

PATROL PATHFINDER (PPF) COURSE

Performance Readiness Track

PERSONAL READINESS

INJURY FREE

MEDICALLY FIT

MOTIVATED

STRONG SUPPORT NETWORK
FAMILY
CHAIN OF COMMAND

NO FEAR OF HEIGHTS

MENTAL TOUGHNESS
CONTROL
COMMITMENT
CONFIDENCE
CHALLENGE

PRE-REQUISITES

- Discuss intent and get CO recommendation
- Take pre-req military qualifications
- Infantry Junior Leadership Course
- Army Junior Leadership Course (artillery, medics, signallers, engineers)
- Basic Recce Patrolman
- Basic Parachutist
- Drop Zone/Landing Zone Controller
- Operational Function Point (MOC qualified)

PRE-PPF COURSE

- Basic Parachutist Physical Fitness Test
- Basic Military Swim Standard test
- 20 km – 80 lbs ICF March
- Battle procedures
- Navigation (day/night)
- Field craft
- Communications Refresher
- Helo insertion
- Water insertion/extraction

PPF COURSE

- PPF Taper training (1-2 weeks prior)
- Rest + Recovery
- Have fun

GETTING READY

- Connect with base PSP and PPF platoon
- Build physical fitness base (3-6 months)
- Establish recovery habits
 - Nutrition
 - Soft-tissue care
 - Sleep
- Establish Mental Toughness behaviours

FINAL PREPARATION

- PPF Specific Physical Fitness Program (6 weeks)
- Optimize recovery
 - Nutrition
 - Soft-tissue care
 - Sleep
- Optimize Mental Toughness behaviours

READINESS TIMELINE

Plan for 1 year

10 months

4.5 months

1-2 months

1-2 weeks

ASSESS YOUR PERFORMANCE READINESS

	READINESS OBJECTIVE	NOT READY	BUILDING A FOUNDATION: PROGRESSING	READY FOR PPF
UNRESTRICTED MOVEMENT	Safe and controlled movements under PPF load (45kg): squat, deadlift, lunge, prone to push up	Obvious limitations in maintaining posture and body control; sagging twisting, joint instability and lack of mobility while unloaded	No limitations unloaded Safe postures and body control under moderate load (25-35kg: FORCE Combat)	Safe and effective body control and postures under PPF load
FUNCTIONAL WORK CAPACITY	Effectively manage PPF load requirements for prolonged periods: carry, drag, lift, pull and ruck (45kg)	FORCE Combat loads are beyond ability PPF loads are well beyond current fitness	Can manage moderate loads with repetition: can complete FORCE Combat (25-35kg)	Can manage PPF loads for prolonged periods. Perform FORCE Combat circuit in less than 10min
METABOLIC CAPACITY AND ENDURANCE	Sustain and recover from long periods of heavy and intense work	Minimal or no participation in cardiovascular/metabolic fitness training. Difficulty recovering from low-moderate intensity PT	Achieve minimum VO ₂ max of 42 mL/kg/min: run 2.4 km in at least 12:30. Capacity to recover from moderate to high intensity physical activities and training	Can endure long duration of PPF load carriage with bouts of high intensity. Capacity to recover from frequent high intensity training

ASSESS YOUR PERSONAL READINESS

	READINESS OBJECTIVE	NOT READY	PREPARING/CONTEMPLATING	READY FOR PPF
INJURIES	No injuries that will be aggravated by rigors of course; pain free	Have pre-existing injury that will likely impact ability to complete physical preparation and the course. Currently receiving medical treatment and/or have limited movement	No injuries limiting leisure activities or moderate physical training. Practice injury reduction strategies	No limitations in high intensity PT or any activity. Confident that old injuries will not be aggravated by rigors of course
MOTIVATION	Involvement in training and PPF course for the inherent satisfaction and enjoyment of activity	Not really motivated to participate in PPF	Participating in course to satisfy others, personal challenge or gain recognition	Motivated to gain new skills and be a better soldier; doing it for myself and/or unit
MENTAL TOUGHNESS	Ability to remain calm and maintain a positive approach. Ability to set goals and work hard to obtain them. Ability to push boundaries, embrace change and accept risk. Self-belief and inner strength (ability to "dig deep")	Low	Moderate	High
SOCIAL SUPPORT	Degree of unit, family and community support	Minimally supported	Somewhat supported	Very supported

CONTACT YOUR BASE PATROL PATHFINDER PLATOON, AND PSP FITNESS AND RECONDITIONING PROFESSIONALS FOR TRAINING AND PREPARATION SUPPORT TO ENSURE OPTIMAL READINESS

