

DECEMBER (RESET MONTH 3)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4	5	6	7
Preparation: PD (10 reps) Activities: 4C (60 sec), CD1 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: HSD (10 reps), MMD 1&2 (1 rep ea), AGR (25 min) or RR (25 min) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD1 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: HSD (10 reps), MMD 1&2 (1 rep ea), 60:120s (8 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD1 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) Recovery: RD (30 sec)
10	11	12	13	14
Preparation: : PD (10 reps) Activities: APFT Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD2 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: ACUs/Boots, HSD (10 reps), MMD 1&2 (1 rep ea), 300-yd SR (1 rep), 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD2 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: HSD (10 reps), MMD 1&2 (1 rep ea), AGR (30 min) or FM w/rl (<10 k) Recovery: RD (30 sec)
17	18	19	20	21
Preparation: PD (10 reps) Activities: 4C (60 sec), CD1 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or STM1 (3 rotations x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: ACUs/Boots, HSD (10 reps), MMD 1&2 (1 rep ea), 300-yd SR (1 rep), 60:120s (8 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD2 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or STM1 (3 rotations x 60 sec) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: HSD (10 reps), MMD 1&2 (1 rep ea), AGR (25 min) or RR (25 min) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: 4C (60 sec), CD1 (10 reps), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or STM1 (3 rotations x 60 sec) Recovery: RD (30 sec)
24	25	26	27	28
CHRISTMAS TRAINING HOLIDAY	CHRISTMAS TRAINING HOLIDAY	BLOCK LEAVE	BLOCK LEAVE	BLOCK LEAVE
31				
NEW YEARS TRAINING HOLIDAY				

Week Prt Schedule While Deployed

Headquarters Department of the Army

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'Headquarters Department of the Army'.

Week Prt Schedule While Deployed:

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 pub 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 *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

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 total weight 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 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 *Incentives, Benefits and Medical Care for Federal Civilian Employees Deployed to Combat Zones* United States. Congress. House. Committee on Armed Services. Oversight and Investigations Subcommittee, 2008 *The UK Deployment to Afghanistan* Great Britain: Parliament: House of Commons: Defence Committee, 2006-04-06 The UK is currently involved in two military operations in Afghanistan the US led coalition Operation Enduring Freedom OEF with a counter terrorism mission and the NATO led International Security

Assistance Force ISAF with a security and stabilisation mission The UK led Allied Rapid Reaction Corps ARRC will command the ISAF from May 2006 to February 2007 a period which will see the extension of the ISAF s mission into the Western and Southern provinces of Afghanistan The Committee s report focuses on pre deployment issues for the UK forces to be deployed in Helmand province The report considers the likely problems they will face in attempting to balance the goals of bringing greater security to the province as well as reducing the opium trade The report raises concerns that the UK airlift and close air support capability may not be sufficient to support the Helmand deployment and also about the effect the Helmand deployment might have on the overstretch of UK armed forces particularly on pinchpoint trade personnel It also calls on the MoD to provide greater clarity about the responsibilities of UK forces to detainees under their care and in terms of the rights of detainees established in the Memorandum of Understanding with the Government of Afghanistan

Reconstructing Afghanistan William Maley,Susanne Schmeidl,2014-11-27 This book identifies some of the main lessons for civil military interactions that can be derived from the experiences of Provincial Reconstruction Teams PRTs in Afghanistan The book has three main themes Firstly the volume analyses why the ways in which civil and military actors interact in theatres of operations such as Afghanistan matter for both those categories of actors and for the ordinary people who their interactions serve Second the book highlights that these interactions are invariably complex The third theme which arises specifically from the PRT experience in Afghanistan is that such teams vary significantly in their roles resourcing and operational environments Consequently to appraise the value of the PRT experience it is necessary to unpack the experiences of different PRTs which the use of case studies allows one to do The volume comprises an introduction identifying some key questions to which the PRT experience gives rise and case studies of the experiences of the United States United Kingdom New Zealand Canada The Netherlands Australia Germany and France chapters dealing with the roles played by NGOs and the UN system and a discussion from an Afghan perspective of the implications of civilian casualties It is the combination of the diverse cases discussed in this book with a focus on the broad challenges of optimising civil military interactions that makes this book distinctive This book will be of much interest to students of the Afghan War civil military relations statebuilding Central Asian politics and IR in general **Safetyline** ,1993

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