

# RUN TO WIN: MASTERING MILITARY FITNESS WITH A Smarter training plan



All milliary fitness tests include a running component designed to measure your aerobic capacity. Depending on your branch of service, the required distance can range from 15 milles (as in the Air Force) to 3 miles (as in the Marines). To maintain readiness and ensure success, it's essential to brain consistently throughout the year, not just in the weeks leading up to your test. However, many physical training leaders in the millitary aren't equipped with the best practices for enhancing performance and minimizing injury risks.

The old advice of "just run double the test distance once a week, and you'll pass" might work for some, but it's not the most efficient or effective approach for most service members. Instead, I'll autiliar amore strategic training model that prioritizes technique, intensity, and volume to improve your running performance and reduce vour risk of inlury.

### Focus on Technique

Just like in weightlifting or gymnastics, mastering the correct technique in running is crucial for both improving performance and preventing injuries. I recommend training with the Pose Method, a system developed by Dr. Nicholas S. Romanov, a two-time Olympic coach. The Pose Method emphasizes key concepts like using gravity, maintaining a key pose, and efficiently managing your body weight and support. By focusing on these principles, you can enhance the effectiveness of your running and reduce your risk of injuries such as shin salints, lothart rascillis, and runner's Kne finitires such as shin salints, lothart rascillis, and runner's Kne

Poor running technique can lead to injuries, which not only hinder your training but can also affect your ability to perform your duties in garrison or downrange. Correcting these technical flows early is essential for long term success and health. Over 30 scientific studies support the Pose Methods effectiveness in promoting proper running form, making it a reliable choice for military members aliming to improve their performance. Consider working with a Pose Technique. Specialist to refine your form before progressing to more intensive training.





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## 2. Prioritize Intensity

Intensity in training is relative to each individual, which means your running program should be adoptable to your current filtense level While a structured six-week training plan provides a solid foundation, it's crucial to have the flexibility to adjust as needed to ensure you're meeting the intended training stimulus. Alternatively, you can work with a coach who can tallor your plan accordingly.

Though the running portion of your fitness test is designed to measure aerobic capacity, incorporating a significant manunt of anaerobic training—like high-intensity sprints and time trials—will yeld better results. This approach boosts your performance more effectively than moderate jogging or simply accumulation milease.

Managing rest times between intervals smarthy is another way to maintain high intensity. For example, if you run 6 x 400 meters with 90 seconds of rest between rounds, aiming for a consistent pace (say 1:55200 per round), and later in the program you can maintain the same pace with only 60 seconds of rest, that's a clear sign of improvement. If you can't maintain your pace with reduced rest, it might be time to reassess your training Jan to ensure you'ge progressing positively.

#### 3. Control Your Volume

The principle of "Quality over Quantity" is key when it comes to volume. By focusing more on technique and high-intensity workouts, you can reduce the overall volume of your running, which in turn helps prevent injuries. Remember, the aod is to train smarter, not longer.

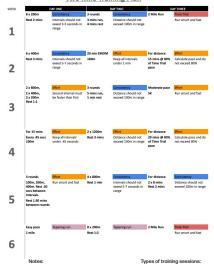
For example, when preparing for a 15-mile test, I rarely exceed a total of 2 miles in any single training session, whether that's through intervals or a specific time trial. Reducing volume can be a challenging mindset shift, especially if you're accustomed to the long-distance running emphasized in many basic training programs. However, those programs of then prioritize volume for efficiency rather than optimizing individual performance. If you have control over your training time, always prioritize quality over auantity.

By focusing on these three pillars—technique, intensity, and volume—you can develop a running training program that not only reprose you for your fireness test but also keeps you healthy and ready for duty. This foundational approach will set the stage for a more detailed six-week training plan designed to maximize your performance and minimize injury risk.

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## Two Mile Training Plan



Train three days a week at your discretion. If possible, do not train on back-to-back days. Integrate strength training and mobility work for a balanced approach to fitness. Effort - Focus on purposeful intensity and pacing
Consistency - Focus on technique and energy management
Tapering - Focus on recovery and preparation
Time Trial - Focus on execution