NDA 2026 Physical Fitness Requirements & Training Plan

Physical fitness is a **non-negotiable requirement** for candidates aspiring to join the **National Defence Academy (NDA)**. Clearing the **written exam alone is not enough**—you must be **physically fit to handle SSB tasks, training at NDA, and military life**.

This article provides a **comprehensive, SEO-optimised, and beginner-friendly guide** to **NDA 2026 physical fitness requirements**, including **ideal fitness standards, daily & weekly training plan, common mistakes, and FAQs**.

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Why Physical Fitness Is Crucial for NDA 2026

- Mandatory for **SSB Interview tasks**
- Required to pass **medical examination**
- Essential for surviving **rigorous NDA training**
- Reflects **discipline, stamina, and officer-like qualities**

A fit body supports a strong mind.

NDA 2026 Physical Fitness – Basic Expectations

Although UPSC does not specify an official fitness test, candidates are **expected to meet basic military fitness standards** before joining NDA.

Recommended Minimum Fitness Benchmarks

Activity	Ideal Standard
Running	2.4 km in 10–12 minutes
Push-ups	30–40
Sit-ups	40–50
Chin-ups	6–10
Squats	50+
Skipping	5–10 minutes

⚠ *These are recommended targets, not official cut-offs.*

NDA 2026 Medical Fitness – Important Points

To be declared **medically fit**, candidates must:

- Be free from chronic diseases

- Have good eyesight (as per service standards)
- Be mentally & physically sound
- Meet height, weight & chest standards
- Have no permanent tattoos in restricted areas

Medical fitness is equally important as physical endurance.

NDA 2026 Physical Training Plan (Beginner to Advanced)

This **12-week training plan** is suitable for **school, college, and beginner candidates**.

Phase 1: Foundation Stage (Weeks 1–4)

Goal

- Build basic stamina
- Improve flexibility
- Develop exercise habit

Daily Routine

- Running: 1–1.5 km (slow pace)
- Push-ups: 15–20
- Sit-ups: 20–25
- Squats: 25–30
- Stretching: 10 minutes

Time Required: **30–40 minutes/day**

Phase 2: Strength & Endurance (Weeks 5–8)

Goal

- Increase strength

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- Improve running speed
- Prepare for SSB activities

Daily Routine

- Running: 2–2.5 km
- Push-ups: 25–30
- Sit-ups: 35–40
- Chin-ups: 4–6
- Plank: 1–2 minutes

 Time Required: **45–60 minutes/day**

Phase 3: Advanced Conditioning (Weeks 9–12)

Goal

- Reach NDA-level fitness
- Build confidence & stamina

Daily Routine

- Running: 3 km (target time-bound)
- Push-ups: 35–40
- Sit-ups: 45–50
- Chin-ups: 8–10
- Burpees & skipping

 Time Required: **60–75 minutes/day**

Weekly Training Schedule (Sample)

Day	Focus
Monday	Running + Upper body
Tuesday	Core & legs

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Day	Focus
Wednesday	Endurance run
Thursday	Strength training
Friday	Speed & agility
Saturday	Light workout + stretching
Sunday	Rest / active recovery

Flexibility & Injury Prevention

- Warm-up before exercise
- Stretch after workouts
- Maintain correct posture
- Increase intensity gradually

Avoid sudden overtraining.

Diet & Recovery Tips for NDA Aspirants

Recommended Diet

- Carbohydrates: Rice, roti, oats
- Proteins: Eggs, milk, pulses, nuts
- Fruits & vegetables
- Adequate hydration (3–4 litres/day)

Sleep

- Minimum **7–8 hours daily**
- Essential for muscle recovery

Common Mistakes to Avoid

 Ignoring physical training until after written exam
 Overtraining without rest
 Skipping warm-up & stretching
 Poor diet & irregular sleep
 Comparing progress with others

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How Physical Fitness Helps in SSB Interview

- Better performance in GTO tasks
- Higher stamina during outdoor activities
- Improved confidence & body language
- Positive impression on assessors

Fitness Tips for School & College Students

- Use morning hours for fitness
- Combine studies + workout schedule
- Be consistent, not extreme
- Track weekly progress

Frequently Asked Questions (FAQs)

Q1. Is physical fitness compulsory for NDA 2026?

Yes. Fitness is essential for **SSB and medical clearance**.

Q2. Is there a physical test before NDA written exam?

No. Physical fitness is tested during **SSB & medical stage**.

Q3. When should I start physical training for NDA?

Ideally **6–12 months before SSB**.

Q4. Can overweight candidates clear NDA medical?

Candidates must meet **height–weight standards** to be declared fit.

Q5. Is gym necessary for NDA physical preparation?

No. **Bodyweight exercises and running** are sufficient.

Conclusion

The **NDA 2026 physical fitness requirements and training plan** are not about

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becoming a bodybuilder, but about developing **stamina, strength, discipline, and mental toughness**. Start early, train smart, eat right, and stay consistent—your body should be as prepared as your mind □□□□.

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