



The Army Physical Readiness Training Program (PRT)

“Military physical training should build Soldiers up physically, wake Soldiers up mentally, fill Soldiers with enthusiasm, and discipline them.”

Koehler's West Point Manual of Disciplinary Physical Training (1919)



Objectives

- Identify the Phases of PRT
- Identify the three Principles of PRT
- Describe the three Elements of a PRT session
- Explain the three Types of PRT Training
- Develop a PRT schedule



Army Physical Readiness Training

□ Purpose

- Physical Readiness Training (PRT) prepares Soldiers and units for the physical challenges of fighting in the full spectrum of operations
- Directly tied to performance of Warrior Tasks and Battle Drills (WTBD)



Phases of PRT

- Initial Conditioning Phase
 - Conducted pre-enlistment or pre-commissioning
- Toughening Phase
 - Conducted during Initial Military Training (IMT)
- Sustaining Phase
 - Maintain high level of physical readiness to support duty position and unit requirements
- Reconditioning
 - Restore Soldier fitness levels after deployment/recovery from injury/illness



Three Principles of PRT

- ❑ Precision - strict adherence to execution standards - quality is as important as quantity
- ❑ Progression - systematic increase in intensity, duration, volume and difficulty of PRT activities
- ❑ Integration - Multiple training activities to achieve balance in training



Components of PRT

- Strength - the ability to overcome resistance
- Endurance - the ability to sustain activity
- Mobility - the functional application of strength and endurance



Types of PRT Training

- PRT incorporates three types of training
 - On ground - maintain contact with ground (marching, running [speed and sustained], calisthenics and resistance training)
 - Off ground - require manipulation or movement while suspended above ground for periods (briefly - high jumper, power jump / extended - reverse climb, cargo net, pull up, leg tuck)
 - Combatives - techniques to defeat opponents using weapons, striking, and/or at close range (grappling)
ref. TC 3-25.150



PRT Session Elements

- ❑ Preparation Drill - Warm up consisting of 10 exercises conducted before all PRT activities
- ❑ Activities - Address specific PRT goals in the areas of strength, endurance, and mobility
- ❑ Recovery Drill - Conducted at the end of all PRT sessions, gradually and safely tapers off activities to bring body back to pre-exercise state



Preparation Drill

Table 8-1 lists the 10 callisthenic exercises that comprise the PD. These 10 exercises are always performed in the order and at the cadence shown. For more detailed information refer to FM 7-22 Chapter 8

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



Strength and Mobility Activities

For more detailed information refer to FM 7-22 Chapter 9

- Strength and Mobility Exercise Drills consist of:
 - Conditioning Drill 1 - basic and intermediate exercises
 - Conditioning Drill 2 - intermediate and advanced
 - Conditioning Drill 3 - advanced exercises
 - Pushup and Sit-up Drill (PSD)
 - Climbing Drill 1 (CL1) - upper body and mobility
 - Climbing Drill 2 (CL2) - upper body under fighting load
 - Strength Training Circuit - sequenced exercise and strength training equipment
 - Guerrilla Drill - leg power and focus on CASEVAC carry



Endurance and Mobility Activities

- Military Movement Drills
- 30:60s and 60:120s- sprint then walk at 1:2 ratio
- 300 yard Shuttle Run
- Hill Repeats
- Ability Group Run
- Unit Formation Run
- Release Run
- Terrain Run
- Foot March
- Conditioning Obstacle Course
- Endurance Training Machine



Develop PRT Schedule

- ❑ FM 7-22 Table 5-2 uses 6 day week due to BCT and OSUT training schedule, your plan needs to fit local training schedule
- ❑ Use/modify FM 7-22 Table 5-3 to develop a three week PRT program for class use using PRT Drills and activities listed in FM 7-22 paragraph 5-22 (located on Bb)
- ❑ For an explanation of specific drills and activities, refer to FM 7-22 (located on Bb)



Closing

- Summary
- Questions
- Next Lesson: Lesson 2a Map Reading
 - Read Chapters 3 and 10, FM 3-25.26 Map Reading and Land Navigation.