



MILITARY PENTATHLON

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

Norwegian Defence Cyber Academy





WHAT

- 18-28 September 2026 (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 20 April





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

