



# Army Pre-Conditioning

# Program (APCP)

Call 13 19 01 or

talk to your Military Recruiter about APCP

Fitness, Confidence & Resilience Preparation

The background image shows two women in military camouflage uniforms and hats walking on a paved path through a wooded area. They are smiling and appear to be in good physical condition. The path is flanked by trees and greenery, creating a natural and serene setting.

# About

# the program

The Army Pre-Conditioning Program (APCP) is the perfect way to kick start your preparation. The boost to your fitness, confidence and resilience will help you truly unleash your potential.

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). Upon completion of APCP, you will enter week 1 of 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.

# What the

# program involves

- **Fitness:** Including circuit, strength and endurance training.
- **Skills:** Basic drill and field craft, radio and teamwork.
- **Adventure:** Undertaking caving, roping, abseiling or kayaking.
- **Personal Development:** Mindset training, goal setting, public speaking and presentation skills

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 to join



### 1. Apply for General Entry

APCP is designed for people who want to join 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 [adfcareers.gov.au](http://adfcareers.gov.au) to learn more.

### 2. 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.

### Fitness Requirements

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
<b>Females</b>	2	20	5.5
<b>Males</b>	4	20	5.5

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

## Indicative Schedule - 7 week program

1

The first two weeks



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

### Key Training

- Military conduct
- Army first aid
- Radio operation
- Drill and barracks routine

2

Upskill over four weeks



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

### Key Training

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

3

Experience one week of adventure



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

### Key Training

- Caving
- Roping
- Abseiling or Kayaking

4

Move straight into your IMT



### What happens after completing APCP?

You'll move straight into week 1 of the 9 week 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 role.