

POCKET PHYSICAL TRAINING GUIDE

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Pocket Physical Training Guide

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INTRODUCTION

The following information is provided for individuals preparing for the physical demands of initial military training (IMT). The staff of the U.S. Army Physical Fitness School (USAPFS) prepared this Pocket Physical Training Guide. This document is the sole property of United States Army Training and Doctrine Command (TRADOC) and is intended for use by U.S. Army Recruiters to assist future Soldiers.

This guide was written in recognition that both the quality and quantity of physical activity recommended to the individuals using this guide is consistent with current physical activity recommendations for the general public. The fitness components of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition are all inherent within this generalized exercise prescription. This program specifies the intensity, duration, and frequency of training, and it is the interaction of these three variables that results in improved health and physical fitness.

In order for this program to be safe and effective, it must be followed as written. Exercise must be conducted regularly at the proper intensity to bring about the desired changes in the body. However, changes in the body occur gradually; so be patient and adhere to the program. If you miss a session for some reason, just pick up where you left off with the next day's session. However, if you miss a whole week of sessions, you will have to start the week over. In addition, following the nutritional guidance in this document and ensuring adequate rest and recovery will optimize health, improve physical fitness, and control injuries.

DO NOT begin this physical exercise program before passing a routine physical examination at the Military Entrance Processing Station (MEPS).

GETTING STARTED

Your physical training program will begin with an assessment of your present physical condition. Your Recruiter will administer an assessment (the 1-1-1 Physical Fitness Assessment), which consists of one minute of push-ups, one minute of sit-ups, and a timed, one-mile run. This assessment will determine your starting point and appropriate placement in the Pre-BCT Standardized Physical Training Program. You and your Recruiter will review your scores to determine which training schedule you will follow.

Commit to spending approximately 45 minutes per day, four to five times a week in the conduct of physical training. Whether you follow the walk-to-run guidelines or begin training at a higher level, this program will help prepare you for the physical requirements of IMT. If you follow this training program, you will experience many of the health-related benefits of physical activity.

Adherence to the Pre-BCT Physical Training Program begins your preparation for the successful completion of the IMT graduation requirement to pass the Army Physical Fitness Test (APFT). This test consists of two minutes of push-ups, two minutes of sit-ups, and a timed, two-mile run. Performance standards are based on age and gender.

Safety Considerations

The Pre-BCT Program is a safe and effective way to improve your physical fitness. To achieve these results, it must be followed as written.

- ALWAYS perform the prescribed warm-up and cool-down before and after the training activity.
- Perform ONLY the prescribed number of sets and repetitions on the training schedule.

- Proper form (precision) is more important than the sloppy execution of more repetitions.
- Perform ALL the exercises in the order listed for each drill.
- If you miss a day of training, pick up with the next day of the training schedule.
- Exercise with a training partner whenever possible.

Although a little muscle soreness is to be expected when beginning a new physical training program, do not aggravate injuries by continuing to exercise when you are feeling pain or discomfort.

Injury Control

Injuries are not uncommon during intense physical training. Most injuries can, however, be prevented. Safety is always a major concern.

Many common injuries are caused by overuse, that is, exercising too much and too often and with too rapid an increase in the workload. Most overuse injuries can be treated with rest, ice, compression and elevation.

The most common running injuries occur in the feet, ankles, knees and legs. Although they are hard to eliminate, much can be done to keep them to a minimum. Preventive measures include proper warm-up and cool-down along with stretching exercises. Failure to allow recovery between hard bouts of running can lead to overtraining and can also be a major cause of injuries.

Shoes

Proper footwear may play a role in injury prevention. Choosing a running shoe that is suitable for your particular type of foot can help you avoid some common running-related injuries. It can also make running more enjoyable and help you get more mileage out of your shoes.

- Ask the salesperson to match your specific foot type to a specific shoe type. **High arched feet should go into cushioned shoes; normal arches into stability shoes; and low or no arches into motion control shoes.**
- Always tie and untie shoes when putting them on and taking them off.
- Expect shoes to be comfortable when you try them on. If they are not, then do not buy them.
- How a shoe looks is not as important as proper fit or comfort.
- Replace running shoes when they begin to show visible wear or after 500 miles of use, whichever occurs first.
- The best shoe for you may not be the most expensive. Always try on both shoes and walk around the store to ensure they fit before purchasing.
- If possible, shop for shoes at the end of the day instead of in the morning. Your feet swell from being in shoes and moving around all day.

Clothing

Proper clothing can also help prevent injuries.

- Ensure that you are wearing some sort of reflective material if exercising during hours of low visibility.
- Clothes should be comfortable, light in color, and fit loosely in warm weather.
- Clothing may be layered according to personal preference in cold weather and gloves or mittens and ear-protecting caps should be worn to prevent frostbite.
- Rubberized or plastic suits should **NEVER** be worn during exercise or the physical assessments.

Environmental Conditions

- Do not exercise in extremely hot or cold weather; try to find an alternate indoor location to reduce the risk of heat or cold injuries.
- Avoid exercising near heavily traveled streets and highways during peak traffic hours.
- Avoid exposure to pollutants before and during exercise, if possible (including tobacco).
- In areas of high smog concentrations, train early in the day or later in the evening.
- Use a waterproof or sweat proof sunblock when exercising in warm weather to avoid sunburn. Follow the instructions on the bottle for proper use.

Signs and Symptoms of Heat Injuries

If you experience any of the below symptoms of heat cramps, heat exhaustion, or heatstroke, immediately stop your physical activity.

Heat Cramps

Muscular Twitching

Cramping

Muscular Spasms in Arms, Legs or Abdomen

Heat Exhaustion (Requires Medical Attention)

Excessive Thirst

Fatigue

Lack of Coordination

Increased Sweating

Cool/Wet Skin

Dizziness and/or Confusion

Heatstroke (MEDICAL EMERGENCY, DIAL 911)

No Sweating

Hot/Dry Skin

Rapid Pulse

Rapid Breathing

Coma

Seizure

Dizziness and/or Confusion

Loss of Consciousness

Signs and Symptoms of Cold Weather Injuries

During exercise in the cold, your body usually produces enough heat to maintain its normal temperature. As you get fatigued, however, you slow down and your body produces less heat. Hypothermia develops when the body cannot produce heat as fast as it is losing it.

Hypothermia

Shivering
Loss of Judgment
Slurred Speech
Drowsiness
Muscle Weakness

Frostbite

A white or grayish-yellow skin area
Skin that feels unusually firm or waxy
Numbness in body parts exposed to the cold such as the nose, ears, feet, hands, and skin

Hydration

Water is the preferred hydration fluid before during and after physical training activities in the Pre-BCT program.

- Drink 13 to 20 ounces of cool water at least 30 minutes before beginning exercise (approximately 2 glasses of water).
- After the activity, drink to satisfy thirst, then drink a little more.
- After exercise, avoid alcoholic beverages and soft drinks because they are not suitable for proper hydration and recovery. Sports drinks may be consumed, but are not required and contain a considerable number of additional calories.

- It is also possible to drink too much water. Be sure to limit intake to NO MORE THAN 1 1/2 quarts per hour (48 oz) during heavy exertion.

Nutrition

In addition to exercise, proper nutrition plays a major role in attaining and maintaining total fitness. Good dietary habits greatly enhance your ability to perform at your maximum potential. A good diet alone, however, will not make up for poor health and exercise habits.

Your body needs protein, carbohydrate, some fat, vitamins, minerals, fiber, and water to be healthy and grow strong. Include foods from each of the main food groups in your diet to get all the nutrients you need.

Bread, Cereal, Rice, and Pasta

What do you get? Carbohydrate, vitamins, minerals, fiber, and a small amount of protein.

Try to make at least half of your choices whole-grain products, such as 100 percent whole grain bread, brown rice or wild rice, barley, or oatmeal.

Vegetables

What do you get? Carbohydrate, vitamins, minerals, fiber, and a small amount of protein.

Eat lots of different ones — at least 3 to 5 servings a day, especially deep green types and the red, yellow, and orange varieties.

Fruit

What do you get? Carbohydrate, vitamins, minerals, and fiber.

Eat all varieties — at least 2 a day. Try to have a citrus fruit or juice (for example orange or grapefruit) plus a blue, red,

purple, or orange type (such as blueberries, strawberries, plums or peaches) every day.

Milk, Yogurt, and Cheese

What do you get? Protein, carbohydrate in milk and yogurt, vitamins, and minerals (especially calcium).

Select 1 percent or nonfat milk or cottage cheese, nonfat or lowfat yogurt and part-skim or fat-reduced cheeses. Low-fat dairy products may help weight loss.

Meats, Poultry, Fish, Eggs, Nuts, Dry Beans

What do you get? Protein, vitamins and minerals (especially iron and zinc) plus carbohydrate in beans.

Good lowfat choices: lean meats (ones with the words “round,” “loin,” or “leg” in the name), skinless chicken or turkey breast, ham, any fish or seafood if not fried or in butter, egg whites, and veggie burgers.

Fats, Oils, and Sweets

What do you get? Mostly extra calories.

A little is all right, but it's easy to get too much. Cut way back on fried, greasy, oily, creamy, and buttery foods. Limit high-sugar, nutrient poor foods like candy, desserts, and sugar-sweetened soda pop and fruit drinks to once in a while and in small amounts.

Nutrition Tips

❑ At least two-thirds of your plate should be covered with foods from the grains, vegetables, and fruits groups and no more than one third should have a lowfat or lean protein source from the milk or meat group.

- ❑ Take a daily multi-vitamin, multi-mineral supplement each day with food. Choose one with no more than 100 percent of the Daily Values. A man's supplement should have no more than 10 mg iron, while a woman's should have 18 mg of iron.
- ❑ Avoid most fast foods and processed foods (such as burgers and sausage, chips, fries and other deep-fried foods, snack crackers, snack cakes, and pastries).
- ❑ Drink 8 -10 glasses of water a day.

If you have questions, consult a registered nutritionist or dietician.

STANDARDIZED PHYSICAL TRAINING SESSION

A standardized physical training session consists of three essential elements: warm-up, activity, and cool-down. These elements are integrated to produce the desired training effect. More importantly, every standardized physical training session must have a specific purpose. This purpose, to prepare you for the physical demands of IMT, follows a recommended rate of progression, specific to each individual's tolerance to the current level of training. There are three stages of standardized progression: initial, improvement, and maintenance.

The initial conditioning stage includes light muscular endurance activities and moderate-level cardiorespiratory endurance activities that produce minimal muscle soreness and control injuries. This stage usually lasts up to four weeks and is dependent upon the individual's adaptation to exercise. The duration of the main activity during the initial stage will begin with approximately 15 to 20 minutes and may progress to 30 minutes or more. Individual goals are established by your Recruiter early in your exercise program and are reflected in where you start in the training schedule. These goals are realistic and provide personal rewards. The initial stage is the Walk-to-Run Program and the muscular strength and endurance sessions conducted in weeks one through four.

The goal of the improvement stage is to provide a gradual increase in the overall exercise stimulus to allow for more significant improvements in your fitness level. As an example, you will exercise at a moderate to vigorous intensity for 20 to 30 minutes continuously. This is shown through the increased running times in the running progression and the increased number of sets and repetitions in Conditioning Drill 2.

The goal of the maintenance stage is the long-term maintenance of the cardiorespiratory and muscular strength and endurance fitness developed during the weeks spent in the improvement stage. This stage of the standardized physical fitness training program begins when you have reached the pre-established fitness goals set by your Recruiter.

Your exercise program will incorporate levels of intensity, frequency, and duration consistent with the objective of preparing you physically for the challenges of IMT. All standardized physical training sessions in this program have been developed using this model. Your Recruiter will guide you through the 12-week PRE-BCT Standardized Physical Training Schedule, and he or she will monitor your performance with periodic assessments. Your Recruiter will provide instruction to you regarding your participation in this program. As an example, your Recruiter will assess your fitness level with the 1-1-1 Physical Fitness Assessment.

Standardized Warm-up

The standardized physical training session will always include the following elements: warm-up, activity and cool-down. The warm-up should last approximately 10 to 15 minutes and occur just before the activities of the physical training session. The performance of Conditioning Drill 1 (one set times five repetitions of each exercise) followed by The Military Movement Drill (one set times one repetition of each exercise) comprises the warm-up for ALL standardized physical training sessions. After the warm-up, you are prepared for more vigorous conditioning activities.

Conditioning Drill 1

1. The Bend and Reach	(5 repetitions - slow)
2. The Rear Lunge	(5 repetitions - slow)
3. The High Jumper	(5 repetitions - moderate)
4. The Rower	(5 repetitions - slow)
5. The Squat Bender	(5 repetitions - slow)
6. The Windmill	(5 repetitions - slow)
7. The Forward Lunge	(5 repetitions - slow)
8. The Prone Row	(5 repetitions - slow)
9. The Bent-leg Body Twist	(5 repetitions - slow)
10. The Push-up	(5 repetitions - moderate)

The Military Movement Drill

1. Verticals	(1 repetition)
2. Laterals	(1 repetition)
3. The Shuttle Sprint	(1 repetition)

See Conditioning Drill 1 tab.

See Military Movement Drill tab.

Standardized Physical Training Activities

The activities of your standardized physical training session (speed running, sustained running, and Conditioning Drill 2) are specified on the physical training schedule. See Training Schedules tab for speed running and sustained running and Conditioning Drill 2 tab.

Standardized Cool-down

The cool-down serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet. You should begin the cool-down by walking until your heart rate returns to less than 100 beats per minute (BPM) and heavy sweating stops.

The cool-down should last approximately 10 to 15 minutes and occur immediately after the activities of the standardized physical training session. The performance of Conditioning Drill 1 (one set times five repetitions) followed by The Stretch Drill (hold each stretch for 20 seconds) makes up the cool-down for ALL physical training sessions. The cool-down safely brings you back to your pre-exercise state after performing vigorous conditioning activities. Performance of the cool-down also helps to improve flexibility and range of motion.

Conditioning Drill 1	
1. The Bend and Reach	(5 repetitions - slow)
2. The Rear Lunge	(5 repetitions - slow)
3. The High Jumper	(5 repetitions - moderate)
4. The Rower	(5 repetitions - slow)
5. The Squat Bender	(5 repetitions - slow)
6. The Windmill	(5 repetitions - slow)
7. The Forward Lunge	(5 repetitions - slow)
8. The Prone Row	(5 repetitions - slow)
9. The Bent-leg Body Twist	(5 repetitions - slow)
10. The Push-up	(5 repetitions - moderate)
The Stretch Drill	
1. The Overhead Arm Pull	(hold 20 seconds)
2. The Rear Lunge	(hold 20 seconds)
3. The Extend and Flex	(hold 20 seconds)
4. The Thigh Stretch	(hold 20 seconds)
5. The Single-leg Over	(hold 20 seconds)

See Conditioning Drill 1 tab.

See Stretch Drill tab.

RUNNING

(Cardiorespiratory Endurance Training)

Cardiorespiratory endurance refers to your body's ability to utilize oxygen in the working muscles. IMT will challenge your cardiorespiratory endurance in activities such as: ability group runs, speed running, foot marching, obstacle and bayonet assault course negotiation, and common skills training.

Getting Started

You and your Recruiter will review the results of the one-mile run event on the 1-1-1 Physical Fitness Assessment. Your one-mile run time will be used to determine your placement in either the Walk-to-Run Program or one of the three running ability groups (A, B or C). Your Recruiter will inform you of which training schedule to follow and the running ability group to which you will be assigned. See Training Schedules tab. When beginning a running program, care should be taken to follow a proper progression for both intensity and duration. Cardiorespiratory training, particularly running, if begun without proper preparation can contribute to lower extremity injuries. Improvements in your body's ability to use oxygen occur when exercise involves the use of large muscle groups over extended periods in activities that are rhythmic and aerobic in nature (e.g., running, walking, swimming, cycling, and some recreational sports). Walking or running may be the activity of choice because it is readily accessible and can be performed any time or place with little or no training.

Walk-to-Run Program

If you are a male and your one-mile time was slower than 8:30 or a female and your one-mile time was slower than 10:30 on the 1-1-1 Physical Fitness Assessment, begin with

this section. When new runners or runners of lower fitness levels start a running program, they often follow a walk-run progression. During the first four weeks, you will alternate walking and running for the time listed on the training schedule and repeat the walk-run routine five times in each training session. You will gradually decrease the walk time and increase the run times over the four weeks. When you have completed the walk-to-run program, you are ready to progress to the next stage of your training. The run progression starts at week five of your designated training schedule. You should run continuously for the time period listed on the training schedule. You should run at a pace that you are able to maintain for the entire time listed. You should not feel out of breath during the runs. If you are able to carry on a conversation as you run (the talk test), then you are probably running at the right pace. Resist the temptation to run longer than the time specified on your training schedule. The program will get harder; it is designed to gradually and safely increase your endurance. During weeks seven through 12, you will run one mile at a designated pace that progresses each week to enable you to meet the BCT standard. You will also add speed running to the program, which will increase the intensity and help you to run faster. Make sure that you properly warm-up with the standardized warm-up before the walk-run activity and properly cool-down with the standardized cool-down after the walk-run activity. Refer to the training schedules at Training Schedules tab.

Sustained Running

If you are a male and your one-mile time was 8:30 or faster or a female and your one-mile time was 10:30 or faster on the 1-1-1 Physical Fitness Assessment, begin with this section. Run continuously for the time period, at the designated pace listed for your gender and ability group, on the training schedule. The program will get harder; it is designed to gradually and safely increase your endurance. You will also add speed running to the program, which will increase the

intensity and help you to run faster with improved running form. Make sure that you properly warm-up with the standardized warm-up before running and properly cool-down with the standardized cool-down after the running activity. The following table displays running ability groups categorized by one-mile run times and gender. For example, if a female ran the one-mile run event in 9:30, she would be placed in Female Ability Group B. Refer to the training schedules at Training Schedules tab.

Sustained Running Ability Groups			
Gender	A	B	C
Male	7:00 or faster	7:01 - 7:45	7:46 - 8:30
Female	9:00 - 8:31	9:01 - 9:45	9:46 - 10:30

NOTE: If a female runs faster than the female run times listed above, the Recruiter will select the appropriate male running ability group, and she will run at the male pace times listed on the training schedules at Training Schedules tab.

Speed Running

Speed running will help you to improve your fitness level in a relatively short time and increase your running speed. In speed running, you will alternate periods of fast running with periods of walking. In this way, you can do more fast-paced running in a given workout than if you continuously run without resting. During speed running, you will perform a work interval (run fast) in a specified time for a specific number of repetitions. The work intervals are followed immediately by an active recovery interval (walk). Speed running improves

the active muscles' resistance to fatigue by repeatedly exposing them to high intensity effort. An appropriate work to recovery ratio for improving speed is 1:2. You will perform speed work in the form of 30:60s, adhering to a work to recovery ratio of 1:2. During the work (run) interval, you will sprint for 30 seconds. During the recovery (walk) interval, you will walk for 60 seconds. This is one repetition of 30:60s. Speed running is performed once a week, starting week one, continuing to the end of the 12-week program. You will progress from four to 10 repetitions of speed running intervals.

Running Form

Running form varies from person to person. Differences in body types, i.e., limb lengths and muscle balance, may cause individuals to have variations in their running style. Attempts to force an individual to conform to one standard

may do more harm than good. However, there are some basic guidelines that may improve running efficiency without overhauling the individual's natural stride. Generally, the form and technique for all types of running are fairly constant. The following information addresses optimal running form for the major body segments. Refer to the figure at left.



Head

The head should be held high, with the chin neither pointing up nor down. Allowing the head to ride forward puts undue strain on the muscles of the upper back.

Shoulders

The shoulders should assume a neutral posture, neither rounded forward nor forcefully arched backward. Rounding the shoulders forward is the most common fault in everyday posture as well as with running. This is usually associated with tightness of the chest and shoulder muscles. Another problem occurs when the shoulders start to rise with fatigue or increased effort. This position not only wastes energy, but can also adversely affect breathing.

Arms

Throughout the arm swing, the elbows should stay at roughly a 90-degree bend. The wrists stay straight and the hands remain loosely cupped with palms facing inward. The arm swing should be free of tension, but do not allow the hands to cross the midline of the body.

Trunk and Pelvis

The trunk should remain over its base of support, the pelvis. A common problem with fatigue is allowing the trunk to lean forward of the legs and pelvis. This forces the lower back muscles to spend too much energy resisting further trunk collapse to the front.

Legs

For sustained running, much of the power is generated from below the knee. Energy is wasted as the knees come higher and the large muscles around the hips and thighs are engaged. While running, concentrate on getting a strong push-off from the ankle of the back leg. This helps to naturally lengthen the stride. Lengthening the stride by reaching forward with the front leg will be counterproductive.

Feet

The feet should be pointing directly forward while running. With fatigue and certain muscle imbalances, the legs and feet will start to rotate outward. This may hinder performance and create abnormal stresses that contribute to injury.

Breathing

Breathing should be rhythmic in nature and coordinated with the running stride.

CALISTHENICS

(Muscular Strength and Endurance Training)

Muscular strength and endurance (MSE) refers to your ability to overcome resistance in one single effort (muscular strength) or in repeated efforts over a period of time (muscular endurance). IMT will challenge your strength and endurance on obstacle courses, buddy carries, the bayonet assault course, foot marches, and during daily activities that involve lifting.

Getting Started

MSE training does not require a gym or expensive equipment. In fact, it is best to start with just the resistance of your own body to develop proper form. Calisthenic exercises can be performed at home in a relatively small space and in a time-efficient manner. Calisthenics are an integral part of this fitness program for muscular strength and endurance. In addition to the development and maintenance of muscular strength, the physiological benefits of resistance training include increases in bone mass and in the strength of connective tissue. This is particularly important to establish injury control in the beginning stages of an exercise program. The conditioning drill that you will follow in this program consists of 10 exercises that train the major muscle groups of the arms, shoulders, chest, abdomen, back, hips, and legs. The primary goal of the muscular strength and endurance aspect of this program is to develop total body strength and endurance in a relatively time-efficient manner. These calisthenic exercises should be performed every day, and more frequent training with additional sets and repetitions will bring about larger strength gains.

Conditioning Drill 1

Conditioning Drill 1 (CD 1) consists of a variety of calisthenics that develop motor skills while challenging strength, endurance, and flexibility. The exercises in the drill are always performed in the sequence listed below.

Conditioning Drill 1 is always used in the conduct of the warm-up and cool-down.

Conditioning Drill 1

1. The Bend and Reach
2. The Rear Lunge
3. The High Jumper
4. The Rower
5. The Squat Bender
6. The Windmill
7. The Forward Lunge
8. The Prone Row
9. The Bent-leg Body Twist
10. The Push-up

For a complete explanation, see Conditioning Drill 1 tab.

Conditioning Drill 2

Conditioning Drill 2 (CD 2) is designed to enhance upper body strength, endurance, and flexibility. As in Conditioning Drill 1, all exercises are to be performed in the sequence listed. You should try to find a partner(s) to assist you, when performing the Pull-ups. Conditioning Drill 2 consists of the following exercises:

Conditioning Drill 2

1. The Push-up
2. The Sit-up
3. The Pull-up

For a complete explanation, see Conditioning Drill 2 tab. For more information on the hand position for the Pull-up, see below.

Hand Position

The overhand grip is the grip used for the pull-up. The hands are placed shoulder width apart with thumbs around the bar for the overhand grip.



Overhand Grip

FLEXIBILITY TRAINING

Optimal musculoskeletal function requires that an adequate range of motion be maintained at all joints. Maintenance of flexibility in the lower back and hamstrings is of particular importance. Lack of flexibility in these areas may be associated with increased risk of injury and the development of lower back pain. Flexibility is enhanced by the daily performance of dynamic and static stretching exercises. These types of exercises are performed daily during the warm-up and cool-down. Conditioning Drill 1 contains dynamic exercises that challenge the body's range of motion to achieve a variety of postures. The Stretch Drill provides exercises that are designed to improve flexibility in most major muscle groups of the body. These static stretches involve slowly stretching muscles and then holding that position for an extended period of time (20 seconds). Static stretching is most beneficial at the conclusion of a physical training session. See Conditioning Drill 1 and Stretch Drill tabs.

Conditioning Drill 1

Exercise 1: The Bend and Reach

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW.

- Count:**
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
 2. Return to the starting position.
 3. Repeat count one.
 4. Return to the starting position.



Starting
Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position, ensure that Soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- ❑ The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
- ❑ The heels and feet remain flat on the ground.
- ❑ On counts two and four, do not go past the starting position.

Precautions: *This exercise is always performed at a slow cadence.* To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.

Conditioning Drill 1

Exercise 2: The Rear Lunge

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

- Count:**
1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
 2. Return to the starting position.
 3. Repeat count one with the right leg.
 4. Return to the starting position.



Starting
Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ❑ After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
- ❑ On counts one and three, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ❑ Keep the rear leg as straight as possible but not locked.

Precautions: *This exercise is always performed at a slow cadence.* On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Conditioning Drill 1

Exercise 3: The High Jumper

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward leaning stance.

Cadence: MODERATE.

- Count:**
1. Swing arms forward and jump a few inches.
 2. Swing arms backward and jump a few inches.
 3. Swing arms forward and vigorously overhead while jumping forcefully.
 4. Repeat count two. On the last repetition, return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ❑ On count one, the arms are parallel to the ground.
- ❑ On count three, the arms should be extended fully overhead. The trunk and legs should also be in line.
- ❑ On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A.

Conditioning Drill 1

Exercise 4: The Rower

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked, and the head is one to two inches above the ground. Arms are shoulder width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW.

- Count:**
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
 2. Return to the starting position.
 3. Repeat count one.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, the lower back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and lower back toward the ground.
- ❑ At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: *This exercise is always performed at a slow cadence.* Do not arch the back to assume counts one and three.

Conditioning Drill 1

Exercise 5: The Squat Bender

Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

- Count:**
1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
 2. Return to the starting position.
 3. Bend forward and reach toward the ground with both arms extended and palms inward.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the end of count one, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- ❑ On count three, round the back slightly while bending forward, keeping the head aligned with the spine and the knees slightly bent.

Precautions: *This exercise is always performed at a slow cadence.* Allowing the knees to go beyond the toes on count one increases stress to the knees.

Conditioning Drill 1

Exercise 6: The Windmill

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW.

- Count:**
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
 2. Return to the starting position.
 3. Repeat count one to the right.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

□ From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.

□ On counts one and three, ensure that the knees bend during the rotation. Head and eyes are directed to the left foot on count one and the right foot on count three.

Precautions: *This exercise is always performed at a slow cadence.*

Conditioning Drill 1

Exercise 7: The Forward Lunge

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

- Count:**
1. Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
 2. Return to the starting position.
 3. Repeat count one with the right leg.
 4. Return to the starting position.



Starting Position

Count 1

Count 2

Count 3

Count 4

Check Points:

- ❑ Keep the abdominal muscles tight throughout the motion.
- ❑ On counts one and three, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ❑ On counts one and three, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: *This exercise is always performed at a slow cadence.* On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Conditioning Drill 1

Exercise 8: The Prone Row

Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms down one to two inches off the ground and toes pointed to the rear.

Cadence: SLOW.

- Count:**
1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
 2. Return to the starting position.
 3. Repeat count one.
 4. Return to the starting position.



Starting Position

Count 1



Count 2

Count 3



Count 4

Check Points:

- ❑ At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- ❑ On counts one and three, the forearms are parallel to the ground and slightly higher than the trunk.
- ❑ On counts one and three, the head is raised to look forward but not skyward.
- ❑ Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: *This exercise is always performed at a slow cadence.* Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

Conditioning Drill 1

Exercise 9: The Bent-leg Body Twist

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: SLOW.

- Count:**
1. Rotate the legs to the left while keeping the upper back and arms in place.
 2. Return to the starting position.
 3. Repeat count one to the right.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ❑ The head should be off the ground with the chin slightly tucked.
- ❑ Ensure that the hips and knees maintain 90-degree angles.
- ❑ Keep the feet and knees together throughout the exercise.
- ❑ Attempt to rotate the legs to about eight to 10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: *This exercise is always performed at a slow cadence.* Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.

Conditioning Drill 1

Exercise 10: The Push-up

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE.

- Count:**
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
 2. Return to the starting position.
 3. Repeat count one.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ❑ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ❑ On counts two and four the elbows straighten but do not lock.
- ❑ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.



The Military Movement Drill

Exercise 1: Verticals

Purpose: This exercise helps to develop proper running form.

Starting Position: Staggered stance.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.



Check Points:

- ❑ Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- ❑ Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- ❑ Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

Precautions: N/A.

The Military Movement Drill

Exercise 2: Laterals

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step to the side by rising slightly and bringing the trailing leg to the lead leg. Quickly hop to the side and land back in the crouch with the feet shoulder width apart. Always face the same direction so that the first 25 yards is moving to the left and the second 25 yards is moving to the right.



Starting Position



Check Points:

- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Avoid hitting the feet and ankles together on each step.
- Rank leaders will face their rank throughout the exercise.

Precautions: N/A.

Variation: Soldiers may perform this exercise holding a weapon at port arms.

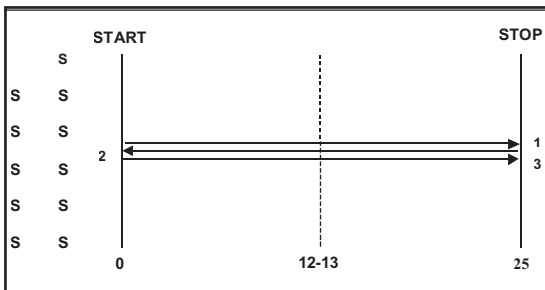
The Military Movement Drill

Exercise 3: The Shuttle Sprint

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered stance.

Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line and plant the right foot, turn counterclockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually accelerating to near maximum speed.



Check Points:

- ❑ Soldiers should slow their movement before planting feet and changing direction.
- ❑ Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- ❑ Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- ❑ Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.

The Stretch Drill

Exercise 1: The Overhead Arm Pull

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk muscles.

Starting Position: Straddle stance with hands on hips.

- On the command, **“Ready, STRETCH,”** raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** assume the starting position.
- On the command, **“Change Position, Ready, STRETCH,”** raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** return to the starting position.



Starting Position

Position 1

Starting Position

Position 2

Starting Position

Check Points:

- ❑ Throughout the exercise, keep the hips set and the abdominals tight.
- ❑ In positions 1 and 2, lean the body straight to the side, not to the front or back.

Precautions: N/A.

The Stretch Drill

Exercise 2: The Rear Lunge

Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance with hands on hips.

- On the command, **“Ready, STRETCH,”** take an exaggerated step backward with the left leg, touching down with the ball of the foot. This is the same position as count 1 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** assume the starting position.
- On the command, **“Change Position, Ready, STRETCH,”** take an exaggerated step backward with the right leg, touching down with the ball of the foot. This is the same position as count 3 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** return to the starting position.



Starting Position Position 1 Starting Position Position 3 Starting Position

Check Points:

- ❑ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ❑ After the foot touches down on positions 1 and 2, allow the body to continue to lower.
- ❑ Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of positions 1 and 2.
- ❑ Keep the forward knee over the ball of the foot on positions 1 and 2.

Precautions: When lunging to the left or right do not let the knee move forward of the toes.

The Stretch Drill

Exercise 3: The Extend and Flex

Purpose: This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 - extend) and the low back, hamstrings and calves (Position 2 - flex).

Starting Position: Front leaning rest position.

- On the command, **“Ready, STRETCH,”** lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** assume the starting position.
- On the command, **“Change Position, Ready, STRETCH,”** slightly bend the knees and walk the hands back toward the legs. Straighten the legs and try to touch the ground with the heels. Keep the feet together and hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** return to the starting position.



Starting Position



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- In position 1, the thighs and pelvis rest on the ground. Relax the back muscles while bearing the body weight through the straight arms. Toes point to the rear.
- In position 2, the legs are straight and the arms are shoulder width apart, palms down on the ground.
- Feet are together throughout the exercise.

Precautions: N/A.

The Stretch Drill

Exercise 4: The Thigh Stretch

Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: Seated position, arms at sides and palms on the floor.

- On the command, **“Ready, STRETCH,”** roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** assume the starting position.
- On the command, **“Change Position, Ready, STRETCH,”** lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** return to the starting position.



Starting Position



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- Keep the abdominal muscles tight throughout this stretch in order to keep the trunk straight.
- Do not pull the heel forcefully to the buttock if there is discomfort in the knee joint.

Precautions: N/A.

The Stretch Drill

Exercise 5: The Single-leg Over

Purpose: This exercise develops flexibility of the hips and lower back muscles.

Starting Position: Supine position with arms sideward, palms down.

- On the command, **“Ready, STRETCH,”** turn the body to the right, bend the left knee to 90-degrees over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** assume the starting position.
- On the command, **“Change Position, Ready, STRETCH,”** turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20-30 seconds.
- On the command, **“Starting Position, MOVE,”** return to the starting position.



Starting Position

Position 1



Starting Position



Position 2



Starting Position

Check Points:

- At the starting position, the arms are directed to the sides at 90-degrees to the trunk, the fingers and thumbs are extended and joined.
- In position 1, keep the left shoulder, arm, and hand on the ground.
- In position 2, keep the right shoulder, arm, and hand on the ground.

Precautions: N/A.

Conditioning Drill 2

Exercise 1: The Push-up

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE.

- Count:**
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
 2. Return to the starting position.
 3. Repeat count one.
 4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ❑ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ❑ On counts two and four the elbows straighten but do not lock.
- ❑ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.



Conditioning Drill 2

Exercise 2: The Sit-up

Purpose: This exercise strengthens the abdominal and hip flexor muscles.

Starting Position: Supine position with hands behind head, fingers interlaced and knees bent at 90-degrees. Feet are together or up to 12 inches apart and flat on the ground. Hands are touching the ground.

Cadence: MODERATE.

- Count:**
1. Raise the upper body to the vertical position so that the base of the neck is above the base of the spine.
 2. Return to the starting position in a controlled manner until the bottom of the shoulder blades touch the ground. The head and hands need not touch the ground.
 3. Repeat count one.
 4. Repeat count two and return to the starting position at the completion of the final repetition.



Starting Position

Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ The hands are behind the head with the fingers interlaced.
- ❑ Feet are together or up to 12 inches apart and both heels must remain in contact with the ground throughout the exercise.
- ❑ On counts one and three do not raise the hips or arch the back to assume the vertical position.

Precautions: Soldiers should not jerk on the head or neck to assume the vertical position.

Conditioning Drill 2

Exercise 3: The Pull-up

Purpose: This exercise strengthens the forearm, arm and back muscles.

Starting Position: Extended hang using the overhand grip with the thumbs around the bar.

Cadence: MODERATE.

- Count:**
1. Pull the body upward keeping the body straight until the chin is above the bar.
 2. Return to the starting position in a controlled manner.



Starting Position

Count 1

Count 2

Hand Positions:

The hand position for the pull-up is the overhand grip, with the palms facing away from the face.

**Check Points:**

- Throughout the exercise keep the feet and legs together.
- Throughout the exercise, arms are shoulder width, palms facing away from the body, with thumbs around the bar.
- Avoid kicking or swinging to achieve the up position.

Precautions: Spotters standing to the front and rear of the exerciser are used to ensure precision and safety by assisting Soldiers when fatigued or unable to properly execute the desired number of repetitions. As Soldiers become more proficient, they will need less assistance and will eventually be able to perform the exercises unassisted. Spotters must provide as much or as little assistance as needed so that the exercise is performed with precision.

TRAINING SCHEDULES

The four training schedules below are tailored based on your performance of the 1-1-1 Physical Fitness Assessment. Use the one that is appropriate to your individual needs.

- **Training schedule #1** is the training schedule for the future Soldier who passes all the events on the initial 1-1-1 Physical Fitness Assessment.
- **Training schedule #2** is the training schedule for the future Soldier who passes the push-ups and sit-ups but fails the one-mile run on the initial 1-1-1 Physical Fitness Assessment.
- **Training schedule #3** is the training schedule for the future Soldier who fails the push-ups and/or sit-ups but passes the one-mile run on the initial 1-1-1 Physical Fitness Assessment.
- **Training schedule #4** is the training schedule for the future Soldier who fails the push-ups and/or sit-ups and the one-mile run on the initial 1-1-1 Physical Fitness Assessment.
- **Personal Training Assessment** forms are included for you to track your progress on the 1-1-1 PFA exercises.
- **Blank training schedules** are included for you to track your own training program.

USING THE TRAINING SCHEDULES

WARM-UP	CD1 & MMD
ACTIVITY	Run 20 minutes
	Male A B C
	7:15 8:00 8:45
	Female A B C
	9:15 10:00 11:00
COOL-DOWN	CD1 & SD

WARM-UP	CD1 & MMD
ACTIVITY	CD2 15/15/5 (1 set)
COOL-DOWN	CD1 & SD

This means run for 20 minutes at the pace listed for your ability group. For example: A male in group A should run 20 minutes at a 7:15 per mile pace (almost 3 miles total).

This means perform 5 repetitions CD1 and 1 repetition MMD.

This means perform 5 repetitions CD1 and hold each stretch for 20 seconds.

This means perform 15 repetitions of the push-up and sit-up, and 5 pull-ups. (Push-ups and sit-ups are 4-count exercises.)

TRAINING SCHEDULE 1

	SUN	MON	TUE	WED
WEEK ONE	WARM-UP ACTIVITY	CD1 & MMD Run 15 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (6 reps)
		Male A B C 7:30 8:15 9:00	Walk 15 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (6 reps)
		Male A B C 7:30 8:15 9:00	Walk 15 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
	Female A B C 9:30 10:15 11:15			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	
WEEK TWO	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
	Female A B C 9:30 10:15 11:15			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	
WEEK THREE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
	Female A B C 9:30 10:15 11:15			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	
WEEK FOUR	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
		Female A B C 9:30 10:15 11:15		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (7 reps)
		Male A B C 7:30 8:15 9:00	Walk 20 min	
	Female A B C 9:30 10:15 11:15			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	

TRAINING SCHEDULE 1

	SUN	MON	TUE	WED
WEEK NINE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:45 8:30 Female A B C 9:00 9:45 10:45	CD1 & MMD CD 2 15/15/5 (2 sets)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:45 8:30 Female A B C 9:00 9:45 10:45	CD1 & MMD CD 2 15/15/5 (2 sets)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK TEN	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & MMD CD 2 20/20/5 (1 set)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & MMD CD 2 20/20/5 (1 set)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK ELEVEN	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & MMD CD 2 20/20/5 (1 set)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & MMD CD 2 20/20/5 (1 set)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK TWELVE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & MMD CD 2 20/20/5 (1 set)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD

ENTER MAINTENANCE PHASE

	MON	TUE	WED	THU	FRI
WARM-UP	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD
ACTIVITY	A & B Run 30 min C Run 20 min	CD 2 20/20/5 (1 set)	30:60s (10 reps)	CD 2 20/20/5 (1 set)	A & B Run 30 min C Run 20 min
	A B C				A B C
	7:30 8:00 9:30				7:30 8:00 9:30
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD



ENTER MAINTENANCE PHASE

	MON	TUE	WED	THU	FRI
WARM-UP	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD
ACTIVITY	Run 20-30 minutes	CD 2 20/20/5 (1 set)	30:60s (8 reps)	CD 2 20/20/5 (1 set)	Run 20-30 minutes
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD



TRAINING SCHEDULE 3

	SUN	MON	TUE	WED
WEEK ONE	WARM-UP ACTIVITY	CD1 & MMD Run 15 minutes Male A B C 7:30 8:15 9:00 Female A B C 9:30 10:15 11:15	CD1 & MMD CD 2 5/5/2 (1 set) & Walk 15 min	CD1 & MMD 30:60s (6 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:30 8:15 9:00 Female A B C 9:30 10:15 11:15	CD1 & MMD CD 2 5/5/2 (1 set) & Walk 15 min	CD1 & MMD 30:60s (6 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK TWO	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:30 8:15 9:00 Female A B C 9:30 10:15 11:15	CD1 & SD CD1 & MMD CD 2 5/5/2 (2 sets) & Walk 15 min	CD1 & SD CD1 & MMD 30:60s (7 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK THREE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:30 8:15 9:00 Female A B C 9:30 10:15 11:15	CD1 & SD CD1 & MMD CD 2 5/5/2 (2 sets) & Walk 15 min	CD1 & SD CD1 & MMD 30:60s (7 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK FOUR	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:30 8:15 9:00 Female A B C 9:30 10:15 11:15	CD1 & SD CD1 & MMD CD 2 5/5/2 (2 sets) & Walk 15 min	CD1 & MMD 30:60s (7 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD

TRAINING SCHEDULE 3

	SUN	MON	TUE	WED
WEEK FIVE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 7/7/3 (1 set)	CD1 & MMD 30:60s (8 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 7/7/3 (2 sets)	CD1 & MMD 30:60s (8 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
	Female A B C 9:15 10:00 11:00			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	
WEEK SEVEN	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
	Female A B C 9:15 10:00 11:00			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	
WEEK EIGHT	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
		Female A B C 9:15 10:00 11:00		
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (9 reps)
		Male A B C 7:15 8:00 8:45		
	Female A B C 9:15 10:00 11:00			
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	

TRAINING SCHEDULE 3

	SUN	MON	TUE	WED
WEEK NINE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:45 8:30 Female A B C 9:00 9:45 10:45	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:45 8:30 Female A B C 9:00 9:45 10:45	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK TEN	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & SD CD1 & MMD CD 2 15/15/5 (1 set)	CD1 & SD CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK ELEVEN	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & SD CD1 & MMD CD 2 15/15/5 (1 set)	CD1 & SD CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
WEEK TWELVE	WARM-UP ACTIVITY	CD1 & MMD Run 20 minutes Male A B C 7:00 7:30 8:15 Female A B C 9:00 9:30 10:30	CD1 & SD CD1 & MMD CD 2 15/15/5 (1 set)	CD1 & SD CD1 & MMD 30:60s (10 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD

ENTER MAINTENANCE PHASE

	MON	TUE	WED	THU	FRI
WARM-UP	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD
ACTIVITY	A & B Run 30 min C Run 20 min	CD 2 15/1/5/5 (2 sets)	30:60s (10 reps)	CD 2 15/1/5/5 (2 sets)	A & B Run 30 min C Run 20 min
	A B C				
	7:30 8:00 9:30				
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD



TRAINING SCHEDULE 4

	SUN	MON	TUE	WED
	WARM-UP ACTIVITY	CD1 & MMD Run 10 minutes	CD1 & MMD CD 2 7/7/3 (1 set)	CD1 & MMD 30:60s (6 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 12 minutes	CD1 & MMD CD 2 7/7/3 (2 sets)	CD1 & MMD 30:60s (6 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 9:30 min/F: 11:30 min	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (7 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 9:15 min/F: 11:15 min	CD1 & MMD CD 2 10/10/5 (1 set)	CD1 & MMD 30:60s (7 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD

TRAINING SCHEDULE 4

	SUN	MON	TUE	WED
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 9:00 min/F: 11:00 min	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (8 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 8:45 min/F: 10:45 min	CD1 & MMD CD 2 10/10/5 (2 sets)	CD1 & MMD 30:60s (8 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 8:30 min/F: 10:30 min	CD1 & MMD CD 2 15/15/5 (1 set)	CD1 & MMD 30:60s (8 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD
	WARM-UP ACTIVITY	CD1 & MMD Run 1 Mile M: 8:15 min/F: 10:15 min	CD1 & MMD CD 2 15/15/5 (1 set)	CD1 & MMD 30:60s (8 reps)
	COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD

ENTER MAINTENANCE PHASE

	MON	TUE	WED	THU	FRI
WARM-UP	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD	CD1 & MMD
ACTIVITY	Run 20-30 minutes	CD 2 15/15/5 (2 sets)	30:60s (8 reps)	CD 2 15/15/5 (2 sets)	Run 20-30 minutes
COOL-DOWN	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD	CD1 & SD



	THU	FRI	SAT	Year
WEEK ONE	WARM-UP ACTIVITY			
	COOL-DOWN			
	WARM-UP ACTIVITY			
WEEK TWO				
	COOL-DOWN			
	WARM-UP ACTIVITY			
WEEK THREE				
	COOL-DOWN			
	WARM-UP ACTIVITY			
WEEK FOUR		REST	1-1-1 PHYSICAL FITNESS ASSESSMENT	Month
	COOL-DOWN			

TRAINING SCHEDULE

WEEK EIGHT	WEEK SEVEN	WEEK SIX	WEEK FIVE	
SUN	MON	TUE	WED	
WARM-UP ACTIVITY				
COOL-DOWN				
WARM-UP ACTIVITY				
COOL-DOWN				
WARM-UP ACTIVITY				
COOL-DOWN				

WEEK EIGHT	WEEK SEVEN	WEEK SIX	WEEK FIVE	
COOL-DOWN	WARM-UP ACTIVITY	COOL-DOWN WARM-UP ACTIVITY	WARM-UP ACTIVITY	THU
	COOL-DOWN			
	WARM-UP ACTIVITY			

THU

FRI

SAT

REST

1-1-1
PHYSICAL
FITNESS
ASSESSMENT

Month

Year

TRAINING SCHEDULE

WEEK TWELVE	WEEK ELEVEN	WEEK TEN	WEEK NINE	
COOL-DOWN	COOL-DOWN WARM-UP ACTIVITY	COOL-DOWN WARM-UP ACTIVITY	COOL-DOWN WARM-UP ACTIVITY	SUN
				MON
				TUE
				WED

ARMY VALUES

Loyalty

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other Soldiers.

Duty

Fulfill your obligations.

Respect

Treat people as they should be treated.

Selfless Service

Put the welfare of the nation, the Army, and your subordinates before your own.

Honor

Live up to all the Army Values.

Integrity

Do what's right, legally, and morally.

Personal Courage

Face fear, danger, and adversity (Physical or Moral).

THE SOLDIER'S CREED

I am an American Soldier.

I am a Warrior and a member
of a team.

I serve the people of the
United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and
mentally tough, trained and proficient
in my Warrior tasks and drills.

I always maintain my arms, my equipment
and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and
destroy the enemies of the United States
of America in close combat.

I am a guardian of freedom and the
American way of life.

I am an American Soldier.

AN ARMY OF ONE™



U.S. ARMY