

Annex1: Air & Defence College (ADC) 2024/25 - ADC Health & Fitness

Welcome to ADC! One key part of our ADC programme is getting you ready for those all-important RAF fitness tests. As you will all know, the RAF has fitness entry requirements that you must pass in order to enter service with them. Throughout the year we will work towards those requirements, starting now! In particular we will focus on **running & muscular endurance circuits**, amongst other exercises of your choice.

What do you need to do before the start of term?

1. **RAF 12 week Fit for Action plan** – This weekly plan from the RAF consists of a 12-week fitness guide that gently gets you ready for action, or the ADC in your case! Read through this booklet to see the type of activities you will follow, and gain an understanding of how you will organise your health & fitness programme. The **booklet is can be viewed via the QR code / link below** and it will give you important information about;



- a. Fitness testing standards
- b. Setting goals
- c. Warming up & Cooling down
- d. How the guide works
- e. Mobility exercises
- f. Cool down exercises
- g. Muscular Endurance Circuit
- h. Weekly fitness schedule with details (12 weeks)
- i. Healthy lifestyle choices

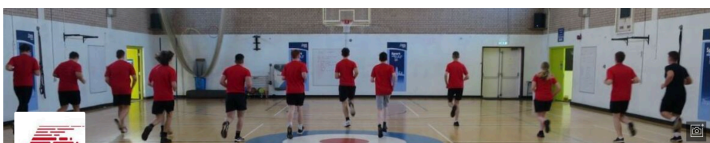


<https://viewer.joomag.com/fit-for-action/0806538001528466880?short&>

2. **RAF Fitness Testing** - The RAFFT (RAF Fitness Test) is made up of 3 activities: Bleep Test / Press Ups / Sit Ups. You will be expected to **follow a certain technique** when it comes to each so take a look and have a go! Please follow this link / QR code to YouTube for full details / descriptions of how to perform each exercise to RAF standards; <https://youtu.be/Cl1ERFtqmW8>



3. **Running & STRAVA** – As part of the 12-week RAF Fit for Action plan detailed above, you will be asked to run. Running is something you will need to start doing if you do not do it already. In ADC you will perform weekly runs, which must be logged and shared with us. This allows us to track your progress and offer some support if you are struggling. To do this we will use an app called **STRAVA** (it's free). You download the app to your phone, open it before you start running, hit record and off you go! When you return it will show you a map of where you have been, distance, time etc. It's a really useful tool in tracking your running. So, if you don't already have a STRAVA account can you please create one, go to; <https://www.strava.com/>



STRAVA



NOTE: please check with your parents first and review all privacy settings to meet your personal needs.

When you are creating your profile can you please put the initials "ADC" after your name & if possible upload an appropriate image of you (this would be really useful to me!) When you have set up your account please email me at; sara.gibson@ieg.ac.uk and I will then be able to invite you to our STRAVA group. Or, if you are able to search for the group **ADC 2024-25 @ Stamford College** (see page image above) send me a request to join and I'll let you in.

Logging your training - Use STRAVA to log & share your training over the year with me and each other, this is something we encourage in ADC. You can log your running as well as any other exercise you might do as part of your training programme). I encourage you to take pictures and upload as evidence of your workouts but please make sure they are appropriate and relate to the task you are completing.

NOTE: *Public Services students, you will also be asked to join a Public Services group too, but the good news is that you will only need to log exercises once!*

For those of you who have never run before, or find it really hard I would suggest the use of the "couch to 5k" app to help get you moving with some structure & guidance. You can download such apps onto your phone, put your earphones in and off you go! For those who can manage a 5k run, perhaps a 5k to 10k app to keep you running and develop your fitness. Follow the link / QR code to the BBC version:

<https://www.bbc.co.uk/sport/get-inspired/43501261>



Please now take the time to review the information I have sent you – here is a checklist to work through;

- ☐ Download the RAF Fit for Action, read through and familiarise yourself with the contents.
- ☐ Follow the link to RAF Fitness Testing on YouTube and save a copy / make a favourite so you can watch again. Watch this video and familiarise yourself with how to perform press ups, sit ups and perform the bleep test (MSFT) correctly i.e. the RAF way!
- ☐ **Ask your parents / carers permission** to create a STRAVA account to log your running. Go to: <https://www.strava.com/> to do this.
- ☐ Log in to STRAVA and search for our **ADC 2024-25 @ Stamford College** group and request to join or email me to let me know you have an account and I will search for you.
- ☐ Download any other apps you think you might need e.g. couch to 5k (*checking with parents first!*)
- ☐ Finally, get ready to get fit & healthy!!! Our first PT session will be Wed 04 Sep 24!

NOTE: *Discuss all exercise with your parents / carers. Make sure you adapt any exercise to meet your individual needs i.e. if you require medication / have an injury you must discuss with your parents / carer first and decide on an appropriate level of participation. Regarding the use of apps such as STRAVA, again discuss with your parents / carers and share with them what you are doing and why. If you have any questions at all, please email me at sara.gibson@ieg.ac.uk*