BIP Name: Battle Physical, Mental and Survival Training (Athens Marathon. The Authentic)

BIP ID: TBA

Physical Mobility Dates: 5-10 November 2025

Travel Days: 2 (Arrival on the 4th of November and Departure on the 11th of November)

Objectives and Description

The Hellenic Army Academy will conduct an intensive training program, CM "Battle Physical, Mental, and Survival Training," from November 5 to 10, 2025, culminating in the "42nd Athens Marathon, The Authentic" on November 09, 2025, in Athens, Greece. This program is meticulously designed to align with core military training principles, focusing on physical and mental fortitude. It includes courses aimed at enhancing cadets' skills from international military academies, emphasizing physical and mental capacity development under fatigue and stress, and integration abilities through challenging group activities. A key highlight is the "Athens Marathon. The Authentic," a 42.195 km run from Marathon to the Panathenaic Stadium in Athens, symbolizing the ultimate test of endurance, willpower, and mental strength. Participants will also explore Athens' historical landmarks, including the Acropolis Museum and the Parthenon. This comprehensive training aims to equip cadets with essential military skills and foster international camaraderie and collaboration.

Methods and outcomes

The CM "Battle Physical, Mental, and Survival Training" program from November 5 to 10, 2025, focuses on preparing cadets for the "Athens Marathon. The Authentic." Theoretical sessions during the day cover marathon strategies, endurance building, and mental conditioning, while evening training optimizes physical readiness. High-intensity activities, stress exercises, and prolonged efforts build resilience and prepare cadets for the marathon's challenges. Outcomes include improved physical fitness, endurance, mental fortitude, and self-control under stress. This comprehensive preparation ensures cadets excel in the marathon, fostering international camaraderie and collaboration among future military leaders.

* Virtual component Period: Before
* End date virtual component: 31st Oct 2025

Virtual Component Description

Includes online seminars and interactive sessions covering advanced marathon strategies, nutritional guidance, and mental conditioning techniques. This virtual preparation ensures that cadets are comprehensively prepared, combining physical training with cutting-edge technological support.

Instructions for the Beneficiary Module:

* 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 (it is recommended to allocate the maximum if your cadets plan to travel one day before the start of the mobility and depart one day after its conclusion)