



RFS

ARDUOUS PACK TEST - TRAINING PLAN

Week	Action	Frequency
1	Walk 2.4km in 22 minutes	3 times a week
2	Walk 4.83km in 45 minutes	3 times a week
3	Walk 4.83km in 45 minutes with 4kg of weight	2 times a week
4	Walk 4.83km in 45 minutes with 7kg of weight	3 times a week
5	Walk 4.83km in 45 minutes with 10kg of weight	2 times a week
6	Walk 4.83km in 45 minutes with 13kg of weight	3 times a week
7	Walk 4.83km in 45 minutes with 17kg of weight	3 times a week
8	Walk 4.83km in 45 minutes with 20.4kg of weight	2 times a week

It is strongly recommended that you have trained and are prepared to undertake the APT.

Ensure you have trained on various grounds (e.g. grass, pavement, treadmill)