



CM Military Leadership C (Physical Training part two) “Military Pentathlon 2025”

Athletic event

Organized by
The Norwegian Defence University College
The Norwegian Defence Cyber Academy
&
The Cyprus Security and Defence Academy

20-28 September 2025
Lillehammer, Norway

Invitation & Administrative Information

1. Objectives and Description

The Norwegian Defence Cyber Academy will conduct an intensive training program, CM “Military Leadership C (Physical Training)” from September 20-28. This comprehensive program is designed to equip cadets with the essential military skills needed to meet the professional demands of soldiers. Additionally, the program aims to further enhance cadets’ knowledge and understanding of strategies for optimizing physical fitness and performance, while fostering international camaraderie and collaboration.

2. Methods and outcomes

The CM “Military Leadership C (Physical Training)” focuses on preparing cadets for the basic military skills: rifle shooting, obstacle swimming, grenade throw, obstacle and terrain run. The method/program will incorporate both theoretical and practical sessions, held by highly competent instructors and lecturers, in collaboration with cadets from the participating nations. The CM will culminate in the participation in the Norwegian Championship in Military Pentathlon 26-28th of September. Cadets outcomes include improved theoretical knowledge, physical fitness, mental fortitude, self-control under stress and improved performance in the 5 basic military skills the Military Pentathlon consists of.

3. Participants and prerequisites for participation

Participants should be cadets/students willing to participate in the event and at least 18 years. Each nation can send maximum 4 cadets + 1 staff. It is recommended to have both genders represented and reserves ready before departure to ensure that the nation has 4 cadets for the team result. The team result consists of the added pentathlon points of the 3 overall best cadets from each team. The military pentathlon scoring system is gender differentiated and team composition in this competition is therefore optional.

[\(Military Pentathlon Regulations 2020 - Military Pentathlon\)](#)

Demand for participation:

- English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2.
- Free of injury and disease (no certificate or clearance needed)
- Fulfilling respective national physical standards of the sending institution.
- Be able to swim 200m crawl consecutively.
- Be familiar with own nations army- or service rifle.

Advantage if the participant can:

- Run 3000 m \leq 12.00 min for male and \leq 13.30 min for female
- Swim 50 m \leq 45 sec for male and \leq 50 sec for female
- Throw the grenade (+0,5kg) \geq 30 m male and \geq 20 m female

4. Virtual component

The blended intensive program will have a virtual component (VC). The VC will start shortly after the registration deadline and will consist of study material, regulations, information material, tasks and a digital meeting. The workload of the VC is estimated to 20 hours.

- Virtual component period: Before
- End date virtual component: 18 September 2025

5. Instructions for the Beneficiary Module

BIP ID: 2024-1-NO01-KA131-HED-000207918-1

- In the activity type, please choose: Student mobility for studies.
- Be sure to select the box “Mobility to a Blended Intensive Programme” as well.
- For the Virtual Component Description and Virtual Component Timing, kindly refer to the details provided above.
- Regarding travel days, you can choose up to 2 days in total (it is highly recommended to allocate the 19. and 29. September as travelling days)

6. Costs, meals and accommodations

International participants will get free accommodation and meals and will be accommodated in rooms with 4 to 6 people at Camp Jørstadmoen. For the staff, if a single room is not available, staff personnel will be accommodated as described above. No participation fee is required. You can utilize Erasmus+ funds to send your cadets/staff to the event.

7. Transportation

Participating nations are requested to make their own travel arrangements to and from Oslo International Airport (OSL). The organizer will provide free transportation from the Airport to Camp Jørstadmoen and vice versa. The participants will be welcomed at the Arrival Hall of OSL by uniformed personnel with a sign: “NORWEGIAN DEFENCE CYBER ACADEMY”. During the CM all lectures, meals and practical sessions will be within walking distance from accommodation.

8. Uniform/Dress code

- Arrival/departure and cultural visit: Civilian clothing.
- Participation in lectures: Athletic uniform
- Participation in physical training: Sport clothes / swimwear
- Participation in shooting and prize giving ceremony: Battle dress uniform
 - Late September can be cold in Norway, so bring warm clothing and sport clothes with beanie and gloves
 - The organizer will provide the Norwegian Army Rifle HK 416 for shooting

9. Culture visits / Field trip

The organizer will provide a cultural visit in the region of Lillehammer with an Olympic touch (free of charge).

10. Registration

Please fill out the attached application form (if you do not know the flight information at this stage, leave it blank) and send it to the POCs by the **25th of April, 2025**.

11. Point of Contacts (POCs)

Military Pentathlon Norway and Camp Jørstadmoen:

Major Trond Vognild

Mail: tvognild@mil.no

Norwegian Defence Cyber Academy:

Associate Professor Sjur Fortun Øfsteng

Mail: sofsteng@mil.no

12. General information about Norway

- a. Language
 - The official language is Norwegian, secondary language is English.
- b. Local Time
 - Norwegian is in the Central European Time Zone: CET (UTC +1).
- c. Currency
 - The currency in Norway is Norwegian kroner (NOK). Electronically payment (VISA card etc) is primarily used everywhere in Norway, no cash is needed.
- d. Electricity supply
 - Norway uses standard Euro plug socket with two round prongs. You can use adapter "C" or "F" (Northern Europe adapter), 50hz/220-240 volts.
- e. Emergency Numbers Norway
 - 110 - Fire department.
 - 112 - Police.
 - 113 – Ambulance

13. Preliminary event schedule



NORWEGIAN DEFENCE UNIVERSITY COLLEGE (NDUC)

Common module: Military Leadership C (Physical Training)

Topic: Military Pentathlon

Dates: Friday 19 - Monday 29 September (including 2 travel days)

Blended Intensive Program Schedule

TIME	LOCATION	ACTIVITY	DRESS CODE
Before		Virtual learning	
Friday			
All Day		Arrival of delegations	Civilian clothing
Saturday			
1100-1130	Classroom	Welcome and program information	Athletic Uniform
1130-1200	Classroom	Meet MP Team - Who are we and what is Military Pentathlon	Athletic Uniform
1200-1300	Classroom	Lecture: Injury prevention strategies	Athletic Uniform
1330-1400	Obstacle course	PT: The art of warming up	Sport clothes*
1400-1600	Obstacle course	PT: Individual basic technique	Sport clothes*
Sunday			
0800-1000	Swimming hall	PT: Crawl, glide and dive technique	Swim wear
1130-1200	Classroom	Meet NDUC - Military education in the high north	Athletic Uniform
1200-1330	Classroom	Lecture: Military work demands & Military Pentathlon - The link	Athletic Uniform
1400-1600	Grenade field	PT: Grenade throw technique	Sport clothes*
Monday			
0800-0830	Classroom	Meet NDCA	Athletic Uniform
0900-1100	Obstacle course	PT: Its all about the team	Sport clothes*
1200-1900	Lillehammer	Cultural day - In the footsteps of winter olympians	Civilian clothes
Tuesday			
0830-1030	Shooting range	PT: Weapon familiarizing and basic shooting technique	Military Uniform
1200-1530	Classroom	Workshop: Meeting your military work demands	Athletic Uniform
1700-1900	Grenade field	PT: Precision and length throw	Sport clothes*
Wednesday			
0830-1100	Obstacle course	PT: Individual flow training	Sport clothes*
1200-1400	Classroom	Lecture: Optimizing performance	Athletic Uniform
1400-1600	Swimming hall	PT: Obstacle technique	Swim wear
Evening	TBD	Personal training or self study	

Thursday			
0800-1000	Shooting range	PT: Precision shooting & rapid fire	Military Uniform
1000-1100	Classroom	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	Mess Hall	Lunch with networking	Athletic Uniform
1530-1700		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 unexpected injury or overload			
SHORT WORDS			
MP Team	The Norwegian Military Pentathlon National Team		
NC	Norwegian Championship		
NDCA	Norwegian Defence Cyber Academy		
NDUC	Norwegian Defence University College		
PT	Physical training		
TBD	To be decided		