

Prepared for anything

Since the Roman army needed to be strong, they only allowed men to join who were strong and fit. This ensured that every soldier was able to endure long and brutal battles.

When soldiers weren't fighting they spent the majority of their time training. They would spend at least 2 hours every day working on their fitness. This included running, swimming, jumping and sword fighting therefore they were prepared for battles where they might need to dodge enemies or run away from dangers.

Another reason why they were prepared for anything was because they kept themselves busy. When Roman soldiers weren't training, they helped out around their camp and around the Roman towns. It was very common to see a group of soldiers building roads, making weapons or guarding the market place. Evidence shows that the leaders in the army believed that if you were busy then you were always ready to go into battle.