

# CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

Ref: A. CF Award for Aerobic Excellence. Policy December 2006 pdf

## AIM

The Canadian Forces Award for Aerobic Excellence has been created to recognize the efforts of military personnel who attain and maintain an exceptional degree of physical fitness.

The program is set up so that individuals monitor and record their own progress with the aim of achieving 2,000 units or points within a two-year time frame. Record keeping is done by the honour system.

## PROCESS

1. Register with the [VCDS OUTCAN Physical Fitness Coordinator](#).
2. Using the Training Log (Table 3) record the units you've earned doing the recognized training activities listed in Table 2. At the bottom of each page tally the units earned for each activity in the **total points row**.
3. When you've reached 2,000 units (in 2 years or less) contact the OUTCAN PF Coord to fill out your application form. Send the OUTCAN PF Coord your training log.
4. Certificates and seals will be forwarded to your CO who will present them to you.

## FITT FORMULA

The FITT formula is a method of safely and effectively developing a long-term fitness program:

F = FREQUENCY: 3 – 5 days/week

I = INTENSITY: Train in your Target Heart Rate Zone at 60 – 90% (see Table 1)

T = TIME: The heart is a muscle and must be stimulated for a minimum of 20 minutes to achieve the training effect. Of course, for the Award for Aerobic Excellence Program you'll be measuring time or distance. But try to train in your Target Heart Rate Zone for a minimum of 20 minutes each time you work out.

T = TYPE: Any rhythmic, repetitive activity that uses large muscle mass. For example, walking is an aerobic activity. Table 1 lists the recognized training activities for the Award for Aerobic Excellence Program.

## COMPONENTS OF A WORKOUT

When planning a workout, the most important aspect is safety, especially concerning the cardiovascular and respiratory systems. Scientific studies have shown that without a proper warm-up or cool-down, ECG patterns (heart rhythms) become abnormal. The warm-up and cool-down are important components, whether you're doing an aerobic workout or a strength training workout. A proper warm-up and cool-down will reduce the possibility of injury and minimize fatigue and muscle soreness. The warm-up should include 3-5 minutes of light aerobic activity followed by 3-5 minutes of dynamic/exercise specific movements. The cool-down should include 3-5 minutes of light aerobic activity and 3-5 minutes of static stretching. The time breakdown looks like this:

PART I	WARM-UP	10 MINUTES
PART II	MAIN PART	20 - 40 MINUTES
PART III	COOL-DOWN	10 MINUTES
TOTAL DURATION		40 - 60 MINUTES

# CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

## STRETCHING

### IMPORTANCE OF STRETCHING

- reduces muscle tension
- prevents injuries
- prepares for activity
- produces more efficient muscle contraction
- promotes circulation
- develops body awareness
- increases range of motion
- improves co-ordination

### WHEN TO AVOID STRETCHING

- pain (stretching should not cause pain)
- pain medication (can mask pain resulting from overstretching)
- injured muscle

### GENERAL INSTRUCTIONS

- Stretch daily: Consistency encourages semi-permanent changes
- Always precede stretching with at least 5 minutes of light aerobic activity
- Choose two different stretches for each major muscle group: arms, trunk, and legs
- If stretching for flexibility training, warm muscles thoroughly with 10 – 15 minutes of light activity
- Perform static stretches after your workout
- Emphasize relaxation
- Wear comfortable clothing

### TECHNIQUE

- Correct posture for all stretches is important: keep spine in a neutral position, especially at neck and lower back. Hips should be level and in the same plane
- Stretch into a position of comfortable tension: Avoid shaking and muscle cramping
- Keep breathing regularly
- Hold stretches for 15-30 seconds, repeating twice for each side
- Flexibility varies from day to day, and some muscle groups are more flexible than others. Use mind-body awareness to monitor body position.

### NUTRITION AND HYDRATION

It is important to consume enough calories to fuel your exercise. If you train first thing in the day, have breakfast or at least some fruit juice or toast. This will keep your blood sugar levels up and ensure that your brain has fuel.

Eating a high carbohydrate snack (starch) directly after your training session, within 15 – 30 minutes, will maximize storage of fuel in your muscles. Try to combine carbohydrate (starch) with a little protein.

**IF YOU WAIT TILL YOU ARE THIRSTY TO DRINK, IT'S TOO LATE: YOU ARE ALREADY DEHYDRATED.** Consume lots of water throughout the day as well as before, during and after your workout. Drink approximately 250 ml every 15 mins while exercising. There is no need to consume a sports drink unless you are exercising for more than one hour.

## CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

### RECOVERY

Plan for a rest day at least once a week. Training stimulates the body systems to make adaptations but the actual physiological changes (for example, increases in aerobic capacity or muscle strength) occur during the recovery period. Also, by varying the intensity of your exercise throughout the week, you will allow for recovery. For instance, plan one easy workout and two moderate workouts. An easy workout would put you at the low end of your Target Heart Rate Zone. See Table 1.

It's also a good idea to schedule a recovery week every 4<sup>th</sup> week. During this week, cancel one aerobic and one strength training workout and shorten all other workouts by 10 minutes. Follow the same intensity schedule as you usually do; e.g. two moderate intensity and one easy. For the cancelled workouts, you can schedule stretching sessions but remember to perform at least 5 - 10 minutes of EASY aerobic activity first to increase joint lubrication and muscle / ligament temperature.

**TABLE 1. TARGET HEART RATE ZONES**

AGE	55%	60%	70%	80%	85%	90%
15	19	<b>21 (123)</b>	24	27	29	<b>31 (185)</b>
20	18	<b>20 (120)</b>	23	27	28	<b>30 (180)</b>
25	18	<b>20 (117)</b>	23	26	28	<b>29 (176)</b>
30	17	<b>19 (114)</b>	22	25	27	<b>29 (171)</b>
35	17	<b>19 (111)</b>	22	25	26	<b>28 (167)</b>
40	17	<b>18 (108)</b>	21	24	26	<b>27 (162)</b>
45	16	<b>18 (105)</b>	20	23	25	<b>26 (158)</b>
50	16	<b>17 (102)</b>	20	23	24	<b>26 (153)</b>
55	15	<b>17 (99)</b>	19	22	23	<b>25 (149)</b>
60	15	<b>16 (96)</b>	19	21	23	<b>24 (144)</b>

\* Heart Rate is for a 10 second count when using your pulse. Heart Rate given in brackets is for a 60 second count. Use the 60 second count for Heart Rate monitors.

## CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

**TABLE 2. QUALIFYING UNITS**

<u>Activity</u>	<u>Performance Standard</u>	<u>Value</u>
Aerobic classes	10 minutes	1 unit
Cross-country Skiing & elliptical trainer	1.5 kilometers	1 unit
Cycling and Stationary cycling	3 kilometers or 7 minutes	1 unit
Jogging	1 kilometer	1 unit
Martial Arts	10 minutes	1 unit
Rowing (canoeing/ kayaking)	500 meters or 7 minutes	1 unit
Skating (ice and roller)	1.5 kilometers	1 unit
Skipping	7 minutes	1 unit
Snowshoeing	1.5 kilometers	1 unit
Stair climbing	7 minutes	1 unit
Stationary rowing	500 meters or 7 minutes	1 unit
Swimming	400 meters*	1 unit
Walking	3 kilometers	1 unit

- ◆ Partial points don't count. For instance, in order to earn one unit for cycling, you must complete one kilometre, not .75 kilometre.
- ◆ You can complete units from several activities in one session. For example, 2 units jogging (2 km) plus 2 units stair climbing (14 minutes).
- ◆ The total number of certificates is seven. Each level of certificate is used to register 12,000 units with a seal issued for each 2,000 units earned (6 seals: red, white, blue, bronze, silver, and gold) for a total accumulation of 84,000 aerobic units or points.

Start date: \_\_\_\_\_ Completion date: \_\_\_\_\_

Certification:

Certified that I, \_\_\_\_\_ have accumulated the number of  
SN      Rank      Surname and Initials

## CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

units and achieved the evaluation standards detailed above.

\_\_\_\_\_ Date \_\_\_\_\_ Member's signature

**TABLE 3. TRAINING LOG**

JANUARY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
FEBRUARY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								

## CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

MARCH								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 5</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

APRIL								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								

## CANADIAN FORCES AWARD FOR AEROBIC EXCELLENCE

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

MAY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 5</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

JUNE								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								

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Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

JULY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 5</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

AUGUST								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								



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Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

SEPTEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
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Distance/Time								
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Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

OCTOBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
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Distance/Time								
Points								
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Activity(s)								
Distance/Time								
Points								

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Activity(s)								
Distance/Time								
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<b>TOTAL POINTS</b>								

NOVEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
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Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

DECEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>Week 2</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
Points								
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Activity(s)								
Distance/Time								
Points								

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<b>Week 5</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total Points</b>
Activity(s)								
Distance/Time								
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