

ENDURANCE & MOBILITY DRILLS (SUSTAINING PHASE)

Warrior Tasks and Battle Drills require Soldiers to move quickly on foot. Running short distances at high speed is essential to moving under direct and indirect fire. The PRT activities below are designed to train the full spectrum of aerobic and anaerobic endurance requirements.

Military Movement Drill 1

enhances running form and prepares the body for more vigorous running activities



Verticals

25 yds. x 2 intervals



Laterals

25 yds. x 2 intervals,
right then left



Shuttle Sprint

25 yds. x 3 intervals,
at near-maximum speed
during last interval



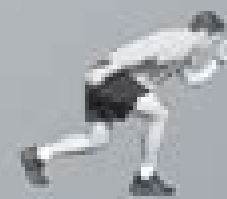
Power Skip

25 yds. x 2 intervals



Crossovers

25 yds. x 2 intervals,
right then left



Crouch Run

25 yds. x 3 intervals,
sprint at near-maximum
speed during last interval

Additional Endurance & Mobility Activities

30:60s: Soldiers sprint for 30 seconds, then walk for 60 seconds. Most operational units — those not in reset mode — should perform 10–15 repetitions with or without load.

60:120s: Soldiers sprint for 60 seconds, then walk for 120 seconds. Operational units should perform 6–10 reps with or without load.

300-yard Shuttle Run: Soldiers perform 6 round-trip repetitions in 25-yard lanes, sprinting at full speed past the finish line on the last interval.

Hill Repeats: Soldiers sprint uphill or downhill for 15–20 seconds, then walk the opposite direction for 60–90 seconds. Operational units should perform 6–10 reps.

Ability Group Run: Soldiers are grouped into 4 levels of ability and run together at the same pace. The run lasts 10–30 minutes.

Unit Formation Run: The entire unit runs, in step, for 30 minutes at a pace achievable by all Soldiers in the unit. Due to the limited training effect, such runs should be performed no more than once a quarter.

Release Run: Soldiers run in formation for a specified time (no more than 15 minutes), then are released to run as fast as they can back to the starting point.

Terrain Run: Best at the squad and section levels, the recommended distance depends on the terrain: 1 mile for densely wooded areas and up to 2 miles on tank trails and open fields.

Foot Marches: Marches of 10 km or less can be incorporated into the PRT program in accordance with FM 21-18, Foot Marching.

Conditioning Obstacle Course: Soldiers can develop their crawling, creeping, climbing, walking, running and jumping skills by negotiating a fixed obstacles course.

Endurance Training Machines: The use of machines can also be incorporated. Overweight Soldiers can especially benefit from 20–30 minutes of non-weight-bearing and limited weight-bearing activities like the use of cycle ergometers, elliptical trainers, rowers, climbing machines and cross-country ski machines.

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