



MILITARY PENTATHLON

**A Military Leadership C – Physical training
Common Module, within the framework of
the Blended Intensive Program**

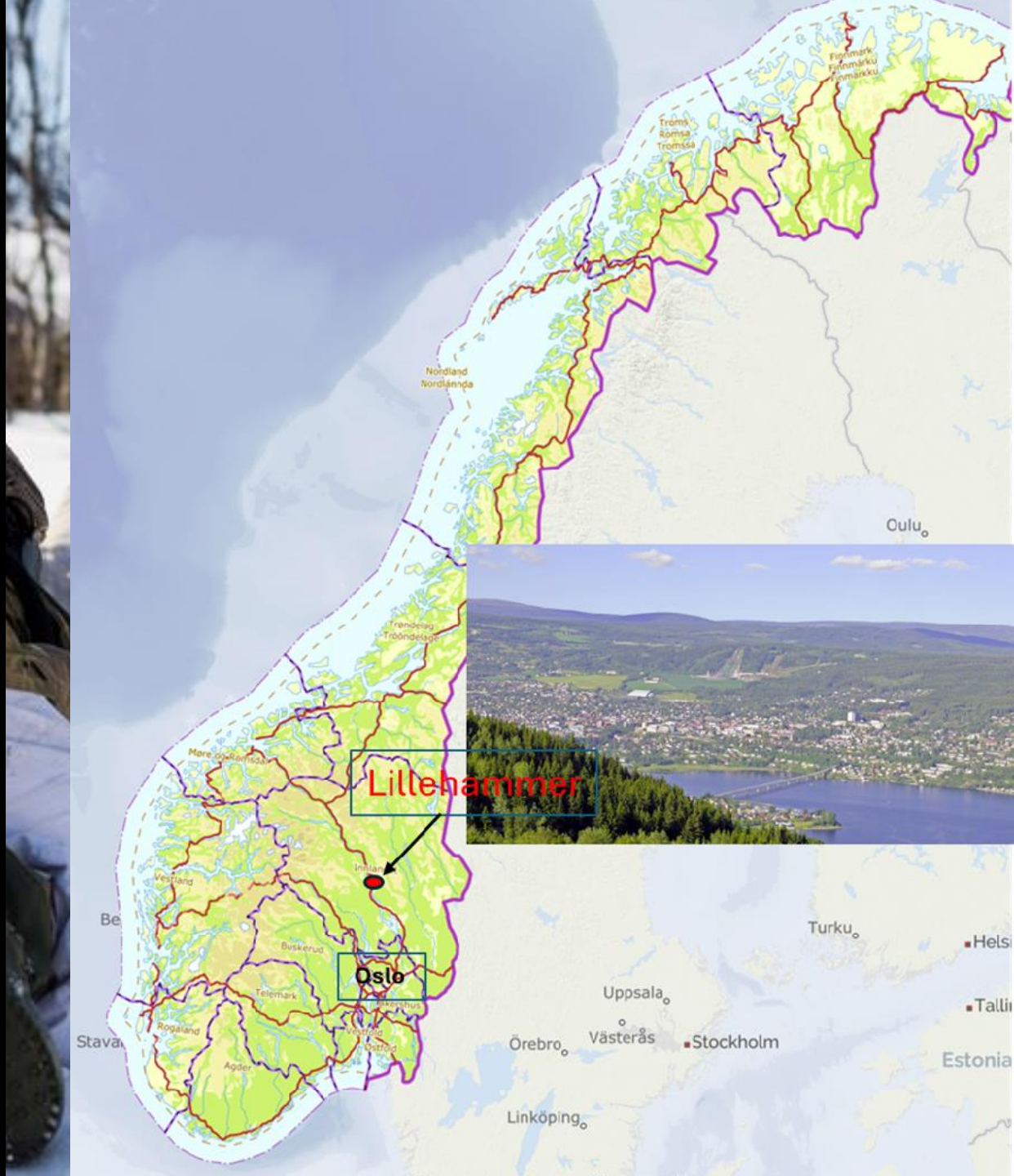
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WHAT

- **19-29 September 2025 (including traveling days)**
- **A 3 ECTS BIP with virtual component**
- **Camp Jørstadmoen, Lillehammer, at the Norwegian Defence Cyber Academy**
- **A teoretical and practical CM which covers the following basic military skills:**
 - Rifle Shooting
 - Obstacle Swimming
 - Grenade Throw
 - Obstacle Run
 - Terrain run





HOW

■ **Team and individual skills crucial in crisis and war trained in a safe and educational environment**

■ **All information, including detailed plan, are available on the EMILYO page**

■ **Culminates in the participation in the Norwegian Championship in Military Pentathlon**

■ **Register your team before 25 April**

0800-1100	Shooting range	Classroom	PT: Precision shooting & rapid fire	Military Uniform
1000-1100			Lecture: From the Military top athlete's perspective	Military Uniform
1300-1400	Gymnastic hall		PT: Stretching & Mobility	Athletic Uniform
1400-1500	Obstacle track		PT: Terrain run familiarization	Running clothes
Friday				
1000-1300	Grenade field		NC: Grenade Throw	Sport clothes*
1300-1800	Shooting range		NC: HK416 rifle shooting	Military Uniform
1900-2000	Cadets Club		NC: Opening Ceremony and info	Athletic Uniform
Saturday				
0730-1000	Swimming hall		NC: 50 Meter obstacle swimming	Swim wear
1500-1700	Obstacle track		NC: 500 meter obstacle run	Running clothes*
1930-2130	Cadets Club		NC: Cultural event & entertaining	Casual
Sunday				
0800-1100	Obstacle track		NC: 8 kilometer terrain run	Running clothes
1230-1330	Mess Hall		NC: Price giving ceremony & confirmation of stay	Military Uniform
Monday				
All Day			Departure of delegations	
*	Long armed and -legged clothing is mandatory			
Meals				
0630-0745			Breakfast	
1100-1230			Lunch with networking	Athletic Uniform
1530-1700	Mess Hall		Dinner***	of Each Academy
1000-1130			Brunch (weekend)	
*** Meal bags can be made at every dinner at the cadet's convenience				
Physiotherapist				
Physiotherapist will be available for cadets who obtain injury or overload				
SHORTWORDS				
MP Team	The Norwegian Military Pentathlon National Team			
NC	Norwegian Championship			
NCES	Norwegian Cyber Engineering School			
NDUC	Norwegian Defence University College			



WHY

- **Develop expertise on military skills for our future leaders**
 - **Emphasizes the association between physical fitness, military skills and readiness**
- **Build a solid foundation for «Sandhurst» and other military skills competitions**
- **Experience the Norwegian Military Culture and that of other participating nations**
- **Erasmus+ funded travel**
- **Transport, meals, lodging, and study costs covered by organizer**





WHO

PARTICIPANTS

- **20 participants in total**
- **4 EMILYO Cadets per nation**
- **1 Staff per nation (not mandatory)**
- **Both sexes and reserves are recommended**
 - **Competition score is gender neutral**
- **Norwegian cadets will be included**

ORGANIZER

- **The Cyprus Security and Defence Academy & NDUC**
- **Norwegian Defence Cyber Academy**
- **Norwegian Military Pentathlon Team**
- **PHDs**
- **National-, Nordic- and World Champions**
- **President CISM Sport Committee Military Pentathlon**

