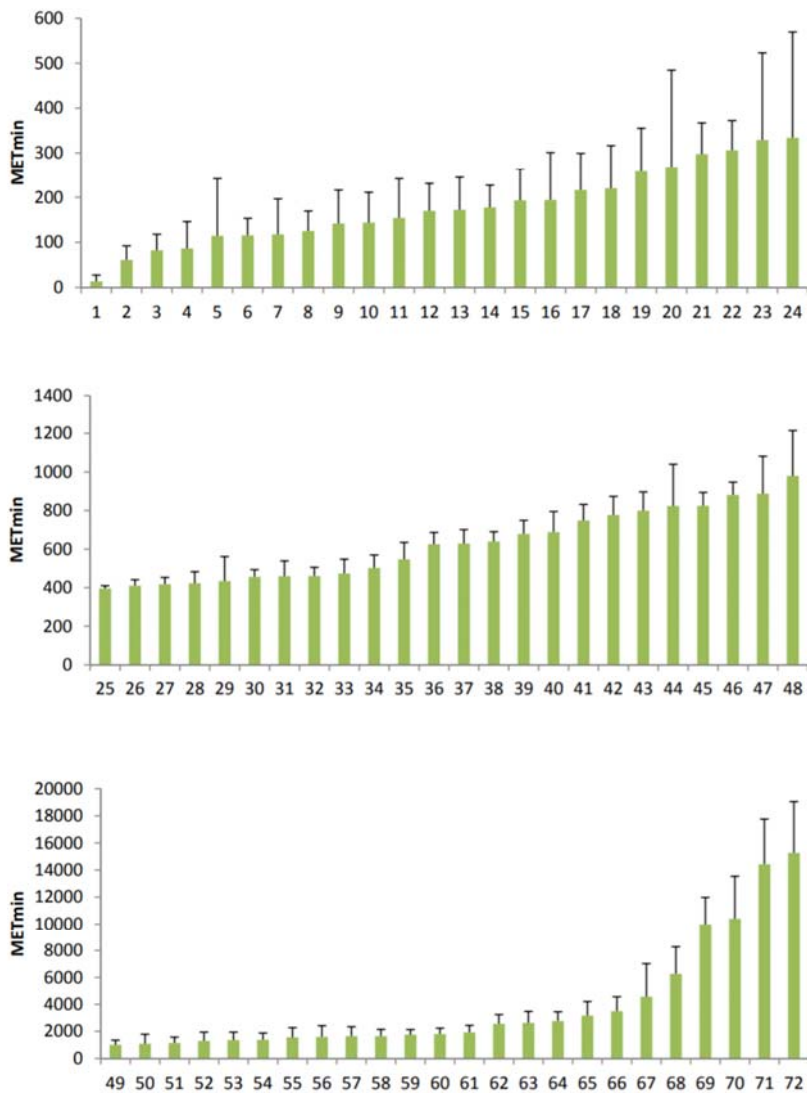


Appendix. 2

The training load (METmin \pm SD) of different military tasks during the basic training period.



- 1 Additional duties: Manpower check
- 2 Additional duties: Muscle strength tests
- 3 Additional duties: Morning assembly
- 4 General training: Canteen presentation
- 5 General training: Rescue training
- 6 Combat training: Packing combat equipment and fitting of webbing belt

- 7 Logistic training: Theoretical lessons
- 8 General training: Close-order drills by skis
- 9 General training: Welcome party
- 10 Additional duties: Running test
- 11 Additional duties: Vaccinations
- 12 General training: Oath training
- 13 Field shooting and shooting training: Checkpoint training: weapon maintenance, filling magazines, loading, checking, triangle aiming
- 14 General training: RK62 handling, prone shooting position
- 15 Physical training: Running
- 16 Combat training: Theoretical lessons
- 17 Service routines: Picking V3-material and quittance
- 18 General training: Oath training and oath
- 19 Combat training: Actions when elevating readiness
- 20 Combat training: Theoretical lessons
- 21 Logistic training: Packing of combat gear
- 22 Logistic training: Weapon and material checking
- 23 Physical training: Orienteering
- 24 Service routines: Basic tests 1 and 2
- 25 Field shooting and shooting training: Assault rifle shooting
- 26 Physical training: Theoretical lessons
- 27 Field shooting and shooting training: Theoretical lesson
- 28 Physical training: Swimming skills test
- 29 Physical training: Circuit and stretching
- 30 Field shooting and shooting training: Prone shooting position, Aiming and firing, Filling magazines, Loading
- 31 Logistic training: Full material checking
- 32 Physical training: Cooper test (12min running test) or ball games
- 33 Service routines: Medical check
- 34 Combat training: ABC training
- 35 Additional duties: Family day event
- 36 Combat training: Applied firearm handling and combat rehearsals; light recoilless rifle, sowing a mine on, use of hand grenade
- 37 Combat training: Movement under fire
- 38 Physical training: Checkpoint training; Muscle-conditioning, Relaxing, Salutation, Office behavioral
- 39 Service routines: Tvål-material and ski quittance
- 40 Field shooting and shooting training: Assault rifle shooting, mine, Recoilless rifle, Hand grenade

- 41 Service routines: Theoretical lessons
- 42 Physical training: Skiing
- 43 Combat training: Packing field material, the requirements of an emplacement in practice, Building a fortress in the snow
- 44 Logistic training: Material checking and cleaning
- 45 Field shooting and shooting training: Sitting shooting position, shooting blanks, Noptel-shooting, Weapon maintenance
- 46 Logistic training: Medical training
- 47 Combat training: Combat simulation course
- 48 Combat training: Fighter's moving modes, Bearing of arm and lookout, Covering, Mine, Recoilless rifle, Hand grenade
- 49 General training: Laundry and sauna
- 50 Cleaning lesson, Religious activity, civic education, Medical training, administration of justice
- 51 Field shooting and shooting training: Applied shooting training
- 52 Service routines: Conscript committee activities
- 53 Field shooting and shooting training: Shooting test and shooting
- 54 Combat training: Fighters attack and defense
- 55 General training: Leaders task tract
- 56 Physical training: submaximal test and muscular fitness test
- 57 Physical training: CISM DAY RUN
- 58 Service routines: Material checking and cleaning
- 59 General training: morning routines
- 60 Additional duties: Morning measurements
- 61 Field shooting and shooting training: Assault rifle shooting, Mine, Recoilless rifle, Hand grenade
- 62 General training: Close-order drill by foot
- 63 General training: Theoretical Lesson
- 64 Additional duties: Waiting
- 65 Combat training: Skiing march
- 66 Field shooting and shooting training: Shooting tract preparations, Actions in shooting tract, Assault rifle shooting, Weapon maintenance
- 67 Additional duties: Evening routines
- 68 Combat training: Booth camp
- 69 Additional duties: Transition
- 70 Additional duties: Free time
- 71 Additional duties: Moving to the dining hall and meal
- 72 Field shooting and shooting training: Field shooting training