



SAMPLE SCHEDULE (SUSTAINING PHASE)

In accordance with AR 350-1, Army Training and Leader Development, PRT should be conducted four to five days per week. Below is an example of activity sequencing and session purpose for an operating unit within the Sustaining Phase. Such a well-rounded schedule develops all of the components of physical readiness equally, allows for adequate rest periods and avoids overtraining.

MONDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- Ability Group Run or Release Run or Hill Repeats or Terrain Run
- Recovery Drill

TUESDAY

Strength &
Mobility Day

- Preparation Drill
- Guerilla Drill
- Conditioning Drill 1 and Conditioning Drill 2 and Climbing Drill 2
- or
- Strength Training Circuit and Push-Up & Sit-Up Drill
- Recovery Drill

WEDNESDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- 60:120s
- 300-yard Shuttle Run
- Recovery Drill

THURSDAY

Strength &
Mobility Day

- Preparation Drill
- Guerilla Drill
- Conditioning Drill 3 and Climbing Drill 1 and Climbing Drill 2
- or
- Strength Training Circuit and Push-Up & Sit-Up Drill
- Recovery Drill

FRIDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- Ability Group Run or Release Run or Hill Repeats or Terrain Run or 10 km Foot March
- Recovery Drill

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FM 7-22 Army Physical Readiness Training Headquarters Department of the Army, 2017-08-27 Field Manual 7-22 encompasses the US Army Physical Readiness Training program in its entirety. This is a must-have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad, Company, Battery, Troop, and higher levels. This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series. **Army Physical Readiness Training Manual** Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts, principles, and methods for training soldiers and units. Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training. Injury control is woven into the training's fabric by recommended exercise intensity, volume, specificity, and recovery within its progressive training schedules. Sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs. Append: Physical Fitness Test, Climbing Bars Posture and Body Mechanics, Environ Considerations, Obstacle Negotiations. Numerous photos. This is a print-on-demand publication. **Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More**, 2019-03-05 Over 600 total pages. CONTENTS: Army Combat Fitness Test Training Guide Version 1.2, FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4, Army Combat Fitness Test CALL NO 18-37, September 2018, FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012, IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1.1.4, September 2018, ACFT Field Test Highlight Poster, Final OVERVIEW. The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1: Initial Operating Capability (IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass, well-maintained, and cut, or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers' graders or

commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude *AR 350-1 Army Training and Leader Development* Headquarters Department of the Army,2017-08-27 Army Regulation 350 1 is the keystone training regulation for all US Army units This regulation is the source reference for all training conducted within units across the US Army This continent 6x9 paperback is designed with commanders executive officers and company grade NCOs in mind for portability and ease of use *AR 350-1 08/19/2014 ARMY TRAINING AND LEADER DEVELOPMENT , Survival Ebooks* Us Department Of Defense,www.survivalebooks.com,Department of Defense,Delene Kvasnicka,United States Government US Army,United States Army,Department of the Army,U. S. Army,Army,DOD,The United States Army, AR 350 1 08 19 2014 ARMY TRAINING AND LEADER DEVELOPMENT Survival Ebooks **U.S. Army Physical Readiness Training Manual** U.S. Department of the Army,2012-01-05 Soldier or civilian if you re looking to get into shape the U S Army Physical Readiness Training Manual book is the sure fire way to go The official fitness and physical readiness guide of the U S Army TC 3 22 20 helps anyone to engage in a rigorous rewarding regime of physical training Divided into three sections the book incorporates the philosophy behind the Army s training the types of programs and planning considerations to guide the reader s own personal training agenda and the exercises themselves Whether you need to be Army Strong or are just looking to lose that extra holiday weight the U S Army Physical Readiness Training Manual is the book for you *Investigation of the National Defense Program: Reconversion pt. 32. Tin shortage* United States. Congress. Senate. Special Committee Investigating the National Defense Program,1946 *The Army Lawyer* ,1993 **NATO Military Forces, Strategy, Structure and Operations Handbook Volume 1 Strategic Information** IBP USA,2013-08 2011 Updated Reprint Updated Annually NATO Military Forces Strategy Structure and Operations Handbook Department of Defense

Appropriations for Fiscal Year 2012 United States. Congress. Senate. Committee on Appropriations. Subcommittee on Defense,2012

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