

## INTERMEDIATE PHYSICAL FITNESS PROGRAM

Upon entering the intermediate stage of training the cadets will be called upon for an additional hour of physical fitness. This training will continue for the period of four weeks, and then the next intermediate class will take over. The schedule is set up on a weekly basis, and this schedule will be repeated each week of the intermediate stage. It is hoped, and experience bears out the hope, that competition against time, and the records set by other cadets, will add the necessary incentive to the program. The weekly program is as follows:

Monday: 50 yard breast stroke for time  
50 yard side stroke for time

Tuesday: 50 yard crawl stroke for time  
50 yard back stroke for time  
Underwater swim for distance.

Wednesday: 200 yard overall swim for time, using each of the 4 strokes for 50 yards.

Thursday : Maximum number of (1) pushups (2) chins, and best height in the jump and reach.

Friday: Maximum speed on the speed agility course.

Saturday: Maximum speed on the obstacle course.

All records will be recorded on the enclosed record sheet, championship performances will be published, and improvements in the performance of each cadet will be noted.