Army Pre-Conditioning Program - Fitness, Confidence & Resilience Preparation

Looking to really hit the ground running in your Army career? The Army Pre-Conditioning Program is the perfect way to kick start your preparation. The boost to your fitness, confidence and resilience will help you truly unleash your potential.

What's the Army Pre-Conditioning Program?

The Army Pre-Conditioning Program (APCP) runs for 7 weeks at the Army Recruit Training Centre in Kapooka and aims to help you feel ready and prepared for your Initial Military Training (IMT). As upon completion of APCP, you will enter week 3 of IMT.

That's right, APCP gives you a head start on your IMT! Having kick-started your preparation early, you'll join the larger group at IMT with all the fundamentals and confidence you need to succeed.

Here's what you'll work on during APCP:

- Fitness: Including circuit, strength and endurance training.

- Skills: Basic drill and field craft, navigation, teamwork and more.

- Adventure: Undertaking caving, roping, abseiling or kayaking.

While it will be challenging, you'll be supported, mentored and encouraged the entire time. You will walk out the other side with the confidence and tools to succeed in your next stage of training – and your career.

How do you join?

01. Apply for General Entry

APCP is designed for people who want to work in the Army and would like some extra support to prepare. To be eligible, you need to have already applied for a General Entry role. If you haven't applied yet and need some help with your application, give us a call on **13 19 01**, or visit **defencejobs.gov.au** to learn more.

02. Get recommended

APCP selections are primarily based on Career Coach or Defence Interviewer recommendation. After your initial online testing, a Careers Coach will be on hand to guide you through the recruitment process and discuss how APCP can benefit you.

There are multiple programs held throughout the year at Kapooka. To be eligible you must be at least 17 years old, have applied for a General Entry role in the Army, and be able to meet the fitness requirements.

Combat Roles	Push-ups	Sit-ups	Shuttle run score
Females	2	20	5.5
Males	4	20	5.5

Combat Support Roles	Push-ups	Sit-ups	Shuttle run score
Females	1	9	4.9
Males	2	9	4.9

What happens after you complete APCP?

By completing APCP, you'll get a head start on your IMT, and enter at week 3 of the 12 week training program. You'll move straight into IMT and continue your training with the extra fitness and confidence you would have developed over the program. After you complete your IMT, you'll then start learning the skills for your specific role.

To learn more about APCP, contact us on 13 19 01, or talk to your Careers Coach about how APCP can benefit you.

Army. Challenge Yourself.

Indicative Schedule

The first 2 weeks

You'll be introduced to life in the Army. It will involve a mixture of introductory course work and fitness.

- Soldier qualities
- Army first aid
- Radio operation
- Drill and barracks routine

Physical Training

- Strength
- Cardio
- Core
- Prehab
- Swimming
- Yoga

Upskill over 4 weeks

Over 4 weeks you'll continue physical training and learn about all aspects of the military.

- History and customs
- Military structure and procedures
- Navigation skills
- Positive mindset training
- Public speaking
- Research techniques and topic presentations

Experience 1 week of adventure

Travel to Wee Jasper or Mount Buffalo to build your teamwork, confidence and resilience through adventure activities.

- Caving
- Roping
- Abseiling or Kayaking

Move straight into your IMT

Upon successfully completing the 7 weeks of APCP you'll have the fitness and confidence to tackle the main Initial Military Training (IMT) course. Which you'll enter at week 3 of the 12 week training program.

7 Week program — 1 — 2 — 3 — 4 — 5 — 6 — 7

This is an indicative schedule outline and subject to change upon entering the program.

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