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.”

Koehlers’ 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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bend and Reach</td>
<td>5-10 repetitions, slow</td>
</tr>
<tr>
<td>2. Rear Lunge</td>
<td>5-10 repetitions, slow</td>
</tr>
<tr>
<td>3. High Jumper</td>
<td>5-10 repetitions, moderate</td>
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<tr>
<td>4. Rower</td>
<td>5-10 repetitions, slow</td>
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<tr>
<td>5. Squat Bender</td>
<td>5-10 repetitions, slow</td>
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<tr>
<td>6. Windmill</td>
<td>5-10 repetitions, slow</td>
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<tr>
<td>7. Forward Lunge</td>
<td>5-10 repetitions, slow</td>
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<tr>
<td>8. Prone Row</td>
<td>5-10 repetitions, slow</td>
</tr>
<tr>
<td>9. Bent-leg Body Twist</td>
<td>5-10 repetitions, slow</td>
</tr>
<tr>
<td>10. Push-up</td>
<td>5-10 repetitions, moderate</td>
</tr>
</tbody>
</table>
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.