separate CEG details)

10 mins 45 secs or 11 mins 15 secs	3.1 metres or 2.9 metres	143kg / 118kg / 94kg - 70kg / 46kg

Future Soldier Handbook

Ser	Arm/Service	TAFMIS Job Code	TAFMIS Job Description	AFT weight (kg)	Mid Thigh Pull (kg)	Medicine Ball Throw (m)	2 km Run (mm:ss)
1	RA	All RA	All RA	20	70	3.1	10:45
2	RE	All RE	All RE	20	118	3.1	10:45
3	R Signals	SIG 100/60	Comm Sys Engr	15	46	2.9	11:15
		SIG 360 SIG 410 SIG 380/580/740 SIG 390/590 SIG 350/550	EW Sys Op Inst Tech Comm Sys Op Elec Dvr Lnm	15	94	2.9	11:15
4	AAC	All AAC	All AAC	15	118	3.1	11:15
5	RLC	RLC 101/09	Pioneer	20	94	3.4	10:36
		RLC 380/89 RLC 260/69	Marine Engineer Seaman/woman	15	143	2.9	11:15
		RLC 230/39 RLC 201/09 RLC 210/19 RLC 270/79 RLC 390/99	Port Operator Driver Driver Radio Operator Postal & Courier Log Sp Spec	15	46	3.1	11:15
		RLC 220/29	Air Despatcher	15	94	2.9	11:15
		RLC 350/59 RLC 310/19 RLC 250/59 RLC 360/69	Ammunition Technician Petroleum Operator Mov Controller Chef	15	46	2.9	11:15
6	REME	EME 101E/09E EME 300A/09A	Recovery Mechanic Technical Support Spec	15	143	3.1	11:15
		EME 100A/09A	Vehicle Mechanic	15	94	3.1	11:15
		EME 200A/09A	Aircraft Technician	15	70	3.1	11:15
		EME 100B/09B EME 100D/09D EME 200B/09B	Armourer Metalsmith Electronics/Avionics/Technician	15	46	3.1	11:15
7	AGC	All AGC	All ACG	15	46	2.9	11:15
8	AMS	All RAMC All RADC	All RAMC All RADC	15	46	3.1	11:15
		All QARANC	All QARANC	15	46	2.9	11:15
9	RAVC	All RAVC	All RAVC	15	46	3.1	11:15
10	Int Corps	All Int Corps	All Int Corps	15	46	2.9	11:15
11	CAMus	All CAMus	All CAMus	15	46	2.9	11:15
12	All Other JE	All Other JE	All JE		As per SE CEG		11:30

Future Soldier Handbook

HOW TO GET ARMY FIT

To help you get Army fit, we've designed a number of tools to help you improve and maintain your fitness ahead of your Assessment Centre and Basic Training.

Speak to your Recruiter about setting up a 1-2-1 fitness support session at your local Army Careers Centre. This will be a chance for you to speak to a military member of our team about how to improve your fitness, lead a healthier lifestyle and why it is so important to be fit and healthy in the Army.

100% ARMY FIT APP

We've designed the 100% Army Fit App for iPhone and Android. To reach 100% Army fit, you must progress through eight levels. Each level contains seven muscular exercises and two cardio exercises. To help you, there are step-by-step videos showing you how to perform each one. As you move through the levels the technique for each exercise will become more difficult. We've prepared an Army Fit poster to accompany the App – ask your Recruiter for one to take home with you.

DOWNLOAD THE FREE ARMY FITNESS APP

100% ARMY FIT

TIPS FOR BEGINNERS

If it's been a while since you exercised regularly, it's easy to make mistakes and waste energy – or injure yourself. Here are some important things to remember:

- Ensure that you use proper running shoes when training
- Start gradually, from brisk walking to jogging, then running
- Always warm up and stretch before and after you exercise
- Keep yourself hydrated and eat well before and after exercise
- Make sure you give yourself time to recover between sessions
- Find someone to train with so that you can motivate each other.

WEEK-BY-WEEK FITNESS PLAN

On the following pages you'll find our optional 12-week fitness plan to help you get prepared for your Fitness Assessment.

You'll need to test your fitness before you start the programme, so that you can complete your maximum press-ups and sit-ups in the plan.

After completing a warm-up, carry out the following tests with a two-minute break between each exercise:

DO AS MANY PRESS-UPS AS YOU CAN IN ONE MINUTE.

This is your press-ups maximum:

DO AS MANY SIT-UPS AS YOU CAN IN ONE MINUTE.

This is your sit-ups maximum:

TIME YOURSELF RUNNING 1.5 MILES.

Repeat this test every four weeks using the red boxes in the plan on the following pages. As your fitness improves, your maximum sit-ups, press-ups and run time should be better than when you started – meaning you can adjust your training going forward.

Future Soldier Handbook

YOUR WEEK-BY-WEEK STEPS TO FITNESS

EXERCISES
Upper body: press-up, tricep-dip, chin-up
Core strength: sit-up, dorsal-raise
Lower body: squat, lunge

EFFORT
60-69% effort – talk comfortably
70-79% effort – talk in short sentences
80-100% effort – heavy breathing, difficult to talk

- The most intense sessions
- Sessions requiring medium effort
- General health-boosting sessions
- Test yourself to adjust your training going forward

	WEEK 1	WEEK 2	WEEK 3
DAY 1	STEADY RUN 20 MINS 3 X ½ MAX PRESS-UPS 3 X 8 SQUATS 3 X ½ MAX SIT-UPS 3 X 8 DORSAL-RAISES	STEADY RUN 20 MINS 3 X ½ MAX PRESS-UPS 3 X 10 LUNGES 3 X ½ MAX SIT-UPS 3 X 10 DORSAL-RAISES	STEADY RUN 20 MINS (60-69% EFFORT) 3 X ½ MAX PRESS-UPS 3 X 12 SQUATS 3 X ½ MAX SIT-UPS 3 X 12 DORSAL-RAISES
REST DAY			
DAY 3	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 10 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 10 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 12 MINS (75-80% EFFORT) 10 MINS COOL-DOWN
REST DAY			
DAY 5	10 MINS WARM-UP CIRCUIT TRAINING: 2 X 12 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 2 X 12 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 3 X 12 OF EACH EXERCISE 10 MINS COOL-DOWN
REST DAY			
DAY 7	BRISK WALK 30-40 MINS, OR SWIMMING 15-20 MINS	BRISK WALK 30-40 MINS, OR SWIMMING 15-20 MINS	BRISK WALK 30-40 MINS, OR SWIMMING 15-20 MINS

	WEEK 4	WEEK 5	WEEK 6
DAY 1	STEADY RUN 20 MINS (60-69% EFFORT) 3 X ½ MAX PRESS-UPS 3 X 14 LUNGES 3 X ½ MAX SIT-UPS 3 X 14 DORSAL-RAISES	STEADY RUN 25-30 MINS 4 X ½ MAX PRESS-UPS 4 X 12 SQUATS 4 X ½ MAX SIT-UPS 4 X 12 DORSAL-RAISES	STEADY RUN 25-30 MINS 4 X ½ MAX PRESS-UPS 4 X 14 LUNGES 4 X ½ MAX SIT-UPS 4 X 14 DORSAL-RAISES
REST DAY			
DAY 3	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 12 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 14 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 14 MINS (75-80% EFFORT) 10 MINS COOL-DOWN
REST DAY			
DAY 5	10 MINS WARM-UP BRISK WALK/JOG 30-40 MINS, OR SWIMMING 30-40 MINS 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 3 X 15 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 3 X 15 OF EACH EXERCISE 10 MINS COOL-DOWN
REST DAY			
DAY 7	TEST YOURSELF AND RECORD RESULTS HERE 1 MIN MAX PRESS-UPS 1 MIN MAX SIT-UPS 1.5 MILE RUN	BRISK WALK/JOG 30-40 MINS, OR SWIMMING 20-25 MINS	BRISK WALK/JOG 30-40 MINS, OR SWIMMING 20-25 MINS

Future Soldier Handbook

EXERCISES
Upper body: press-up, tricep-dip, chin-up
Core strength: sit-up, dorsal-raise
Lower body: squat, lunge

EFFORT
60-69% effort – talk comfortably
70-79% effort – talk in short sentences
80-100% effort – heavy breathing, difficult to talk

	WEEK 7	WEEK 8	WEEK 9
DAY 1	STEADY RUN 25-30 MINS (60-69% EFFORT) 4 X ½ MAX CHIN-UPS 4 X 16 SQUATS 4 X ½ MAX SIT-UPS 4 X 16 DORSAL-RAISES	STEADY RUN 25-30 MINS (60-69% EFFORT) 4 X ½ MAX PRESS-UPS 4 X 18 LUNGES 4 X ½ MAX SIT-UPS 4 X 18 DORSAL-RAISES 4 X 12 TRICEP-DIPS	STEADY RUN 30-40 MINS 2 X 45 SECS MAX PRESS-UPS 4 X 15 SQUATS 2 X 45 SECS MAX SIT-UPS 4 X 15 DORSAL-RAISES
REST DAY			
DAY 3	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 16 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP RUN HARD FOR 1 MIN, RECOVER FOR 1 MIN; CONTINUE FOR 16 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP ALTERNATE RUNNING HARD THEN RECOVERING FOR INTERVALS OF 1, 2 AND 3 MINS (75-80% EFFORT) 10 MINS COOL-DOWN
REST DAY			
DAY 5	10 MINS WARM-UP CIRCUIT TRAINING: 3 X 20 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP BRISK WALK/JOG 30-40 MINS, OR SWIMMING 30-40 MINS 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 4 X 15-20 OF EACH EXERCISE 10 MINS COOL-DOWN
REST DAY			
DAY 7	BRISK WALK/JOG 30-40 MINS, OR SWIMMING 25-30 MINS	TEST YOURSELF AND RECORD RESULTS HERE 1 MIN MAX PRESS-UPS ☐ 1 MIN MAX SIT-UPS ☐ 1.5 MILE RUN ☐	JOG/RUN 30-40 MINS, OR SWIMMING 25-35 MINS

- The most intense sessions
- Sessions requiring medium effort
- General health-boosting sessions
- Test yourself to adjust your training going forward

	WEEK 10	WEEK 11	WEEK 12
DAY 1	STEADY RUN 30-40 MINS 2 X 45 SECS MAX PRESS-UPS 4 X 15 LUNGES 2 X 45 SECS MAX SIT-UPS 4 X 15 DORSAL-RAISES	STEADY RUN 30-40 MINS (60-69% EFFORT) 2 X 1 MIN MAX PRESS-UPS 4 X 20 SQUATS 2 X 1 MIN MAX SIT-UPS 4 X 20 DORSAL-RAISES 4 X 12 TRICEP-DIPS	STEADY RUN 30-40 MINS (60-69% EFFORT) 2 X 1 MIN MAX PRESS-UPS 4 X 20 LUNGES 2 X 1 MIN MAX SIT-UPS 4 X 20 DORSAL-RAISES 4 X ½ MAX CHIN-UPS
REST DAY			
DAY 3	10-15 MINS WARM-UP ALTERNATE RUNNING HARD THEN RECOVERING FOR INTERVALS OF 1, 2 AND 3 MINS (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP ALTERNATE RUNNING HARD THEN RECOVERING FOR INTERVALS OF 1, 2, 3, 2 AND 1 MIN (75-80% EFFORT) 10 MINS COOL-DOWN	10-15 MINS WARM-UP ALTERNATE RUNNING HARD THEN RECOVERING FOR INTERVALS OF 1, 2, 3, 2 AND 1 MIN (75-80% EFFORT) 10 MINS COOL-DOWN
REST DAY			
DAY 5	10 MINS WARM-UP CIRCUIT TRAINING: 4 X 15-20 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP CIRCUIT TRAINING: 4 X 15-20 OF EACH EXERCISE 10 MINS COOL-DOWN	10 MINS WARM-UP JOG/RUN 30-40 MINS, OR SWIMMING 30-40 MINS 10 MINS COOL-DOWN
REST DAY			
DAY 7	JOG/RUN 30-40 MINS, OR SWIMMING 30-35 MINS	JOG/RUN 30-40 MINS, OR SWIMMING 30-40 MINS	TEST YOURSELF AND RECORD RESULTS HERE 1 MIN MAX PRESS-UPS ☐ 1 MIN MAX SIT-UPS ☐ 1.5 MILE RUN ☐

Future Soldier Handbook

CHECKLIST

WHAT TO BRING TO THE ASSESSMENT CENTRE

DOCUMENTS

- Photographic ID
- Proof of address
- Education certificates

Please speak to your Recruiter now if you may have difficulty obtaining these in time for your Assessment Centre.

SPORTS KIT

- Shorts
- Plain t-shirt
- Lace-up trainers
- Tracksuit.

CAREER DISCUSSION CLOTHES

- Smart, clean clothes.

PERSONAL ITEMS

- Normal clothing (smart casual)
- Toiletries
- A towel
- Any medication you're taking
- Glasses and opticians' prescription if you have them
- Sensible underwear.

DON'T BRING

- Unnecessary valuables
- Body piercings or fake nails
- Offensive or inappropriate clothing
- Alcohol or drugs – if you use these during your journey or stay you'll be asked to leave.

Future Soldier Handbook

WHAT TO EXPECT FROM

TRAINING

Training is made up of two different elements: Basic Training and Initial Trade Training.

BASIC TRAINING

This is the start of your journey towards life as an Army soldier. Every soldier does Basic Training, whichever job they're going into.

The training teaches you everything you need to know about being an effective soldier, from military terminology and how to wear your uniform to weapons handling.

Where and how long it lasts depends on your chosen role and your age.

New recruits tend to find the training challenging and enjoyable. You'll find there's lots to learn and so many new people to meet, who will become friends for life.

INFANTRY

How long?
26 weeks combined training: Basic Training and the Combat Infantry Soldiers Course (28 weeks for Foot Guards and Paratrooper roles).

Where?
Infantry Training Centre, Catterick.

NON-INFANTRY

How long?
14 weeks.

Where?
Army Training Base in Pirbright or Winchester.

UNDER 18

How long?
20 weeks (plus 3 weeks' holiday) or 41 weeks (plus 8 weeks' holiday) depending upon the role you're entering.

Where?
Army Foundation College, Harrogate.

INITIAL TRADE TRAINING

In Initial Trade Training you join your Regiment or Corps and start learning the practical skills you need for the job you're going into.

All recruits are enrolled in an Apprenticeship scheme, which opens the door to new experiences and real-world qualifications from NVQs and BTECs to university degrees.

Future Soldier Handbook

HOW TO GET PREPARED FOR YOUR ASSESSMENT CENTRE AND BASIC TRAINING

These sessions are designed to help you get prepared for your Assessment Centre, if you need them. Everyone is different, so your Recruiter will give you guidance as to which ones may be useful to you.

FITNESS SUPPORT SESSION:

You can attend 1-2-1 sessions with a serving soldier at your local Army Careers Centre to help understand what it takes to be Army fit. They'll provide advice and support on how to improve your fitness levels, including run times and routes, provide nutrition advice and general guidance on how to lead a healthy lifestyle.

OPEN DAYS:

We hold open days nationwide for you to find out more about life in the Army. You'll have the opportunity to visit training camps, see where you'll be staying, meet serving soldiers and find out more about the Assessment Centre, Basic Training and Army life.

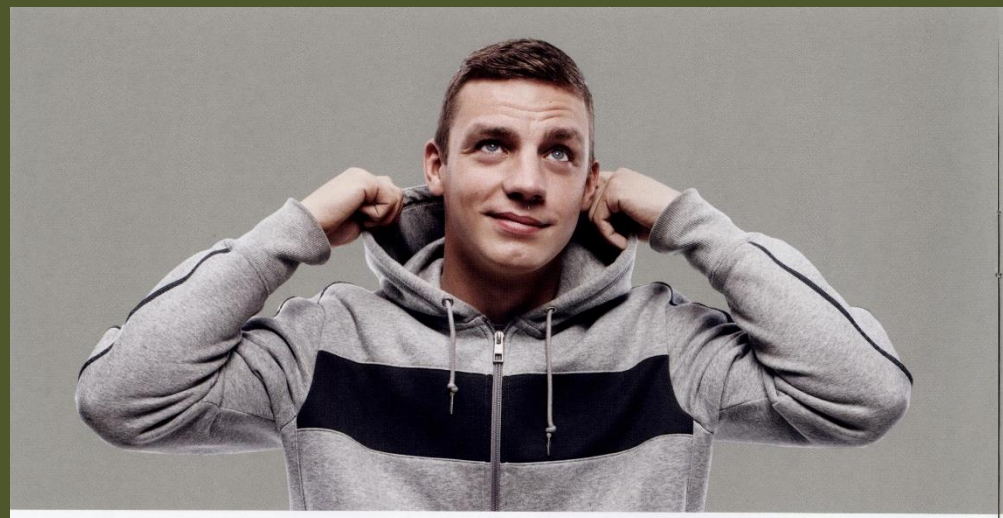
DEMYSTIFYING THE ASSESSMENT TESTS:

We'll help you prepare for the computer assessments that you'll complete at the Assessment Centre – giving you information on what to expect and providing advice on how to perform at your best.

CAREERS OFFICE DROP-IN SESSIONS:

We hold a variety of drop-in sessions for you and your family to learn more about the Army. It's an opportunity to find out more about the Assessment Centre and Basic Training, meet a serving soldier and how to prepare for life in the Army.

Future Soldier Handbook



RUN CLUB:

Run club is available to candidates who have passed their medical assessment and are preparing for Basic Training. It's organised by your local Army Careers Centre in local parks and Army sites in your area. Run club provides an opportunity to maintain and improve your fitness levels and is a chance to meet new recruits who may be joining at the same time as you.

PARKRUN:

ParkRun organises 5 kilometre running sessions every Saturday morning at more than 470 locations nationwide. ParkRun is completely free and provides a fun way to work on your cardio fitness. You can register for free at: www.parkrun.org.uk/register

Your local ParkRun is:

AMBASSADOR NETWORK:

There are many people from different backgrounds and walks of life in the Army. Our Ambassador Network of serving soldiers are here to help you understand more about diversity within the Army, how the Army can meet your individual needs and to answer any questions you may have about Army life.

REGIMENTAL INSIGHT COURSE:

Once you've passed your Assessment Centre, you have the opportunity to go on a residential trip. It's hosted by the Regiment you'll be joining and gives you a great opportunity to find out more about your future career, meet current serving soldiers and new recruits who will be joining at the same time as you.

Future Soldier Handbook

PERSONAL DEVELOPMENT

This is your personal development plan designed to equip you with the all the tools you need to help you get prepared for the Assessment Centre, and joining the Army. This will be unique to you, as different people will need support in different areas. Your Recruiter will work with you to fill this out and provide guidance on areas they feel you'll need to focus on ahead of your Assessment Centre.

YOUR ACTIVITIES

FITNESS PREP	ARMY KNOWLEDGE & JOB CHOICES	FAMILY, LIFESTYLE & SOCIAL	COMMUNICATION & CONFIDENCE
FITNESS SUPPORT SESSION	CAREER OFFICE DROP-IN SESSIONS	CAREER OFFICE DROP-IN SESSIONS	CAREER OFFICE DROP-IN SESSIONS
RUN CLUB	DEMYSTIFYING ASSESSMENT TESTS	OPEN DAYS	AMBASSADOR NETWORK
PARKRUN	REGIMENTAL INSIGHT COURSE	AMBASSADOR NETWORK	DEMYSTIFYING ASSESSMENT TESTS
NOTES:	NOTES:	NOTES:	NOTES: