



DACOWITS RFI #6

Army Training and Doctrine Command



Army Physical Training Program:



- Authority for the development and implementation of this program is specified in the U.S. Army Regulation (AR) 350-1, Army Training and Leader Development
- The fitness training program for the U.S. Army is titled Army Physical Readiness Training (PRT), as directed in U.S. Army Field Manual (FM) 7-22
 - Conducting physical readiness training consistent with FM 7-22 is mandatory
 - PRT session will be conducted with appropriate intensity, frequency, and duration to develop a high level of structural, physical, and functional work capacity
 - Personnel in the RA, ARNG, and USAR will take part in either collective or individual physical readiness training programs year-round
 - Regular Army units, individuals, and Reserve Component Soldiers on active duty will conduct regularly scheduled PRT four to five times per week for 60–90 minutes
 - Commanders of ARNG and USAR units will incorporate mission-focused PRT into appropriate inactive duty training periods
- All Soldiers and units need to be proficient in Warrior Tasks and Battle Drill (WTBDs) and their military occupational Specialty (MOS)/area of concentration (AOC) specific High Physical Demands Tasks (HPDTs) required to perform their missions during duty and wartime conditions
- Army PRT incorporates physically demanding exercises, drills, and activities that prepare Soldiers and units to accomplish the physical requirements associated with the successful accomplishment of WTBDs

Design and Implementation of Army Physical Readiness Training Program:



- PRT policy applies Army-wide and is reinforced by commanders and supervisors at all levels
 - Introduced during Initial Entry Training
 - Commanders and select professional military education schools validate individual leader ability to lead execution within a unit
 - Commanders most commonly track effectiveness through Army Physical Fitness Test (APFT—current test) pass/fail rates and Army Body Composition Program compliance
- Army PRT accommodates all levels physical readiness by employing the scientific principles of exercise and gradually increasing exercise frequency and intensity over time
 - This periodized approach to training accommodates males and females of varying fitness levels, before they begin training and once they are in the Army
 - This was validated over multiple locations over multiple years with studies conducted by the Army's Public Health Center (APHC) and Training and Doctrine Command (TRADOC)
 - This model resulted in better injury control and improved performance outcomes
- The Commanding General, U.S. Army Center for Initial Military Training (USACIMT), through the U.S. Army Physical Fitness School of the Leader Training Brigade, provides guidance concerning theories and principles of human performance and exercise science as informed by:
 - Empirical research
 - Institutional best practices
 - Experiential learning to drive PRT doctrine including periodized individual/unit training programs and performance standards

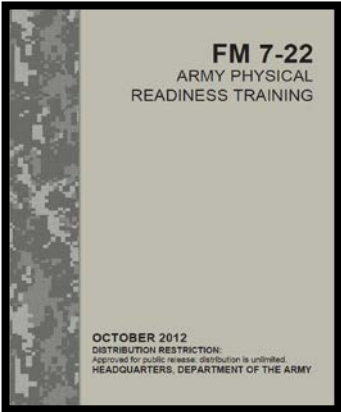


Army Physical Readiness Training Crosswalk to new Army Combat Fitness Test (ACFT)



“The objective of the Army physical readiness training program is to enhance physical readiness for combat by optimizing physical and functional capacity.”—AR 350-1

- Army Physical Readiness Requirements:**
- Warrior Tasks & Battle Drills
 - Occupational Physical Demands
 - Non-MOS Specific Physical Demands
 - Mission Requirements
 - General Fitness



ACFT						
	3 Repetition Max Deadlift	Standing Power Throw	Hand-Release Push-up	Sprint-Drag-Carry	Leg Tuck	2 Mile Run
Top Exercises	1. Sumo Squat 2. Alternate Staggered Squat Jump 3. Forward Lunge	1. Power Jump 2. Overhead Push-Press 3. Tuck Jump	1. Supine Chest Press 2. 8-Count Push-Up 3. 300M Shuttle Run	1. Straight-Leg Deadlift 2. Bent Over Row 3. 300M Shuttle Run	1. Bent Leg Raise 2. Leg Tuck & Twist 3. Alternating Grip Pull-up	1. Spring Intervals 2. Release Run 3. Hill Repeats
Top PRT Drills	Strength Training Circuit	Conditioning Drill 3	Four to the Core	Guerilla Drill	Climbing Drill 2	10x 60 120s

Required individual ACFT score tentatively depends on gender neutral job requirements—contracted MOS/AOC and assigned unit type



Army Master Fitness Trainers



- The Army utilizes Master Fitness Trainers (MFTs) to help commanders design and execute their physical readiness training programs (company and battalion echelon)
- MFTs attend the Army's two-week (plus a 40-hour distance learning module) Master Fitness Trainer Course; after they are awarded the Additional Skill Identifier (ASI) P5 (enlisted) or 6P (officers)
- MFT Responsibilities Include:
 - Assists the Commander in planning, executing the unit's physical readiness training program
 - Serves as the Unit Strength and Conditioning Coach
 - Develops comprehensive PRT programs specific to units and/or individuals
 - Applies sport and exercise science principles to all populations
 - Assesses human movement, recognizes deficiencies, and develops programs to correct faulty patterns
 - Applies the fundamentals of performance nutrition
 - Manages reconditioning for individual Soldiers who are new to the unit, injured or deconditioned
 - Soldiers who are pregnant or post-partum are trained in the installation's Pregnancy and Post-partum Physical Training Program (P3T) by other Soldiers who have completed P3T training and may also hold the MFT ASI