

Leatherneck Warrior Program

Marine Combat Fitness Preparation with the CYBEX ARC Trainer

The Marine Combat Fitness Test (CFT) involves individual events that require high cardiovascular fitness, overall endurance, speed, strength, and power. The CFT assesses a Marine's capacity to perform in active combat environments, particularly under the added duress of additional loads imposed by body armor, helmets, back packs and weapons.

The CYBEX ARC Trainer is a powerful training tool for the USMC Combat Fitness Test and helps prepare Marines for the physical demands of active deployment. The unique advantage of the **Arc Trainer** is that along with optimal cardiovascular development, Marines can experience significant improvement in lower body endurance, strength, and power

The **Leatherneck Warrior Program** described below, is designed as an introduction to the kind of high intensity interval training on the **Arc Trainer** that will help with CFT preparedness. The 25 minute program will, over four to six weeks (assuming 2 – 4 workouts per week), result in significant calorie burn, improved cardio reserve, and enhanced endurance, strength, speed, and power. These results can be achieved while limiting joint stress and physical discomfort.

Those who use this program with proper intensity 2 to 4 Times per-week, should quickly feel the impact of this physiological and biomechanically superior training.

Intervals

Follow the guide below for your workout intervals. If you maintain 150+ SPM for the full work duration and keep your active rest stride rate between 100 – 120 SPM, then increase resistance by 5% for your next interval.

If you maintain 150+ SPM for the full work duration but cannot maintain a minimum of 100 SPM for active rest, then maintain your resistance.

If you cannot maintain 150+ SPM for the full work duration then decrease your resistance by 5%.

Leatherneck Warrior Training Program

Setup

1. Enter the Arc Trainer, begin striding, and press the Quick Start button.
2. Enter your body weight - (resistance on the Arc Trainer is based on body weight) using the "7" key on the right-hand keypad.
3. Establish stride rate of approximately 100 SPM using the "Shift/Scan" button at the left of the console. (Stride rate may vary slightly).

Warm up (find your starting resistance and get ready to work)

1. **Steady Rate:** 5 minutes at 110 SPM, slowly increase resistance to between 35 and 50.
2. **Warm-up intervals:** 5 minutes of 10-second bursts followed by 50 seconds recovery
 - Burst @ 130 SPM; Recover @ 100 SPM
 - Burst @ 140 SPM; Recover @ 100 SPM
 - Burst @ 150 SPM; Recover @ 80 SPM
 - Burst @ 160 SPM; Recover @ 80 SPM

| Interval | Time | Activity | Stride Rate | Incline | Resistance |
|----------|------|-------------|-------------|---------|------------|
| 1 | :30 | Sprint | 150-180 | 6 | 35 |
| 1 | :30 | Rest | 5-50 | 6 | 35 |
| 1 | 1:00 | Active Rest | 80-120 | 6 | 35 |
| 2 | :30 | Sprint | 150-180 | 6 | 35-45 |
| 2 | :30 | Rest | 5-50 | 6 | 35-45 |
| 2 | 1:00 | Active rest | 80-120 | 6 | 35-45 |
| 3 | :30 | Sprint | 150-180 | 6 | 35-55 |
| 3 | :30 | Rest | 5-50 | 6 | 35-55 |
| 3 | 1:00 | Active Rest | 80-120 | 6 | 35-55 |
| 4 | :30 | Sprint | 150-180 | 6 | 35-65 |
| 4 | :30 | Rest | 5-50 | 6 | 35-65 |
| 4 | 1:00 | Active Rest | 80-120 | 6 | 35-65 |
| 5 | 3:00 | Hill | 100 | 16 | 75 |
| 5 | 1:00 | Rest | 5-50 | 6 | 35-75 |
| 6 | :30 | Sprint | 150-180 | 6 | 35-75 |
| 6 | :30 | Rest | 5-50 | 6 | 35-75 |
| 6 | 1:00 | Active Rest | 80-120 | 6 | 35-75 |
| 7 | :30 | Sprint | 150-180 | 6 | 35-85 |
| 7 | :30 | Rest | 5-50 | 6 | 35-85 |
| 7 | 1:00 | Active Rest | 80-120 | 6 | 35-85 |
| 8 | :30 | Sprint | 150-180 | 6 | 35-95 |
| 8 | :30 | Rest | 5-50 | 6 | 35-95 |
| 8 | 1:00 | Active Rest | 80-120 | 6 | 35-95 |
| 9 | :30 | Sprint | 150-180 | 6 | 35-100 |
| 9 | :30 | Rest | 5-50 | 6 | 35-100 |
| 9 | 1:00 | Active Rest | 80-120 | 6 | 35-100 |

Recovery

Lower the resistance to 25 and maintain a stride rate below 100 for up to five minutes or until you feel relaxed.