



# NOFFS

Navy Operational Fitness and Fueling System

## Command PRT Workout

### Overview

This workout is designed based on the Navy Operational Fitness and Fueling System (NOFFS) and incorporates the Navy Physical Readiness Test (PRT) modalities (e.g., forearm plank, rower) to improve physical readiness. The NOFFS methodology includes the training components of Pillar Preparation, Movement Preparation, Strength, Energy System Development (ESD), Regeneration, and Fueling.

### Duration of Training Sessions

The training sessions are designed to last 60 minutes.

### Equipment and Space

The Morale, Welfare and Recreation (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 physical training (PT) to ensure equipment and space availability. If the equipment is not available, substitute exercises with movements that mimic the same motions or movement patterns. The recommended equipment modality is indicated in the daily workout.

# Training Session Format – Components

## 1. Pillar Preparation

The pillar consists of the hips, torso and shoulders, which collectively represent 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 prepares the body to move.

## 3. Strength

Sailors need to optimize movement patterns and strengthen the muscles needed to perform on an operational platform. Close attention should be given to the quality of movement patterns. Sailors should 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.



## 4. Cardiovascular Training

Endurance and speed can be enhanced 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 is an effective way to burn calories.

Training zones are the building blocks of the interval workouts. Each cardio workout consists of one or more training zones; each zone represents a level of effort (e.g., easy, medium and hard). But how do you know you're exercising at the right effort? You can perform these interval workouts by measuring your effort in one of two ways: (1) heart rate, or (2) rate of perceived exertion.

### Heart Rate Training

One way to calculate your training zones is based on your maximum heart rate (Max HR). If you have a heart rate monitor, you can measure your heart rate as you train to stay in each zone. If you don't know your Max HR, you can estimate it by using this formula:  $\text{Max HR} = 220 - \text{your age}$ . Once you've calculated your approximate Max HR, use the percentages below to determine your heart rate training zone for each interval.

### Rate of Perceived Exertion

Your rate of perceived exertion (RPE) is a simple and effective way to determine your training intensity when performing intervals. RPE uses a scale of 1-10 to rate your effort. A rating of 1 is equivalent to standing still, while a rating of 10 represents the most strenuous level of activity you can sustain. Use these general guidelines to put forth the right effort for each interval

## TARGET YOUR TRAINING ZONES

### RPE LEVELS

	Target	Description
MAX	10/10	Maximum effort. Give it all you got!
HARD	9/10	Extremely strenuous and difficult to maintain.
MODERATE	7/10	Rapid breathing. Can't talk now!
EASY	5/10	Moving with purpose but still able to talk comfortably.

### HEART RATE

Target	My Heart Rates
100% Max HR	_____
90% Max HR	_____
80% Max HR	_____
65% Max HR	_____



## 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.

Regeneration increases your energy, boosts your immune system and helps you get the most out of each training session, which ultimately will improve your performance. So when setting up your schedule, remember to schedule recovery days to break up the grind of hard training. Still want to run on your recovery day? We hear you. Just remember to take it easy. Your recovery is for low-intensity cardio. These workouts should consist of easy intervals. And if you're a runner, why not mix it up and go for a swim or bike ride? The same principle applies for any endurance athlete - that is, choose an activity or surface that will reduce the impact on your body. You'll recover faster and perform better when it matters most.

After completing each workout, we recommend completing the total body regeneration found at <https://www.navyfitness.org/fitness/noffs-training/regeneration>.

## 6. Fueling

Proper fueling is essential, as good nutrition habits aid in energy, maintaining an optimal body weight, and improved health and performance. For more information on NOFFS fueling and the NOFFS meal builder, please visit <https://www.navyfitness.org/nutrition/noffs-fueling-series>.



## 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 recovery training sessions to help recover, regenerate and prepare themselves for the next training session.

### Sample 4-Day Training Session Week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Recovery	Workout 3	Workout 4	Rest or Light Activity	Rest or Light Activity

### Sample 3-Day Training Session Week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Recovery	Workout 3	Recovery	Rest or Light Activity	Rest or Light Activity







## Exercise Session

Each training session has multiple components: pillar prep and movement prep, followed by strength training, 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.

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