



# NOFFS

Navy Operational Fitness and Fueling System

## 5-Week Conditioning Plan

### Overview

This five-week conditioning plan is designed based on the Navy Operational Fitness and Fueling System (NOFFS) to reintegrate physical readiness after an extended period of physical inactivity. The NOFFS methodology includes the training components of Pillar Preparation, Movement Preparation, Strength, Energy System Development (ESD), Regeneration, and Fueling.

Your command physical training (PT) should progress over the next five weeks following the three-day or four-day training plan. These NOFFS workouts assist in improving the operational performance of Sailors while decreasing the incidence and severity of musculoskeletal injuries due to inactivity. Additionally, each workout contains foundational nutrition guidance to properly fuel and recover.

Sailors should execute the prescribed number of repetitions/distance, tempo and sets, and rest for each exercise. This five-week conditioning plan is progressive, and if Sailors cannot complete the prescribed exercises using the correct form, modifications should be provided before progressing through the subsequent weeks.

### Duration of Training Sessions

The training sessions are designed to last 60 minutes.

### Equipment and Space

The MWR weight room, basketball court or group exercise room provides the space to execute the training sessions. Reservations for MWR spaces should be made before scheduling command PT to ensure equipment and space availability. If the equipment is not available, substitute exercises with movements that mimic the same motions or patterns. The recommend equipment modality is indicated in the daily workout.

# Training Session Format - Components

## 1. Pillar Preparation

The pillar, which consists of the hips, torso and shoulders, represents the foundational structure for all movement. Pillar prep primes these three areas and corresponding muscles to prepare Sailors' bodies for the work ahead, protect them from injury, and enhance their performance potential during the training session.

## 2. Movement Preparation

Movement prep consists of a series of active and dynamic stretches to help lengthen, strengthen and stabilize the body, and prepare the body to move.

## 3. Strength

Sailors need to strengthen the movements and muscles needed to perform on an operational platform. They should pay close attention to the quality of movement patterns and select a resistance that is challenging based on the prescribed number of repetitions.

**Circuits:** Circuits are designed to develop work capacity by improving muscular endurance and aerobic energy system capacity. The intent of the circuit is to perform each exercise back-to-back with minimal rest between exercises and sets/rounds.

**Primary Block:** The primary block consists of the exercise(s) that is most demanding and sets the theme for the remainder of the workout. These exercises are generally compound movements/lifts that use multiple joints and target larger muscle groups. These are the movements/lifts the entire five-week program is built around in order to improve operational readiness and help Sailors return to physical activity.

**Secondary Block:** The secondary block consists of exercises that support the primary block exercises.

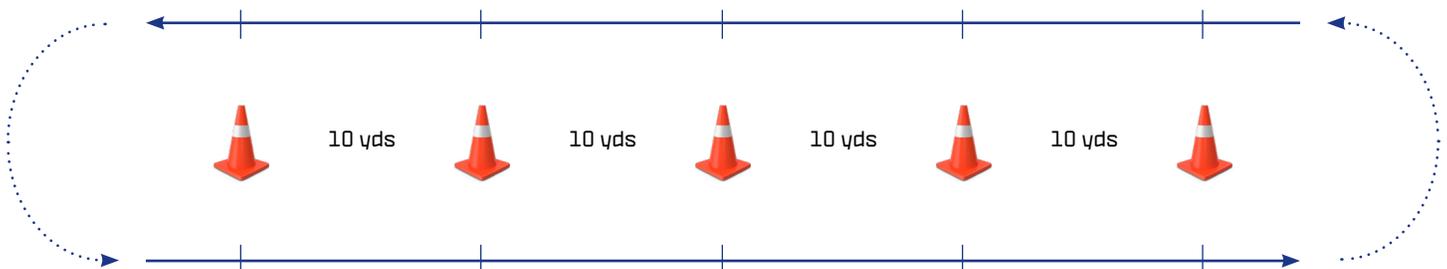
**Auxiliary Block:** The auxiliary block provides exercises that target complementary muscles and movement patterns used in the movements executed within the primary and secondary blocks. These exercises are generally single joint movements that target smaller muscle groups.

## 4. Cardiovascular Fitness

Endurance and speed can be boosted through a variety of interval-based cardiovascular training blocks. Energy System Development (ESD) consists of movements and modalities designed to target and develop our energy systems, and are an effective way to burn calories.

**Linear Accelerations:** The intent of linear accelerations is to focus on powerful transitions when accelerating and decelerating. This form of ESD provides a simple method to elevate the heart rate and develop leg strength and power. During the work interval, Sailors should achieve the prescribed effort level. During the rest interval, they should walk or jog at their own pace to ensure full recovery before the next interval begins.

**Set up:** Set up five cones or markers 10 yards apart for 40 yards, as shown in the diagram.



Set up the cones with room to spare at each end to allow Sailors to run through the last cone on each sprint. When working in large groups, set up multiple sets of cones and divide the group appropriately. To maintain social distancing, start Sailors at either end of the cones.

**Procedures:** Have the Sailors start with a light jog, back and forth, for 2 minutes to warm up. For the workout, they should execute the prescribed pattern and work-to-rest ratio. After passing the last cone, the Sailors should turn around and repeat in the opposite direction, then continue to repeat for the duration of the work interval. During the rest interval, ask the Sailors to walk or jog, and remind them to stay hydrated and not sit. Upon completion, allow the Sailors to cool down by walking for about 2-5 minutes.

**Coaching Keys:** Refer to the intensity table below to assist Sailors in determining the work interval intensities based on rate of perceived exertion (RPE).

Intensity	Rate of Perceived Exertion	% of Max Heart Rate
Easy	5 out of 10	65%
Moderate	7 out of 10	80%
Hard	9 out of 10	90%
Max	10 out of 10	100%

Focus on distinct change in between the moderate and max intensities. Ensure that Sailors keep their movements clean as they accelerate through the drill.

**Equipment-Based ESD:** ESD performed on equipment helps to reduce the impact on the body's joints and muscles during reconditioning while maintaining the same intensity level. This form of cross-training is an effective way to challenge the body; encourage Sailors to alternate the equipment they use, when possible.

**Set Up:** Select a piece of cardio equipment and follow the appropriate interval training prescribed for the workout. Ensure that Sailors are properly set up on the equipment and can execute the movement safely.

**Procedures:** Start with a 2-minute warm up. Sailors should execute the prescribed work-to-rest ratio and repeat it for the duration of the workout. During the rest interval, have the Sailors walk or jog, and remind them to stay hydrated and not sit. Upon completion, allow them to cool down by walking for about 2-5 minutes.

**Coaching Keys:** Refer to the intensity table above to assist Sailors in determining the work interval intensities based on RPE. Focus on the distinct change between the intensities. Ensure that Sailors keep their movements clean as they execute the workout.

## 5. Regeneration (Cool Down, Stretch, Recover)

A critical component of any training program is regeneration. It brings balance back to the body, helping to relieve tension and associated aches and pains while enhancing the body's response to the training. Regeneration activities will help relieve aches, pains, inflammation, and muscle tension while improving flexibility and tissue quality. Regeneration activities will help after training sessions, keeping the body healthy and balanced.

**Static Stretching Protocol:** These steps are for exercises that have a prescribed time duration.

1. When applying a stretch, make sure the body is in balance.
2. Slowly lean into the stretch.
3. Stretch to mild discomfort; the stretch should not hurt. Do not bounce while stretching.
4. Aim to relax into the stretch as you breathe out.

**Active-Isolated Stretching Protocol:** These steps are for exercises that have prescribed repetitions.

1. Start with the muscle in a relaxed state.
2. Actively move through the range of motion (ROM) without assistance.
3. Apply no greater than one pound of pressure at the end of the ROM.
4. Provide a controlled return back to starting position.
5. The stretch should be no longer than 2 seconds.
6. Repeat the stretch for the prescribed repetitions, with each stretch attempting to increase ROM.
7. Always return the muscle being stretched back to the starting position.
8. Exhale during the stretch and inhale during relaxation.

## Training Frequency

It is recommended that Sailors complete three to four training sessions per week with at least one recovery day for every two training days. On regeneration days, Sailors can include the prescribed training sessions to help recover, regenerate and prepare themselves for the next training session.

### Sample 4-Day Training Session Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 1	Workout 2	Regeneration 1	Workout 3	Workout 4	Regeneration 2	Rest or Light Activity

### Sample 3-Day Training Session Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 1	Workout 2	Regeneration 1	Workout 3	Regeneration 2	Rest or Light Activity	Rest or Light Activity

## Exercise Session

Each training session has multiple components: pillar and movement prep, strength training performed in circuit, primary, secondary or auxiliary blocks, followed by ESD and regeneration. Reps, sets, tempo, and rest are all prescribed to assist Sailors in returning to the Navy’s physical readiness standards.

## Tempo

The tempo of each exercise represents the speed of each movement or time under tension. There are three numbers indicated for those exercises that should be performed at a specific tempo: eccentric (muscle lengthens), isometric (no movement), and concentric (muscle shortens).

For example, if the tempo is 2:1:2, the muscle will lengthen for 2 seconds (eccentric movement), pause for 1 second (isometric movement), followed by 2 seconds of muscle shortening (concentric movement). When applied to push-ups, it is 2 seconds down, a 1-second hold at the bottom, and 2 seconds to return to the starting position.



## Training Tips

As your command returns to regular physical activity, the Navy Fitness team has the following recommendations:

- Reduce the maximum command PT capacity to strictly adhere to social gathering and distancing policies set by the DoD, U.S. Navy and your installation.
- CFLs should be prepared to hold command PT sessions that adhere to the six-foot social distancing measures, as defined by the Centers for Disease Control and Prevention (CDC) and Navy and Marine Corps Public Health Center (NMCPHC).
- Ensure the space used for command PT has the appropriate cleaning and sanitation supplies available.
- Provide extra time for Sailors to wash and sanitize their hands after coming in contact with the floor or exercise equipment.
- Consider the training and conditioning level of each Sailor, as well as environmental and external factors, in determining the appropriate training intensity after COVID-19.
- Emphasize a 10- to 20-minute daily pillar and movement prep to reestablish physical activity levels and proper movement patterns for returning Sailors.
- When facilitating multiple command PT sessions, remember that the participants have experienced prolonged inactivity that may increase delayed onset muscle soreness (DOMS).
- Ensure Sailors have a current PHA and respond to the pre-physical activity questionnaire before every command PT session.
- Ensure all Sailors who have tested positive or are recovering from COVID-19 are cleared for participation in command PT.
- Plan and adjust workouts to match environmental factors, especially in high altitudes, heat and humidity.
- Do not perform physically exhausting exercises or drills to develop “mental toughness.”
- Allow for extra hydration time to allow Sailors to remain well-hydrated and fueled.

**Contact your Navy MWR Fitness professionals for additional information on NOFFS and other command physical training opportunities.**

## **References**

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