

**2ND BRIGADE 25TH INFANTRY DIVISION
LIGHTNING ATHLETE WARRIOR
PRT PROGRAM**



L.A.W. PRT

VERSION 1.1

Preparing Athlete Warriors physically and mentally to fight, survive, and win in the most austere environments on earth

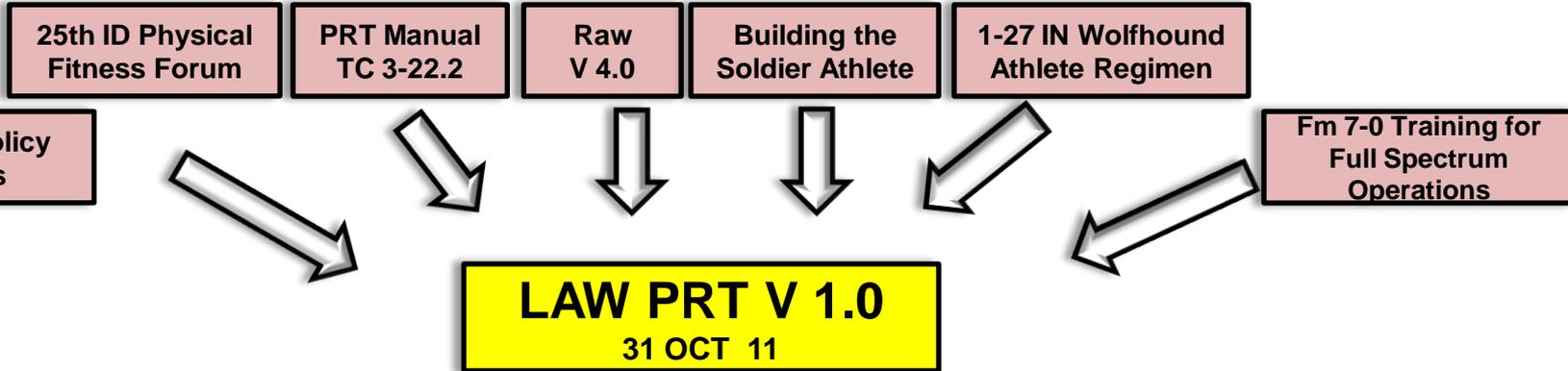
Agenda

- Genesis
- Commander's Vision
- Definitions
- Understanding L.A.W.
 - Power Spectrum
 - Periodization
- LAW PRT Workout Menus
- Planning & Responsibility
- Implementation
- New Soldier Integration
- Reconditioning: Profile PRT
- Nutrition and Recovery
- L.A.W. Assessment

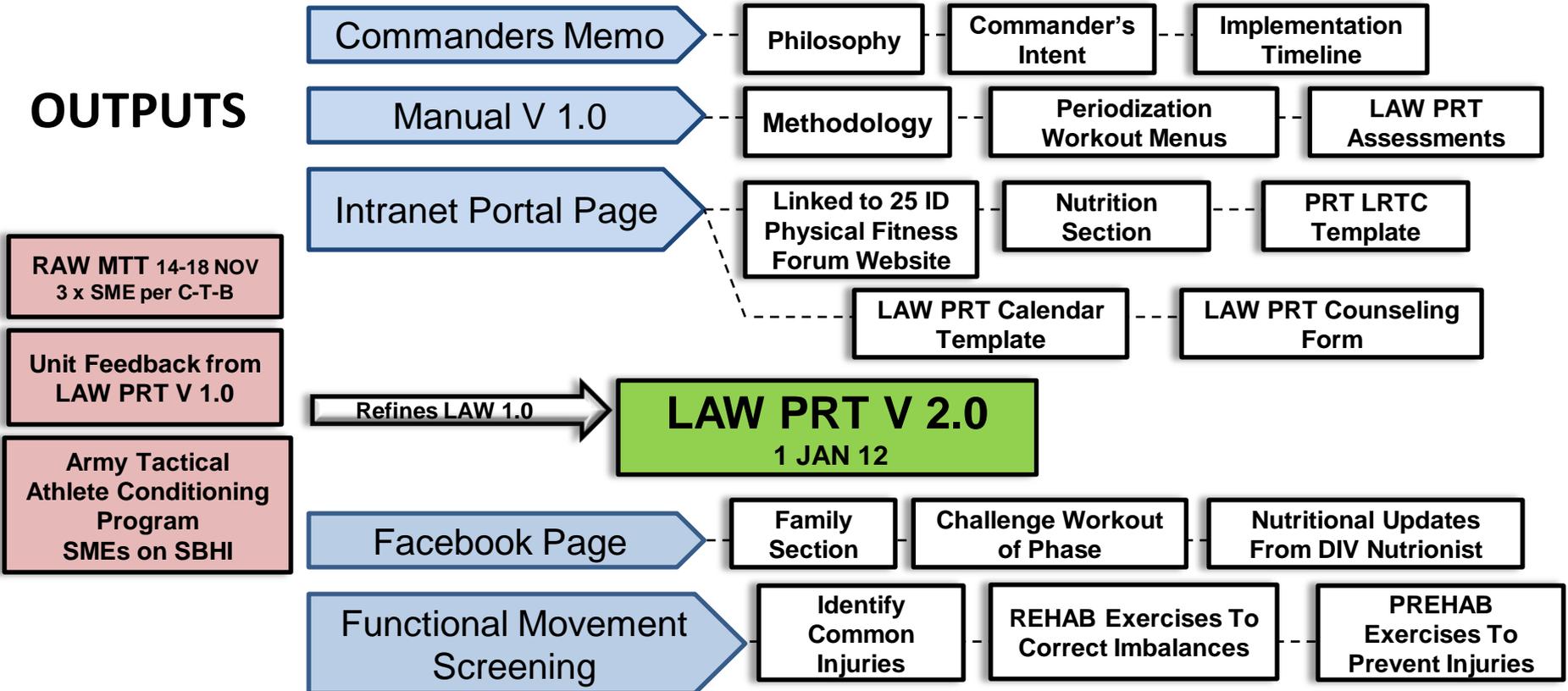


Genesis of LAW PRT

INPUTS



OUTPUTS



Commander's Vision

- The Lightning Athlete Warrior Physical Readiness Training maximizes the functional fitness potential of each Soldier Athlete while minimizing injuries and aiding in recovery. LAW PRT is a combat focused, goal oriented program that captures best practices and synchronizes all 2 BCT personnel IAW the Army PRT Manual TC 3-22.2
- This will be achieved through leader education, proper training, centralized planning at the Company or Platoon level, and decentralized execution to achieve the necessary intensity without unnecessary congestion on the equipment
- All units will implement the program immediately and provide formal AARs NLT 01 MAR 12 on the program with suggestions for the way ahead
- Method :A leader planned PRT Program executed by NCOs at the Squad or Section level utilizing proper Troop Leading Procedures and the Eight Step Training Model
- Success is a unit with all personnel ready for the rigors of combat

LAW PRT Goals

- No permanent injuries from PRT. Do not permanently damage a Soldier trying to get that last repetition or trying to run that extra mile. Leaders track physical issues and utilize the SBHI Army Tactical Athlete Conditioning Program and medical personnel to get the proper care to prevent permanent injury
- Noticeable progress every three months. This should be gauged on a timeline of three months due to the average physical adaptation/response of the human body to stimuli that are applied as a training program. If you cannot see change, there is no change. A “training program” demonstrates a program with planned purpose and commitment; not quick, acutely obtained results.
- Camaraderie and warrior ethos through mutual hardship and competitions. Give all Soldier Athletes in your formation the ability to challenge themselves against peers
- Every Soldier confident in his or her ability to deploy, close with, and destroy the enemies of the United States

Definitions 1 of 2

Basic Fitness Principles

Progression – To avoid injuries, the intensity and/or duration of any exercise program should increase gradually. The general rule-of-thumb is to progress time/distance by no more than 10% per week. Add external resistance &/or volume gradually as long as proper form of the movement is maintained.

Regularity – An effective physical training program requires regular, quality training.

Overload – To achieve muscle development, it is necessary to exceed normal demands on the body. This means moving outside your comfort zone. Progressively lift a little more, run a little faster or farther, and practice agility drills that do not come easy.

Variety – Adding variety to an exercise program helps avoid injuries while providing fun, challenging training. Vary the type of exercise to include muscular strength, muscular endurance, aerobic, endurance, anaerobic endurance, flexibility and mobility. LAW PRT seeks to be constantly varied, but not random. Careful thought should go into the Programming of LAW PRT Workouts.



Recovery – Recovery is the single most violated principle of exercise and is absolutely essential to minimize overuse injuries. Follow a hard workout with a rest day or easy day or exercise a different body region or perform a different type of exercise the day after a hard workout.

Balance – Balance all of the principles of fitness to avoid poor training and the risk of injury.

Specificity – Soldiers are athletes, and their sport is combat. To improve in combat it is important to incorporate combat focused skills into every physical training session. If you cannot perform the movement in your equipment, you cannot do the movement in combat.

Precision- the biomechanical correctness of movement. Some movement patterns are efficient and effective, while other are inefficient and possibly destructive (over time, likely to lead to injury).

Definitions 2 of 2

Mobility, Strength, and Endurance

1. **Mobility** – the ability to move ones body and the quality of that movement. For LAW PRT this includes agility, balance, coordination, flexibility, and full range of motion of major joints.

2. **Strength** – the ability to overcome resistance. For Law PRT Strength workouts include Heavy Resistance, Power, Power Endurance, and Muscular Endurance Workouts

- **Heavy Resistance** – strength to move heavy external objects. Focus on 1-4 Repetition Maximum (RM) for: Deadlift, Squat, Shoulder/Military Press, Bench Press, Weighted Pull-ups, Weighted Rows

- **Power** – the ability create force rapidly to explosively move oneself or an external object. Power workouts can be thought of as the explosive version of heavy resistance workouts, and can be included in Heavy Resistance or Power Endurance days. Power workouts include Olympic lifts such as the Clean, Snatch, Jerk as well as medicine ball and kettlebell throws, sled drags and sprints

These items should be trained mostly on different days. Training difficult movements while fatigued should certainly be included in a training progression, but it should not be the norm

- **Power Endurance** – The ability to sustain strength and power movements utilizing anaerobic endurance

- **Muscular Endurance** – Exercise using body weight or light to mid external weight to fatigue the muscle over time

3. **Endurance** – the ability to exert oneself over a period of time

- **Anaerobic Endurance** – higher intensity activities which last from mere seconds to about 2 minutes

- **Aerobic Endurance** – lower intensity activities performed for longer periods of time

- **Ultra- Endurance** – extended physical exertion lasting more from 90 minutes to several days. Mostly trained in PRT through the use of ruck marches, although leaders can implement other Ultra-Endurance workouts with proper buildup and a risk assessment.



The Physical Requirement

Soldier's Must...



Sprint

Get Down

Crawl

Get Up

Lift

Carry

Climb

Fight

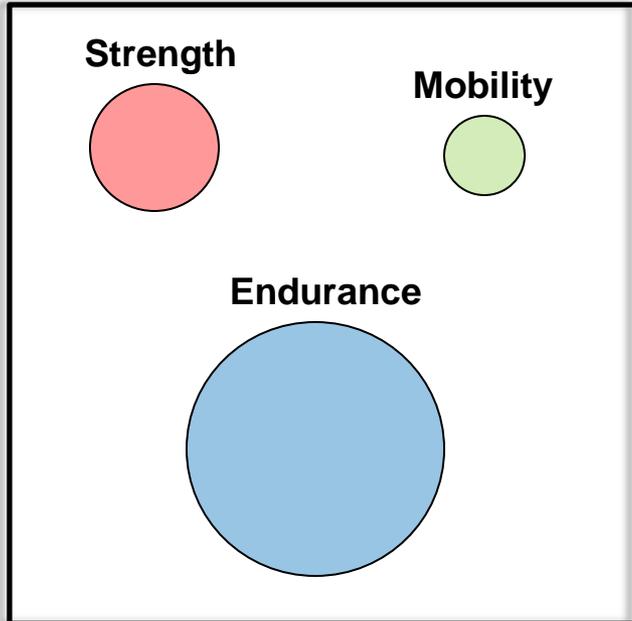
Endure...



Units Must Train Mobility

Building the Soldier Athlete...

“Old School” PT Focus



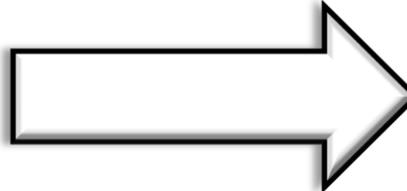
PRT Manual, TC 3-22.20

Building the Soldier Athlete

RAW v4.0

Lessons Learned from

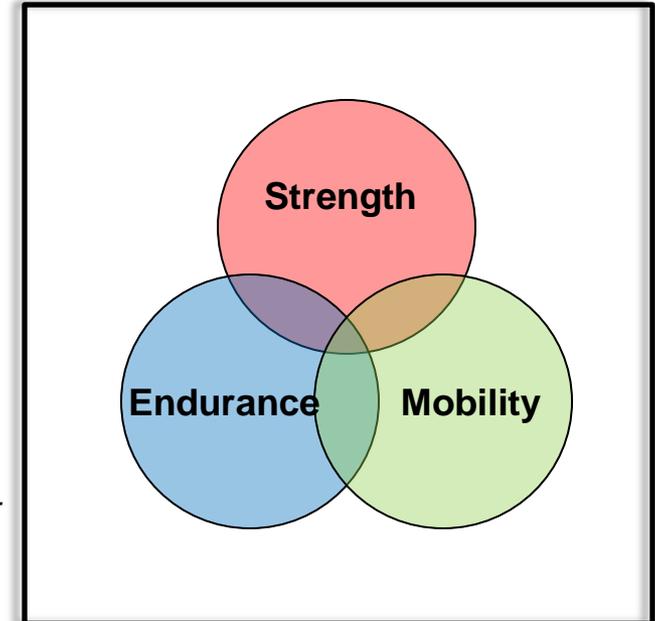
OEF/OIF/OND



Battle Focused PT

*Best Practices from Professional-
Functional Fitness Gyms*

LAW PRT

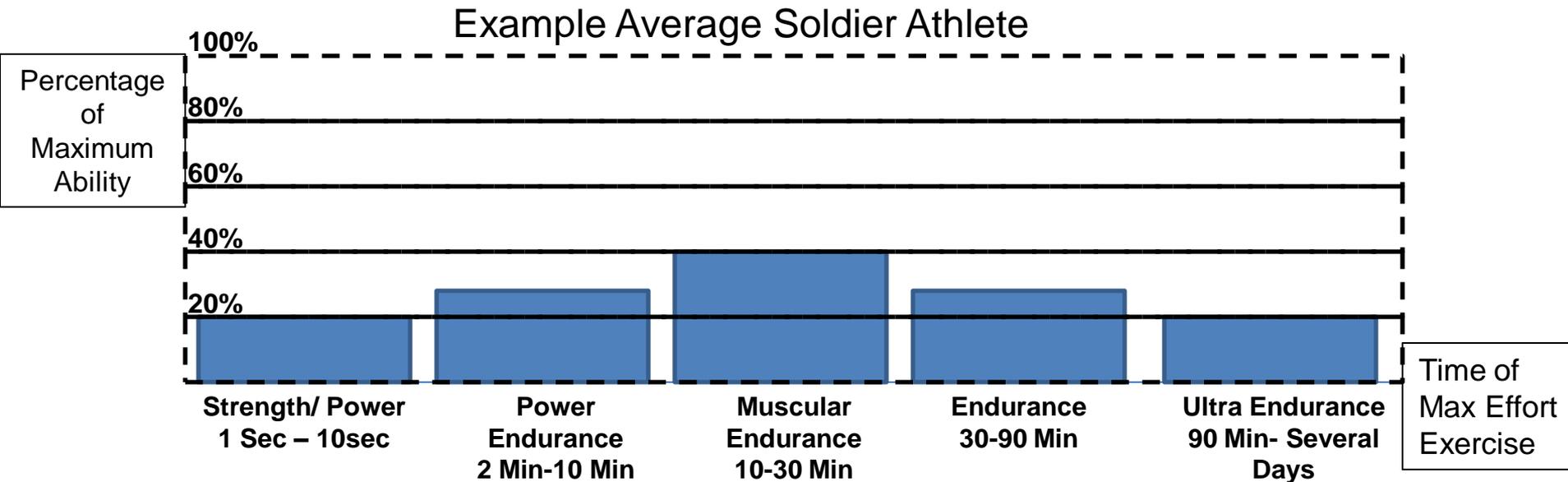


Lightning Athlete Warrior Soldiers are Professional Athletes with a **SMART & DISCIPLINED** approach to...

1. **Physical Training** – Achieve a level of physical fitness that is commensurate with the physical requirements of missions
2. **Nutrition** – Understand and choose sound nutritional practices
3. **Mental Toughness** – Employ mental toughness skills to enhance personal and professional development
4. **Prevention & Management of Injuries** – Receive screening/education for injury prevention and prompt, effective and thorough treatment/rehabilitation of injuries when they do occur

Power Spectrum

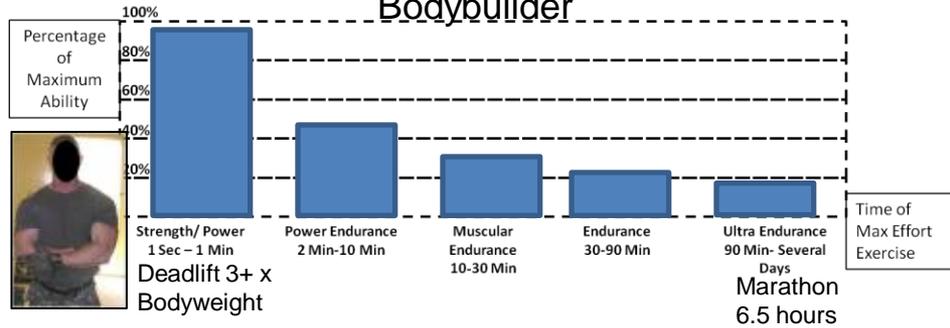
What type of athlete are you?



- This chart shows the percentage of one's natural potential one contains across different workout categories. This chart is conceptual as it is impossible to determine a person's maximum potential, but it does illustrate general trends of strengths and weaknesses
- You cannot be a world champion strong man and world champion marathon runner. A Soldier Athlete must seek balance
- There is always an inherent trade off: maximum gains can not be made in each category of the Power Spectrum at the same time
- For maximum growth, a Soldier must focus on one category at a time through a process called Periodization
- The goal is to reach 80% of maximum ability across the entire Power Spectrum

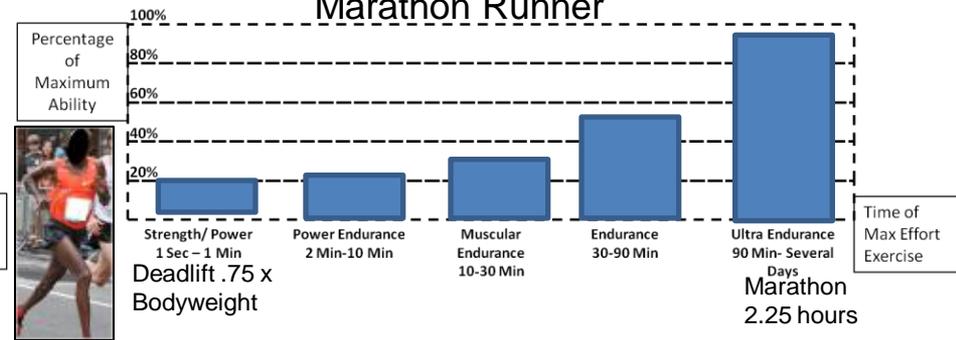
Conceptual Case Studies

Bodybuilder



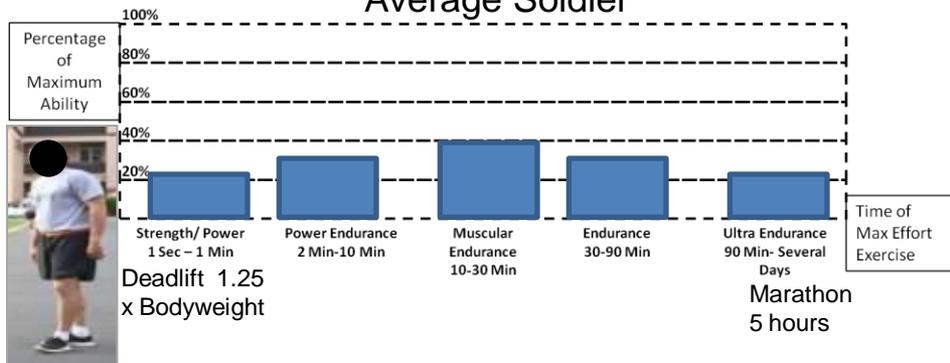
- Army Strong, but cannot make it to the objective
- Unnecessary bulk from body building hinders O2 efficiency
- Susceptible to long term joint damage due to extra weight

Marathon Runner



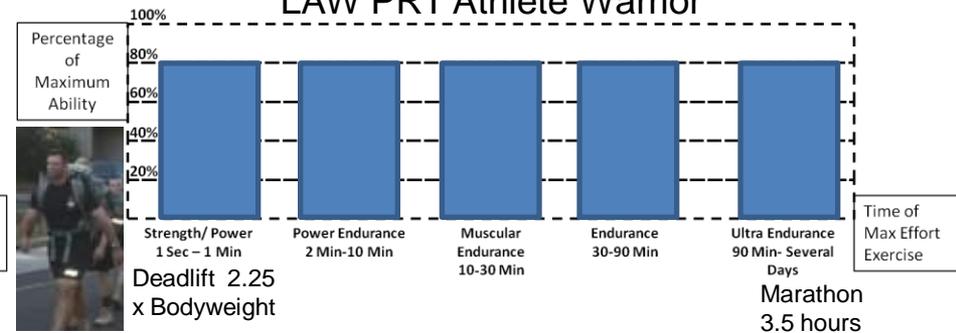
- Exceptional endurance athlete, but not strong enough to CASEVAC wounded buddy
- More susceptible to injury from carrying combat equipment

Average Soldier



- Not exceptional in any category
- Can make gains in every portion of the Power Spectrum

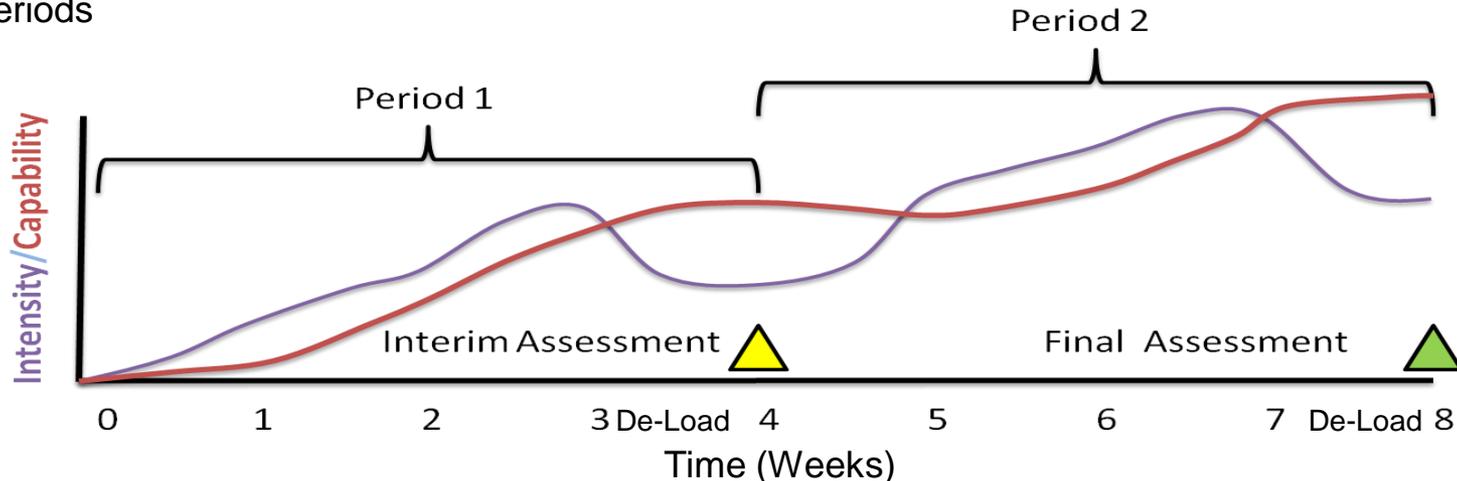
LAW PRT Athlete Warrior



- Has a high level of General Physical Preparedness (GPP)
- Ready for any challenge, any time
- This level of fitness can be achieved through Periodization

Periodization

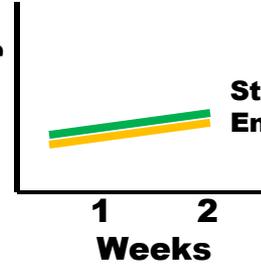
- Goal-oriented training that includes progressive overload followed by de-load, or a period of recovery and physiological adaptation
- L.A.W. PRT will use periodization training in two ways:
 1. Monthly periodization that progressively overloads for three weeks, and de-loads for one week. During the de-load week, athletes recover, make gains, and get prepared for future overload periods



2. Quarterly periodization schedule that rotates biases throughout the quarter to provide clear stimuli for growth in different energy pathways:
 - Transition Period (New Soldier Introduction to LAW PRT, Unit Transition from Major Exercises)
 - Foundation Period (Get Ready, Build General Physical Preparedness)
 - Strength Period (Get Strong)
 - Endurance Period (Get Fit)
 - Execute these periods in **any order or combination** according to unit discretion
- Strength and Conditioning experts agree that there is an inherent tradeoff: well conditioned athletes cannot make significant gains when trying to improve everything at once

Transition Period

Ability



• Has three functions:

1. Allow units to transition from major training exercise or deployments, gradually increasing intensity
2. Introduction for new Soldiers. New Soldiers may need several Transition Periods, according to leader discretion
3. Allow soldiers to recover from profiles and gradually increase intensity

- Lesser intensity and a focus on teaching and reinforcing correct form, full range of motion, and injury prevention
- Leaders plan daily coaching clinics to ensure proper form on all exercises
- 10 day cycle with no de-load week

L.A.W. PRT SCHEDULE : TRANSITION PERIOD: Integrate New Soldiers: Recover Unit From Major Training Exercise

Leaders Reduce Intensity to Allow New Soldiers to Adapt to the Stresses of LAW PRT

	L.A.W. T1	L.A.W. T2	L.A.W. T3	L.A.W. T4	L.A.W. T5
FOCUS	Long Slow Endurance + Core	Muscular Endurance	Speed/Agility + Combatives	Power/Power Endurance	Footmarch/Endurance Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Work Capacity Over Long Time Periods with Limited Cardio-Resp. Stress	Increase Maximum Speed and Agility Over Short Distances	Increase Explosive Power and Enduring Mid-Range Power	Increase Cardio-Respiratory Capacity and Load Bearing Mobility
Example Workout Types	1. Long Distance Run 2. Run for Specified Time (not distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core	1. High-Rep Weight Lifting 2. Muscle Failure Workout 3. Body Weight Workout 4. Long Duration Hybrid Workout 5. Hybrid Endurance Workout (Weights and Track Intervals)	1. Tabattas (Run, Row, Bike, Bodyweight Exercises, etc.) 2. Shuttle Runs 3. Short Intervals 4. Combatives	1. Olympic Lifting for 5-20 RM 2. Heavy- Mid Weight Hybrid Wokouts 3. Sandbag Workouts 4. Sled Pull, Farmer Carry 5. Kettlebell, Medball Throws	1. Footmarch (No more than 35-40 lbs during Transition Phase) 14-15 Min/Mile.
	L.A.W T6	L.A.W. T7	L.A.W. T8	L.A.W. T9	L.A.W. T10
FOCUS	Long Hard Endurance + Core	Heavy Resistance + Speed/Agility Drills	Tempo Run + Combatives	Mobility/Recovery	Footmarch/Power Ruck/ Combat Focused PT
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (80-90% Effort over Distance)	Increase Raw Strength and Explosive, Extreme Short Range Power	Increase Cardio-Respiratory Capacity Over Distance and Broad Modal Domains	Recover/Improve Mobility, Flexibility, Range of Motion	Increase Core Strength While Improving Mobility and Coordination
Example Workout Types	1. Long Distance Run 2. Run for Specified Time (Not Distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core	1. Olympic/Power Lifting 1-4 RM 2. 10-8-6-4-2 Lifting Sets 3. Waterfall Sprints 4. Shuttle Runs 5. Hill Sprints 6. Agility Drills	1. Intervals at 5k-10k pace (Comfortably Hard) 2. 20 Minute Run at 5k-10k pace 3. Hybrid Endurance Workouts 4. Combatives	1. Low Impact/Low Intensity cardio 2. Mobility/Range of Motion Exercises (Couch Stretch, Bully Shoulder Stretch, Frog Stretch, etc...)	1. Footmarch (No more than 35-40 lbs during Transition Phase, No Ruck Running) 13-15 Min/ Mile. 2. Combat Focused PT with Body Armor, Skedco, Litters, etc.

Foundation Period

1 of 2



- Building General Physical Preparedness (GPP): Ready for any challenge, anytime
- Workouts evenly distributed along the Power Spectrum
- Soldiers progress slowly in both strength and endurance
- De-load week provides to recovery and make gains

L.A.W. PRT SCHEDULE : FOUNDATION PERIOD: Building General Purpose Preparedness: Ready For Any Challenge Anytime

	L.A.W. F1	L.A.W. F2	L.A.W. F3	L.A.W. F4	L.A.W. F5
FOCUS	Long Slow Endurance + Core	Power/Power Endurance	VO2 Max + Combatives	Heavy Resistance + Speed/Agility Drills	Footmarch/Endurance Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Explosive Power and Enduring Mid-Range Power	Increase Capacity to Intake and Utilize Oxygen Efficiently While Working Very Hard	Increase Raw Strength and Explosive, Extreme Short Range Power	Increase Cardio-Respiratory Capacity and Load Bearing Mobility
Example Workout Types	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (Not Distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. Olympic Lifting for 5-20 RM 2. Heavy- Mid Weight Hybrid Wokouts 3. Sandbag Workouts 4. Sled Pull, Farmer Carry 5. Kettlebell, Medball Throws 	<ol style="list-style-type: none"> 1. Tabattas (8 rds of 20 sec work, 10 sec rest- Run, Row, Bike, etc) 2. Long intervals 3. Negative Rest Fartleks 5. Long Hill Repeats 6. Combatives 	<ol style="list-style-type: none"> 1. Olympic/Power Lifting 1-4 RM 2. 10-8-6-4-2 Lifting Sets 3. Waterfall Sprints 4. Shuttle Runs 5. Hill Sprints 6. Agility Drills 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add weight and speed 13-15 Min/Mile. No Ruck Running.
	L.A.W F6	L.A.W. F7	L.A.W. F8	L.A.W. F9	L.A.W. F10
FOCUS	Long Hard Endurance + Core	Muscular Endurance	Speed/Agility + Combatives	Mobility/Recovery	Footmarch/Power Ruck
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Foundation Period

2 of 2



- Building General Physical Preparedness (GPP): Ready for any challenge, anytime
- Workouts evenly distributed along the Power Spectrum
- Soldiers progress slowly in both strength and endurance
- De-load week provides to recovery and make gains

	L.A.W. F11	L.A.W. F12	L.A.W. F13	L.A.W. F14	L.A.W. F15
FOCUS	Long Slow Endurance + Core	Power/Power Endurance	Tempo Run + Combatives	Muscular Endurance	Footmarch/Endurance Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Explosive Power and Enduring Mid-Range Power	Increase Cardio-Respiratory Capacity Over Distance and Broad Modal Domains	Increase Work Capacity Over Long Time Periods with Limited Cardio-Resp. Stress	Increase Cardio-Respiratory Capacity and Load Bearing Mobility
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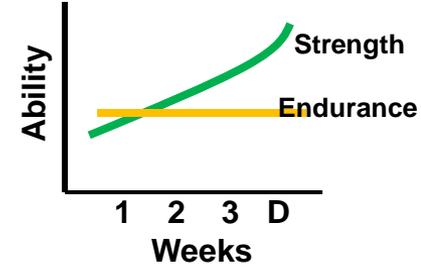
FOUNDATION DE-LOAD WEEK: ALLOW FOR RECOVERY AND PHYSIOLOGICAL ADAPTATION

CARDIO: REDUCE MILEAGE AND INTENSITY

STRENGTH: REDUCE LIFTS TO 40-60% OF 1 RM

	L.A.W. D1	L.A.W. D2	L.A.W. D3	L.A.W. D4	L.A.W. D5
FOCUS	Long Slow Endurance + Core	Heavy Resistance + Agility	Speed/Agility + Combatives	Mobility/Recovery	Footmarch/Power Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Raw Strength and Explosive, Extreme Short Range Power	Increase Maximum Speed and Agility Over Short Distances	Recover/Improve Mobility, Flexibility, Range of Motion	Increase Core Strength While Improving Mobility and Coordination
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Strength Period 1 of 2

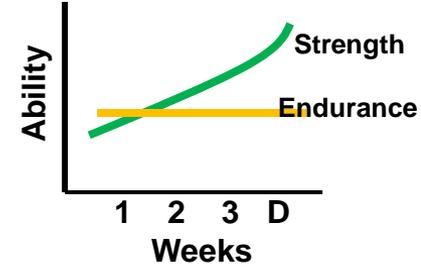


- Forging Powerful Warrior Athletes
- Incorporate targeted heavy resistance workouts to improve maximum strength and power
- Contains enough running to maintain endurance base

L.A.W. PRT SCHEDULE : STRENGTH PERIOD: Forging Powerful Warrior Athletes

	L.A.W. S1	L.A.W. S2	L.A.W. S3	L.A.W. S4	L.A.W. S5
FOCUS	Heavy Resistance Lower Body + Plyometric Drills	Tempo Run + Combatives	Heavy Resistance Upper Body + Speed/Agility Drills +	Power/Power Endurance	Footmarch/Endurance Ruck
GOAL	Increase Raw Strength and Explosive, Extreme Short Range Power in Lower Body	Increase Cardio-Respiratory Capacity Over Distance and Broad Modal Domains	Increase Raw Strength and Explosive, Extreme Short Range Power in Upper Body	Increase Explosive Power and Enduring Mid-Range Power	Increase Cardio-Respiratory Capacity and Load Bearing Mobility
Example Workout Types	<ol style="list-style-type: none"> 1. Olympic Lifting for 1-3 RM 2. Heavy Hybrid WODs 3. 10-8-6-4-2 Lifting Sets 4. Squats 5. Deadlift 6. Tuck Jumps, burpees, box 	<ol style="list-style-type: none"> 1. Intervals at 5k-10k pace (comfortably hard) 2. 20 minute run at 5k-10k pace 3. Hybrid Endurance WODs 4. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Olympic Lifting for 1-3 RM 2. Heavy Hybrid WODs 3. 10-8-6-4-2 Lifting Sets 4. Bench Press, push press, 5. Short intervals 6. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Olympic Lifting for 5-20 RM 2. Heavy- Mid Weight Hybrid Wokouts 3. Sandbag Workouts 4. Sled Pull, Farmer Carry 5. Kettlebell, Medball Throws 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add weight and speed 13-15 Min/Mile. No Ruck Running.
	L.A.W. S6	L.A.W. S7	L.A.W. S8	L.A.W. S9	L.A.W. S10
FOCUS	Heavy Resistance Lower Body + Plyometric Drills	Long Hard Endurance + Core	Heavy Resistance Upper Body + Combatives	Mobility/Recovery	Footmarch/Power Ruck
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Strength Period 1 of 2



- Forging Powerful Warrior Athletes
- Incorporate targeted heavy resistance workouts to improve maximum strength and power
- Contains enough running to maintain endurance base

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STRENGTH DE-LOAD WEEK: ALLOW FOR RECOVERY AND PHYSIOLOGICAL ADAPTATION

CARDIO: REDUCE MILEAGE AND INTENSITY

STRENGTH: REDUCE LIFTS TO 40-60% OF 1 RM

	L.A.W. D1	L.A.W. D2	L.A.W. D3	L.A.W. D4	L.A.W. D5
FOCUS	Heavy Resistance Lower Body + Plyometric Drills	Long Slow Endurance + Core	Heavy Resistance Upper Body + Combatives	Mobility/Recovery	Footmarch/Power Ruck
GOAL	Increase Raw Strength and Explosive, Extreme Short Range Power in Lower Body	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Raw Strength and Explosive, Extreme Short Range Power in Upper Body	Recover/Improve Mobility, Flexibility, Range of Motion	Increase Core Strength While Improving Mobility and Coordination
Example Workout Types	<ol style="list-style-type: none"> 1. Olympic Lifting for 1-3 RM 2. Heavy Hybrid WODs 3. 10-8-6-4-2 Lifting Sets 4. Squats 5. Deadlift 6. Tuck Jumps, burpees, box 	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (not distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. Olympic Lifting for 1-3 RM 2. Heavy Hybrid WODs 3. 10-8-6-4-2 Lifting Sets 4. Bench Press, push press, 5. Short intervals 6. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Low Impact/Low Intensity cardio 2. Mobility/Range of Motion Exercises (Couch Stretch, Bully Shoulder Stretch, Frog Stretch, etc...) 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add weight and speed 13-15 Min/Mile. No Ruck Running. 2. Combat Focused PT with Body Armor, Skedco, Litters, Obstacle Course, etc.

Endurance Period 1 of 2



- Further, Faster, and Fight Harder
- Focuses on endurance gains while maintaining strength and power base
- Incorporate long runs, speed work, tempo work, and VO2 Max workouts

L.A.W. PRT SCHEDULE : ENDURANCE PHASE: Further, Faster, and Fight Harder

	L.A.W. E1	L.A.W. E2	L.A.W. E3	L.A.W. E4	L.A.W. E5
FOCUS	Long Hard Endurance + Core	Muscular Endurance	Tempo Run + Combatives	Power/Power Endurance	Footmarch/Endurance Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (80-90% Effort over Distance)	Increase Work Capacity Over Long Time Periods with Limited Cardio-Resp. Stress	Increase Cardio-Respiratory Capacity Over Distance and Broad Modal Domains	Increase Explosive Power and Enduring Mid-Range Power	Increase Cardio-Respiratory Capacity and Load Bearing Mobility
Example Workout Types	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (Not Distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. High-Rep Weight Lifting 2. Muscle Failure Workout 3. Body Weight Workout 4. Long Duration Hybrid Workout 5. Hybrid Endurance Workout (Weights and Track Intervals) 	<ol style="list-style-type: none"> 1. Intervals at 5k-10k pace (comfortably hard) 2. 20 minute run at 5k-10k pace 3. Hybrid Endurance WODs 4. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Olympic Lifting for 5-20 RM 2. Heavy- Mid Weight Hybrid Wokouts 3. Sandbag Workouts 4. Sled Pull, Farmer Carry 5. Kettlebell, Medball Throws 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add Weight and Speed 13-15 Min/Mile. No Ruck Running.
	L.A.W. E6	L.A.W. E7	L.A.W. E8	L.A.W. E9	L.A.W. E10
FOCUS	Heavy Resistance + Agility	Long Slow Endurance + Core	Speed/Agility + Combatives	Footmarch/Power Ruck	VO2 Max
GOAL	Increase Raw Strength and Explosive, Extreme Short Range Power	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Increase Maximum Speed and Agility Over Short Distances	Increase Core Strength While Improving Mobility and Coordination	Increase capacity to intake and utilize oxygen efficiently
Example Workout Types	<ol style="list-style-type: none"> 1. Olympic Lifting for 1-3 RM 2. Heavy Hybrid WODs 3. 10-8-6-4-2 Lifting Sets 4. Waterfall Sprints 5. Shuttle Runs 	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (not distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. Tabattas (Run, Row, Bike, Bodyweight Exercises, etc.) 2. Shuttle Runs 3. Short Intervals 4. 30/30s 5. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add weight and speed 13-15 Min/Mile. No Ruck Running. 2. Combat Focused PT with Body Armor, Skedco, Litters, Obstacle Course, etc. 	<ol style="list-style-type: none"> 1. Tabattas (Run, Row, Bike, etc.) 2. Long intervals 3. Continuous 200s 4. Negative rest fartleks 5. Long hill repeats

Endurance Period

2 of 2



- Further, Faster, and Fight Harder
- Focuses on endurance gains while maintaining strength and power base
- Incorporate long runs, speed work, tempo work, and VO2 Max workouts

	L.A.W. E11	L.A.W. E12	L.A.W. E13	L.A.W. E14	L.A.W. E15
FOCUS	Long Hard Endurance + Core	Muscular Endurance	Tempo Run + Combatives	Footmarch/Endurance Ruck	Speed/Agility + Heavy
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (80-90% Effort over Distance)	Increase Work Capacity Over Long Time Periods with Limited Cardio-Resp. Stress	Increase Cardio-Respiratory Capacity Over Distance and Broad Modal Domains	Increase Cardio-Respiratory Capacity and Load Bearing Mobility	Increase Maximum Speed and Agility Over Short Distances
Example Workout Types	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (Not Distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. High-Rep Weight Lifting 2. Muscle Failure Workout 3. Body Weight Workout 4. Long Duration Hybrid Workout 5. Hybrid Endurance Workout (Weights and Track Intervals) 	<ol style="list-style-type: none"> 1. Intervals at 5k-10k pace (comfortably hard) 2. 20 minute run at 5k-10k pace 3. Hybrid Endurance WODs 4. Combatives IAW MAC manual 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add Weight and Speed 13-15 Min/Mile. No Ruck Running. 	<ol style="list-style-type: none"> 1. Tabattas (Run, Row, Bike, Bodyweight Exercises, etc.) 2. Shuttle Runs 3. Short Intervals 4. 30/30s 5. Olympic Lifting for 3-5 RM
ENDURANCE DE-LOAD WEEK: ALLOW FOR RECOVERY AND PHYSIOLOGICAL ADAPTATION					
CARDIO: REDUCE MILEAGE AND INTENSITY			STRENGTH: REDUCE LIFTS TO 40-60% OF 1 RM		
	L.A.W. D1	L.A.W. D2	L.A.W. D3	L.A.W. D4	L.A.W. D5
FOCUS	Long Slow Endurance + Core	Mobility/Recovery	VO2 Max + Heavy Resistance	Power/Power Endurance	Footmarch/Power Ruck
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)	Recover/Improve Mobility, Flexibility, Range of Motion	Increase capacity to intake and utilize oxygen efficiently	Increase Explosive Power and Enduring Mid-Range Power	Increase Core Strength While Improving Mobility and Coordination
Example Workout Types	<ol style="list-style-type: none"> 1. Long Distance Run 2. Run for Specified Time (not distance) 3. Long Hill Run 4. Bike, Elliptical 5. Abs and Core 	<ol style="list-style-type: none"> 1. Low Impact/Low Intensity cardio 2. Mobility/Range of Motion Exercises (Couch Stretch, Bully Shoulder Stretch, Frog Stretch, etc...) 	<ol style="list-style-type: none"> 1. Tabattas (Run, Row, Bike, etc.) 2. Long intervals 3. Continuous 200s 4. Negative rest fartleks 5. Long hill repeats 6. Olympic Lifting for 3-5 RM 	<ol style="list-style-type: none"> 1. Olympic Lifting for 5-20 RM 2. Heavy- Mid Weight Hybrid Wokouts 3. Sandbag Workouts 4. Sled Pull, Farmer Carry 5. Kettlebell, Medball Throws 	<ol style="list-style-type: none"> 1. Footmarch, Gradually add weight and speed 13-15 Min/Mile. No Ruck Running. 2. Combat Focused PT with Body Armor, Skedco, Litters, Obstacle Course, etc.

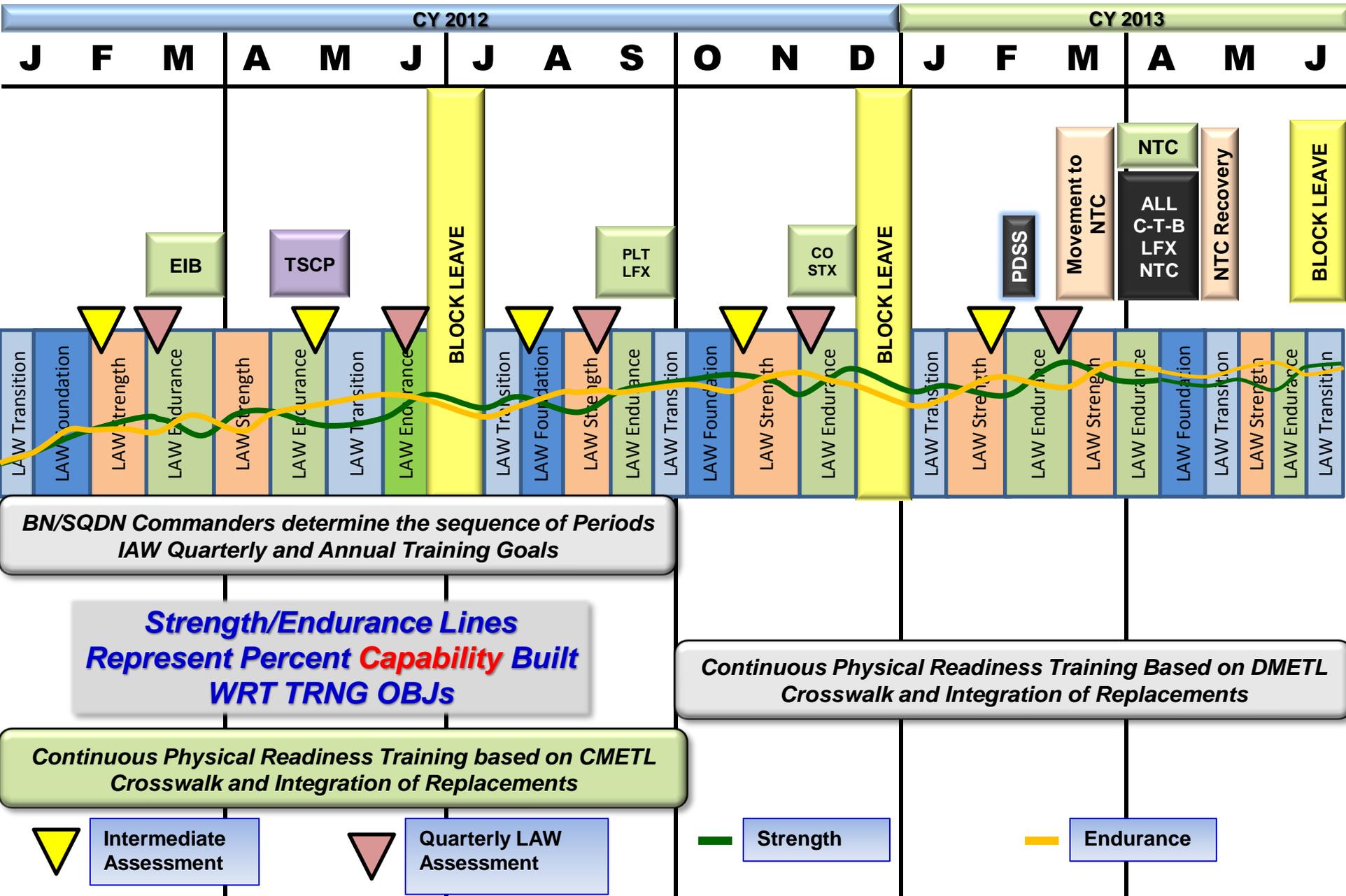
Example Short-Range L.A.W. PRT Calendar

Nov-11																																		
	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
2/25 S3	PI - B2		PHASE I - Foundation Period: General Physical Preparedness, Ready for Any Challenge Anytime																															
Group A	T9	T10	F1	F2	DONSA				F3	F4	F5	F6	DONSA (Veterans Day)				F7	F8	F9	F10	DONSA				F11	F12	F13	DONSA (Thanksgiving)				F14	F15	D1
Group B	T10	T1	F2	F3					F4	F5	F6	F7					F8	F9	F10	F11					F12	F13	F14					F15	F1	D2
Group C	T1	T2	F3	F4					F5	F6	F7	F8					F9	F10	F11	F12					F13	F14	F15					F1	D3	
Group D	T2	T3	F4	F5					F6	F7	F8	F9					F10	F11	F12	F13					F14	F15	F1					D4		
	L.A.W. F1					L.A.W. F2					L.A.W. F3					L.A.W. F4					L.A.W. F5													
FOCUS	Long Slow Endurance + Core					Power/Power Endurance					VO2 Max + Combatives					Heavy Resistance + Speed/Agility Drills					Footmarch/Endurance Ruck													
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (Conversational Pace)					Increase Raw Strength and Enduring Mid-Range Power					Increase capacity to intake and utilize oxygen efficiently					Increase Raw Strength and Explosive, Extreme Short Range Power					Increase Cardio-Respiratory Capacity and Load Bearing Mobility													
Location	SBHI					Sweat Factory					Martinez					Schofield Bks Fitness Center					SBHI													
Uniform	WPTU					WPTU					WPTU					WPTU					WPTU													
Instructor	Group NCOIC					Group NCOIC					Group NCOIC					Group NCOIC					Group NCOIC													
Workout	PRT Warm Up ---- Double Under Form Work Max Double Unders three attempts ---- 4 Mile Run Conversational Pace 3 Rds Situps Max Reps in 1 MIN --- Wall Calf Stretch (Mobilitywod.com first video) *We will increase distance by 10 % each week.					PRT Warm Up ---- Deadlift Clinic- Focus on Tight Core Back and Abs engaged. ----- Hero WOD Honoring 1LT Brian Bradshaw, KIA 25 JUN 09 OEF "Bradshaw" 10 Rds for Time 3 x Hand Stand Pushups (HSPU) 6 x Deadlift, (225 #) 12 x Pullups 24 Double Unders/ Tuck Jumps --- Stretching/Mobility: Weight Assisted Groin Stretch AKA "Frog Stretch"					PRT Warm Up ---- Box Jump Clinic ---- "Partner Treadmill 10:10s" AKA "The Wizard" --- 10 mph (6 mile pace) level 10 incline 20 secs work 40 sec rest, 10 rds. Switch off with partner. Have partner near by for safety. ---- KB throw for distance: Best of three each: Overhead, thruster Stretching/Mobility: 2 Min Each Leg, Deep Lunge Work					PRT Warm Up ---- Intro to Turkish Getup (TGU) --- 3-3-3-3-3 RM Clean 3-3-3-3-3 RM Overhead Sgt ---- Four Cone Drill 12 total rds: Best time for 3 x Front, Back, left and right sides. --- Stretching/Mobility: Scorpion Stretch					LAW PRT Warm Up ---- 5 Mile Ruck 35 Lb Ruck --- *We will increase distance by no more than 10 % each week.													
	L.A.W F6					L.A.W. F7					L.A.W. F8					L.A.W. F9					L.A.W. F10													
FOCUS	Long Hard Endurance + Core					Muscular Endurance					Speed/Agility + Combatives					Mobility/Recovery					Footmarch/Power Ruck													
GOAL	Increase Cardio-Respiratory Capacity Over Long Times and Distances (80-90% Effort over Distance)					Increase Work Capacity Over Long Time Periods with Limited Cardio-Resp. Stress					Increase Maximum Speed and Agility Over Short Distances					Recover/Improve Mobility					Increase Core Strength While Improving Mobility and Coordination													
Location	SBHI					BDE Pullup bars					Sweat Factory					SBHI					Waimea Bay													
Uniform	WPTU					WPTU					WPTU					WPTU					WPTU													
Instructor	Group NCOIC					Group NCOIC					Group NCOIC					Group NCOIC					Group NCOIC													
Workout	LAW PRT Warm Up ---- 4.4 Miles All Out Release Track Times --- 300 seconds front plank as few breaks as possible. Mobility/Stretching: Shoulder Bully Stretch					PRT Warm Up, Front Squat --- Filthy Fitfy For time: 50 Box Jumps 50 Jumping Pullups 50 KB Swing 36 lbs 50 walking lunges 50 Knees to Elbows (KTE) 50 Push Press (PP) 50 GHD Back Extensions 50 Wall Ball 20 lbs 50 Burpees 50 Double Unders --- Strecthing: Windmill Stetch Downward Dog					LAW PRT Warmup ---- Plyometrics: 20 x Broad Jump, Lateral Jump T Drill: 5 reps for Best time: 2 min rest between 2 x 100 Yard Sprint 2 x 50 Yard Sprint 8 x 20 yard Sprint. * 15 seconds rest between efforts. 5 -10 -5 4 rds.					LAW PRT Warmup ---- Slow "Conversational" Pace 20 Min Jog, 25 Min Bike, 25 Min Elliptical/20 Min Jog (No Rower) 5 Min Abs					PRT Warmup --- Pullup Bar Muscle Up Clinic ---- 5.0 Mile Ruck w/ 40 Lb Ruck (9 Line MEDEVAC Graded by NCOIC)													

Example Long-Range L.A.W. PRT Calendar

Oct-11																															
	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2/25 S3	PHASE I - Transition Period: Intro to LAW PRT														PHASE I - Transition Period																
Group A	DONSA	T1	T2	T3	T4	DONSA (Columbus Day)				T5	T6	T7	T8	DONSA	T9	T10	T1	T2	T3	DONSA	T4	T5	T6	T7	DONSA				T8		
Group B		T2	T3	T4	T5	T6	T7	T8	T9	T10	T1	T2	T3		T4	T5	T6	T7	T8		T9	T10									
Group C		T3	T4	T5	T6	T7	T8	T9	T10	T1	T2	T3	T4		T5	T6	T7	T8	T9		T10										
Group D		T4	T5	T6	T7	T8	T9	T10	T1	T2	T3	T4	T5		T6	T7	T8	T9	T10												
Nov-11																															
	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
2/25 S3	PI - T		PHASE I - Foundation Period: General Physical Preparedness, Ready for Any Challenge Anytime																												
Group A	T9	T10	F1	F2	DONSA	F3	F4	F5	F6	DONSA (Veterans Day)				F7	F8	F9	F10	DONSA	F11	F12	F13	DONSA (Thanksgiving)				F14	F15	D1			
Group B	T10	T1	F2	F3		F4	F5	F6	F7	F8	F9	F10	F11	F12	F13	F14	F15		F1	D2											
Group C	T1	T2	F3	F4		F5	F6	F7	F8	F9	F10	F11	F12	F13	F14	F15	F1		D2	F2	D3										
Group D	T2	T3	F4	F5		F6	F7	F8	F9	F10	F11	F12	F13	F14	F15	F1	D2		F2	F3	D4										
Dec-11																															
	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2/25 S3	PHASE 1 F: Deload Period						PHASE I - Strength Period: Forging Powerful Soldier Athletes																								
Group A	D2	D3	DONSA	D4	D5	S1	S2	S3	DONSA	S4	S5	S6	S7	S8	DONSA	S9	S10	S11	S12	DONSA (Christmas)				S13	S14	S15	D1	D O N S A			
Group B	D3	D4		D5	D1	S2	S3	S4		S5	S6	S7	S8	S9		S10	S11	S12	S13	S14	S15	D2									
Group C	D4	D5		D1	D2	S3	S4	S5		S6	S7	S8	S9	S10		S11	S12	S13	S14	S15	D2	S1	D3								
Group D	D5	D1		D2	D3	S4	S5	S6		S7	S8	S9	S10	S11		S12	S13	S14	S15	S1	S2	S3	D4								
Jan-12																															
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2/25 S3	PHASE 1 S: Deload Period						PHASE I - Endurance Period- Further, Faster and Fight Harder																								
Group A	DONSA	D2	D3	D4	D5	DONSA	S1	S2	S3	S4	DONSA (MLK Weekend)				S5	S6	S7	S8	DONSA	S9	S10	S11	S12	S13	DONSA				S14	S15	
Group B		D3	D4	D5	D1		S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13		S14	S15	D1									
Group C		D4	D5	D1	D2		S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14		S15	S1	D2									
Group D		D5	D1	D2	D3		S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15		S1	D2	S2	D3								
Feb-12																															
	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
2/25 S3	PHASE 1 E: Deload Period						PHASE II - Foundation Period: General Physical Preparedness, Ready for Any Challenge Anytime																								
Group A	D2	D3	D4	DONSA	D5	S1	S2	S3	DONSA	S4	S5	S6	S7	S8	DONSA (President's Day)				S9	S10	S11	S12	S13	DONSA	S14	S15	D1				
Group B	D3	D4	D5		D1	S2	S3	S4		S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	D2										
Group C	D4	D5	D1		D2	S3	S4	S5		S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S1	D3										
Group D	D5	D1	D2		D3	S4	S5	S6		S7	S8	S9	S10	S11	S12	S13	S14	S15	S1	D3	S2	D4									

Example L.A.W Program Progression



Levels of Planning & Responsibility

- **Brigade**

- Issue LAW PRT Manual 1.0, Annual Training Guidance, Quarterly Training Guidance

- **Battalion**

- Determine Quarterly Training Objectives, select sequence of Transition, Foundation, Strength, and Endurance Periods to maximize capability in accordance with Training Objectives.
- Identify assessment periods prior to any major training exercises – issued with Quarterly Training Guidance
- Synch rotation for limited Battalion-level resources in Battalion training meeting

- **Company**

- Ensures Company “peaks” for assessment through planning intermediate objectives – back-briefed to BN CDR during Quarterly Training Brief
- Validate profiles, ensure injured Soldiers receive proper treatment and conduct quality PRT
- Rotation for limited Company-level resources

- **Platoon**

- Ensures week-to-week work-outs balanced in strength, endurance and mobility IAW BN/SQDN Period
- Plan a period at a time NLT two weeks prior to the start of each period
- Identify primary and alternate trainers for each day
- Develop PRT plan for injured Soldier’s IAW treatment/recovery plan – validate through CO/1SG
- Resource PRT sessions

- **Squad**

- Help develop detailed daily work-outs
- Prepare for, execute & lead daily PRT
- Identify injured Soldier’s to PL/PSG



L.A.W. Leader Indoctrination

- **Phase I: Professional Reading**

- Building the Soldier Athlete, October 2009
- Ranger Athlete Warrior Version 4.0, January 2011
- Building the Soldier Athlete – Reconditioning (Profile) Physical Training Supplement, October 2009
- TC 3-22.20 – Army Physical Readiness Training, August 2010

- **Phase II: Formal Instruction on L.A.W.**

- Executed at the Battalion Level
- Current policies & leader responsibilities
- Ranger Athlete Warrior MTT 14-18 NOV 11, 3 SMEs at
- Advanced Tactical Athlete Conditioning (ATAC) Program
 - Reconditioning (Profile) PT Leaders Course
 - Tactical Strength and Conditioning Course
- L.A.W. leader professional development

- **Phase III: Practical Application**

- Plan and execute L.A.W. PRT sessions

- **Phase IV: Refinement**

- Continue to provide bottom-up refinement to improve L.A.W. PRT



Optimal PRT Session (75-90 Minutes)

- **Movement Preparation (10 minutes)**

- Prepare the body for movement
- Increase body temperature & heart-rate
- Prepare joints & muscles
- Priming the nerve-to-muscle messages
- Movements found in PRT Manual, TC 3-22.2, www.armyprt.com and Building the Soldier Athlete

- **Activity (30-60 minutes)**

- Strength
- Endurance
- Mobility

- **Recovery (8-10 minutes)**

- Safely decrease heart-rate, respiratory rate and body temperature
- Improve functional flexibility and range of motion when the body is warmed up
- Replace nutrients and water
- Recover enough so the body is ready for subsequent PT sessions
- Movements found in PRT Manual, TC 3-22.2, www.armyprt.com and Building the Soldier Athlete



Strength Principles



- **Heavy Resistance** – strength to move heavy external objects
 - Based on 1- 4 rep max – all reps are completed with perfect form
 - Balance pushing, pulling and leg-dominant exercises
- **Power** – strength to explosively move yourself or an external load
 - Based on 1- 4 rep max – all reps are completed with perfect form
 - The speed at which the movement is initiated is maintained until completion of the movement (i.e. start fast, finish fast)
- **Power Endurance** – strength to move mid weight loads rapidly over and extended period
 - The speed at which the movement is initiated is maintained until completion of the movement (i.e. start fast, finish fast)
 - Don't add so much weight or so many reps that the speed of movement is compromised
- **Muscular Endurance** – strength to stabilize main joints involved in an exercise and sustain bodyweight or lightweight exercise for an extended period
- Leaders must ensure that Soldiers master form for every strength training exercise with light weight before moving to heavy weight
- All functional strength training is core training – engage your core before and throughout every lift and protect the spine
- Full body workouts are the standard. Alternate pushing, pulling, legs and core and you are meeting the intent.

Heavy Resistance

- Performed at least twice every 7-10 days
- Develop total-body muscular strength – not a body builder’s work-out.
- Focus on lean gains with a 4 repetition maximum. Sets of 8-12 reps will build size, which can hinder oxygen efficiency and decrease combat effectiveness
- Form matters. Master the exercise techniques and demand proper execution from your Soldiers
- Lifts that involve multiple joints and muscle groups are the standard (ex. power clean, dead lift, thruster, weighted pull-up). Do not over-emphasize the bench press.
- Progress based on individuals’ performance
- Main options for Heavy Resistance Strength Training
 - Gym-Based Option
 - Field-Expedient Option



Heavy Resistance Gym-Based Method

- Over the course of each 7–10 day period
 - Balance upper body and lower body lifting
 - Balance push and pull lifting
- Each 7-10 days vary the workout in some way:
 - Slow-grinding Power lifts switched to explosive Olympic lifts
 - Heavy resistance with long recovery switched to higher reps with shorter recovery
 - Supersets (i.e. alternate push/pull exercises)
- Example of a 20-minute session break-down:
 - Pick one exercise for each category from table below
 - Perform a warm-up set at about 50% of 1-rep max
 - Perform a second set at about 75% of 4-rep max
 - Perform 2 sets at 4-reps max – adjust weight so 4th-rep is last rep that can be completed with perfect form
 - Each individual should have 60 seconds rest between sets for a 1:3-4 work-to-rest ratio
 - Pre-position weights to allow time-efficient changing out of weights – generally only 6-7 minutes per station

Power Lifts- Slow Grinding			Olympic Lifts- Explosive Power
Push	Legs/Back	Pull	Total Body
Bench Press	Deadlift	Weighted Pull-ups	Clean
Standing Bar Press	Squat (Front, Back, Overhead)	Seated Cable Row	Snatch
Standing Dumbbell Press	Weighted Lunge	Lat Pull-Down	Jerk
	Single Leg Back Squat/lunge	Standing Bent-Over Dumbbell Row	Push Press

Heavy Resistance Field-Expedient Method

- Same principles from weight room apply in the field
 - Push/pull, work upper and lower body
 - Resistance comes from body weight, IOTV, kettlebells, sleds, etc.
- Push strength means adding a challenge to the standard push-up – three point pushups, push ups in IOTV, handstand pushups, partner resistance, elastic band, etc.
- Pull strength is a little more straight forward – Pull-ups, chin-ups, add IOTV, ropes without legs, etc.
- Leg strength best trained by isolating one leg – Master body weight then add resistance and/or step-ups



Power & Power-Endurance

- Twice every 7-10 days
- Adjust sets/reps to stress power more than power-endurance
 - Add enough weight to decrease reps to the 3-5 range – do not add so much that speed of movement is lost
 - Mandate a specific rest period (e.g. 30 or 60 sec.) between each round or mandate a specific HR recovery point (e.g. 120 bpm) between rounds to enable more explosive movements
 - Hybrid Workouts– Workouts that blend strength/power and endurance challenges into a single session. These workouts can fit into the Power Endurance, Muscular Endurance, or Endurance categories depending on the duration and intensity level
- Time Constraints
 - Entire company – 20 minutes per platoon (equipment dependent)
 - Effective circuit can be completed in 15-30 minutes
 - 2 Soldier's at each station – 1 working & 1 resting
 - After both Soldier's have completed the lift, they move to the next station
 - Complete entire circuit twice with a 2-3 minute rest between iterations
 - Do not lift to muscle failure or allow a repetition that involves compensatory movement – primary means of progression is through speed of movement and increased duration of sets
- No Time/Equipment Constraints
 - Tabata interval method (20s work, 10s rest x 8 repetitions for each exercise= 4 minutes each exercise)
 - Olympic Lifts
 - Kettlebell Swings/Throw, Medicine Ball Throw, Stone Throw for distance
 - Tire Flips, Sledge Hammer Strikes, Sled Drags



Muscular Endurance

- Develop control of body weight from the ground, on the feet and from the air (pull-up bar, ropes)
- Performed once or twice every 7-10 days
- Sessions completed in about 30 minutes (indoors or outdoors)
- Easily combined with a tempo run or 300-yard shuttle run for a complete PT session
- Emphasize mastery of technique first, then gradually introduce more challenging movements
- Principles to developing ME work-outs:
 - Pushing and pulling movements for the upper body
 - Variety of core exercises targeting different areas
 - Variety of functional leg exercises
 - Reasonable volume of training (workout that calls for 50 reps when you can only do 20 reps is not reasonable)
 - Light weight high repetition workouts. Reasonable load based on your individual abilities
 - Reasonable degree of recovery built into the work-out – your stamina should be challenged throughout the work-out, but not so much that movements become sloppy



Endurance

How far do we need to be able to run?

How fast do we need to be able to run?

How many times do we need to be able to do it?

Activity	Aerobic	Anaerobic
440 yards sprint	5%	95%
1 mile run max effort	25%	75%
2 mile run going for broke	60%	40%
10k run personal best effort	80%	20%

***Interestingly, training anaerobic endurance will improve aerobic capacity, but the reverse is not true. (Referenced from *RAW v4.0*)

Both anaerobic and aerobic endurance must be trained in order to achieve full-spectrum endurance for missions.

Endurance

- Minimum twice every 7-10 days (except on recovery weeks) perform interval training
- Progress time/distance/interval reps by no more than 10% per week
- Do not run hard and/or long on consecutive days unless for a specific reason (i.e. experienced runner training for an event)
- During de-load/recovery weeks (one for every 3 hard weeks), replace intervals, long runs and footmarches with pool workout and cardio machines or limit the mileage



Endurance – Primary Runs

- **Long Hard Runs and Long Slow Runs: 30-60 minutes**
 - Build aerobic endurance & gradually toughen the legs
 - Gradually progress time/distance by no more than 10% per week
 - Leaders must weigh the benefit of running greater than 5-miles with the risk of creating lower extremity injuries
- **V02 Max Intervals**
 - Build anaerobic endurance and leg power
 - 30/30's (30 seconds running at max speed, 30 seconds walking) – Weekly in Phase I
 - 80-90% of you maximum effort, not maximum heart rate – should feel like a hard effort that falls short of a full-out sprint
 - Track Intervals (100m- 1200m)
 - Proven method of improving aerobic and anaerobic fitness
 - Effort level – Finish prescribed number of intervals, maintain good running form, about the same time for each interval and feel that you've challenged yourself
- **Tempo Run (Lacate Threshold Run)**
 - Improve endurance by increasing your lactic acid threshold
 - Duration at tempo speed should be about 20 minutes
 - Pace should feel comfortably hard – 85-90% of maximum heart rate range
- **Speed Work**
 - Build anaerobic and aerobic endurance, improve sense of pacing, improve biomechanics
 - Periods of faster-paced running alternated with slower pace or rest

Endurance – Secondary Runs

- **300-yard Shuttle Run Repeats**
 - Used in conjunction with other non-running work-outs
 - Good supplement to a strength work-out
- **Terrain Run**
 - Accustom Soldier's to uneven terrain and slopes
 - Short terrain runs are a good supplement to strength work-outs or battle-focus categories
- **Footmarching**
 - Develop aerobic endurance with load – toughen the feet
 - 2 x month – 1 x uneven terrain, 1 x even terrain
 - Phase I – should cover a distance of no greater than 6 miles and not exceed 45 lbs packing list
 - Phase II – gradually increase distance and load
- **Power Ruck**
 - Improve movement techniques under load while challenging anaerobic power endurance
 - 1-2 x month – best used in conjunction with other tactical PT drills
 - Climbs – increased effort utilizing hills, stairways or other similar means
 - Level Terrain – increased power demand from a heavier pack or faster movement. No ruck running
- **Swimming**
 - Aerobic work-out that provides relative rest for weight-bearing bones/joints – good choice for second work-out of the day
 - Principles of interval training can be applied

Factors of Endurance



- **Genetics**: Slow-twitch v. fast-twitch muscle fibers
- **Lactate Acid Threshold**: Ability to produce energy at a fast rate aerobically without accumulating high levels of lactic acid in your muscles and blood
- **Glycogen Storage and Fat Utilization**: Providing the fuel to move long distances and periods of time
- **Running Economy**: The amount of oxygen your body uses to run at a given pace, and your biomechanical efficiency
- **Maximal Oxygen Uptake (V02 Max)**: Ability to transport oxygen to your muscles, and the ability of your muscles to use that oxygen

Douglas, Scott and Pete Pfitzinger, "Advanced Marathoning," Human Kinetics 2001

Training Intensity

- Most endurance workouts are driven by two major factors: distance (or time) and intensity
- The optimal way to determine intensity is percentage of maximum heart rate, less optimal is pace, perceived effort is the least optimal method
- Heart rates for standard workouts are given in the chart below:

Heart Rates for Standard Workouts	
	% of Max Heart Rate
V02 Max	94-98
Lacate Threshold	80-90
Long Runs	73-83
Recovery	<75

In Depth: Lactate Threshold

- As you exert yourself and burn carbohydrates, your body produces lactate, and simultaneously removes lactate – but not always at the same rate.
- Lactate binds with acid (H^+) in the blood and shuttles it away from the muscles. The more this response is trained in your body, the more efficiently your body can maintain constant physical performance.
- The point at which your body produces exactly as much lactate as it can remove is called your lactate threshold
- Superior athletes have high lactate thresholds

In Depth: Genetics

- Every human has a set number of fast-twitch and slow-twitch fibers
- Slow-twitch dominant humans tend to be better at endurance events, fast-twitch dominant excel at explosive events
- If you put on muscle easily, you probably have a high proportion of fast-twitch; if not, probably lots of slow-twitch

Fast Twitch



Slow Twitch



In Depth: Glycogen Storage and Fat Utilization

- Your body has a finite amount of glycogen (carbohydrates stored and readily available for use as energy in your body)
- Your body also has a finite amount of fat (stores of fat from various sources stored in your body for use as energy)
- An untrained person's body will use nearly all of its glycogen before utilizing fat – running out of glycogen is called “hitting the wall” and is usually a showstopper for an athlete
- A trained athlete's body will utilize a more efficient mix of fat and glycogen throughout a strenuous activity, and will postpone “hitting the wall” much longer

In Depth: Running Economy

- Two major factors: Biomechanical efficiency and oxygen utilization
- Biomechanical efficiency refers to your form (running, swimming, biking, etc)
 - A biomechanically efficient athlete is able to get more out of every stride, stroke, and pedal because of proper form
 - Imagine someone throwing a football properly versus improperly - which football goes further?
- Oxygen utilization refers to how much oxygen you use to move at a given pace
 - Athletes who use less oxygen are more efficient and can go further at the same pace, or the same distance at a faster pace
 - Very difficult to train, largely based on how long you have been training as well as genetics

In Depth: V02 Max

- V02 max refers to the maximum volume of oxygen an athlete can take in and utilize
- Measured in milliliters of oxygen used in one minute per kilogram of body weight
- Average person has a V02 max of 35 mL/kg/min, Lance Armstrong is recorded at 85 mL/kg/min

Improving Cardiovascular Endurance - Genetics

- You cannot change genetics
- However, you can improve the performance of both fibers with focused training
- Caveat: Some fast-twitch fibers can act like slow-twitch fibers with extensive endurance training, but the opposite is not true

Improving Cardiovascular Endurance – Lactate Acid Threshold (LT) .

- **Tempo Runs**
 - Run at lactate threshold (LT) pace or a few seconds faster for 20 to 40 minutes.
 - Typical workout consists of 15-20 min warm up run, 20-40 min at LT pace, and a 15 min cool down
- **LT Intervals**
 - Run two to five repetitions at LT pace
 - Repetitions should 5 to 13 minutes (.5-2 miles) with 2 to 3 minutes rest in between reps
 - Typical workout is a 15 minute warm-up, two to five repetitions with rest, and 15 minutes cool down
 - Intervals can be done on a track or during a road run
- **What is My LT Pace?**
 - LT pace is typically at about 80-90 % of your maximum heart rate
 - Similar to the pace you run all out on for one hour (15k to half marathon pace)
 - Also can be “comfortably hard,” or a pace that is not conversational, but also is not all out



Glycogen Storage and Fat Utilization

- **Long Runs**: Runs (or other cardiovascular events) between 45-90+ min in length force your body to use fat as a fuel source, and train it to store more glycogen (sugar) for utilization as energy
- Long runs should be at 73-83 % of max heart rate, or 10 to 20% slower than goal race pace
- Running too slow builds bad biomechanics, running too fast makes recovery too difficult
- Two types of long runs: Long slow day (LSD) or long hard day (LHD)
 - **LSD**: Closer to 73% of max heart rate or 20% slower than goal pace
 - **LHD**: Closer to 83% of max heart rate or 10% slower than goal pace
- Typical workout is 10 min warm up, 45-90 min run at LSD or LHD pace, and a 10 min cool down

Improving Factors of Cardiovascular Endurance

Running Economy

Biomechanical efficiency: Training speed work, properly, builds biomechanical efficiency

- Typical workouts are intervals of 50 to 200 m with full rest (up to 5 minutes)
- Focus not only on speed, but efficient running form – good form equals speed
- **Length of training**
 - The more years you have been consistently training endurance, the better your economy
 - Consistent, periodized training programs build economy

VO2 Max

- The most taxing factor to train
- VO2 max workouts are done at 94-98 % of max heart rate or roughly your 5k race pace
- Intervals with a duration of 2 to 6 minutes
- Typical workout
 - 15 minute warm-up
 - 6-10 rounds of 800m to 1,600m repetitions at VO2 max pace and a 50-90% rest (example: 2 minutes work, rest 60 to 110 sec)
 - Cool-down 15 min

Mobility

- Trained Daily
- Includes Flexibility, Range of motion (ie Squating past 90 degrees), and Agility
- Mobility should be included in every workout in the movement preparation and recovery, as well as once or twice a week through Movement Skills Training. Mobility also includes agility in combat kit including climbing and individual movement techniques

Movement Skills Training

- **360-Core**
 - Promote core stability and endurance in all planes
 - Performed 2-3 times per 7-10 Days
 - Alternate between exercises that work the front, back and sides of the core
- **Elastic Band Resistance**
 - Promote core stability and endurance in standing
 - Performed 1-2 times per week
- **MedBall Drills**
 - Core stability for both short and long-range explosive movements – resistance to movement in all planes
 - Performed 1-2 times per week – sessions last 20 minutes
- **Speed-Agility-Coordination Drills**
 - Optimize movement skill and improve reaction, speed and change-of-direction

Hybrid Sessions

- **Advantages**

- Efficiency – blend of strength, power and endurance challenges into a single session
- Developing power-endurance – train endurance without compromising full-body power
- Mental toughness – ability to focus on form as fatigue sets in
- Neuroendocrine response – hard work and big stress placed on entire body

- **Drawbacks**

- Injury risk – maintaining form/technique while fatigued
- Strength/Power compromise – restriction on rest intervals needed for strength/power development
- Over-stimulation of the neuroendocrine response – Limit 2 x Day workouts when conducting strenuous and/or hybrid workouts

- **Best Practices**

- Understanding of the objective you are trying to train

- **Bottom Line Principles**

- Perform twice every 7-10 days (except in Phase I)
- Lay a good movement skills foundation first
- Understand and control the neutral position of the spine
- Perfect form with body-weight squats before heavy squatting, deadlifting, or plyometrics
- Build volume over time
- Don't let fatigue win...maintain form in the face of deep fatigue – mental toughness
- Structure work-outs so that more demanding/complex movements are performed early in the work-out before deep fatigue sets in

Hybrid Drills

- **Tabata Intervals**
 - Described previously in strength section
- **Stamina Drills**
 - Stamina is the capability of sustaining long, stressful effort
 - Challenge multiple energy pathways, local muscle endurance and willingness to fight through fatigue – designed to be exhaustive
 - Best saved for Phase II
- **MedBall Relays**
 - Develop total-body power, agility and coordination while challenging anaerobic endurance
- **Partner Shuttle**
 - Develop local muscle endurance through calisthenics while challenging anaerobic endurance
 - Time-efficient & field-expedient method for training both strength and endurance
 - Works well as a separate event to rotate through on days when using Ground Base circuit is being performed
- **Tactical PT**
 - Events may be scheduled throughout training cycle – best saved for Phase II
 - Recommended activities – O-course, combatives, casualty evacuation carries/pulls, power ruck, Combination of all

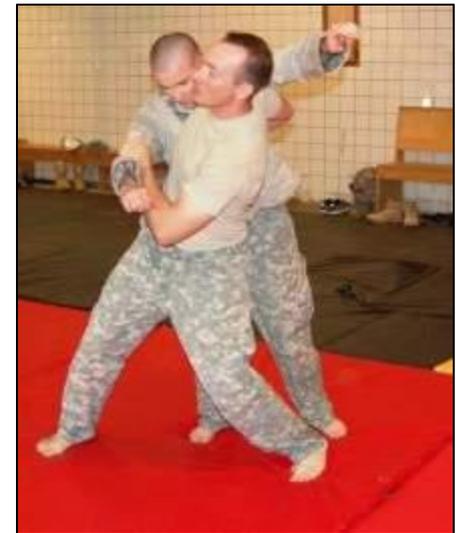
Ability Groups

- Every L.A.W. session is designed to achieve a desired training effect
- Leaders need to understand the training effect and how each Soldier within will achieve the desired training effect
- Some L.A.W. sessions can easily accommodate a large variance of physical abilities
 - i.e. During heavy resistance L.A.W. sessions, if the goal is to reach muscle failure between 10-12 repetitions, then the amount of resistance can quickly be modified between sets based on the level of physical abilities.
- Some L.A.W. sessions are not as easily able to accommodate to a large variance in physical abilities – this is where ability groups are effective
 - i.e. If the goal is to conduct a 40-minute sustained pace run at moderate intensity, then the element must be broken down based on ability to achieve that desired effect. Moderate intensity for a faster runner will be high intensity for a slower runner.
- Risk of injury and/or overtraining are elevated if the variance in levels of physical abilities is not carefully considered when planning a L.A.W. session
- These same considerations must also be taken into account when planning L.A.W. sessions for Soldiers that recently arrived to the unit

Combatives

“Combatives is the link between what we say we are and what we actually are.” -Mr. Matt Larson, Modern Army Combatives Program

- Train once every 7-10 days
- Leaders must participate. Lead from the front
- The focus of the Combatives program is to:
 - Control an opponent while on your feet, and fight back to your feet
 - Maintain access to your primary and secondary weapon systems in order to transition to lethal means
 - Properly detain a person of interest while maintaining security
- Controlling an opponent while on one's feet gives the Soldier an option for controlling a situation before going to lethal means
- Combatives can be included in mobility drills at the end of PRT session, since it includes controlling your body and an opponents
- This program is not designed to develop MMA Fighters
- Combatives Training will not be a fight club: Ensure there is a professional tone to ensure there are no permanent injuries from this program as Soldiers learn these skills
- Never have a soldier deploy without the necessary skills to complete the mission



Off Site PT

- Hawaii offers some of the most scenic landscapes in the world as well as numerous great, fun activities for offsite PT. Leaders are encouraged to include offsite PT with proper Risk Assessment and leader supervision. Battalion and Squadron Commanders will determine offpost PT Conop Standards and deadlines.



Competitions

- Leaders are encouraged to include competitions to raise esprit de corps, incentivize PRT and reward groups and individuals for fantastic work and progress. Competitions should be tied to the period of training the unit is currently conducting.

Recovery Menu

**“Do not exhaust yourself everyday. Respect the need for recovery”
- CSM Ray A. Devens**

The workout formula: If you have a negative total score at the end of each week you are enroute for an overuse injury.

- Hard Workout = Negative 5 points
 - Easy Workout = Negative 3 points
- 3 Hard Workouts in 3 Consecutive Days= 17 Negative points

Recovery Tools

- + Hydration= Positive 1 point (no energy drinks)
- + Healthy Post workout meal= Positive 1 point
- + Recovery walk in PM= Positive 1 point
- + Foam roller/Lacrosse ball trigger point/ myofascial release therapy= Positive 2 points
- + Deep Stretch with Elastic Bands held for 2 Minutes= Positive 2 points
- + 5 minute Cold Shower/Bath = Positive 2 points
- + Sports Massage= Positive 3 points
- + Ice Bath/ Ice Pack= Positive 3 points



L.A.W. Nutrition – Guidelines

- Key components of L.A.W. Nutrition to optimize a Soldier's performance:
 - *Properly fueling your body*
 - *Weight maintenance*
 - *Effective Supplement use*
 - *Timing of meals and supplements*
- Leaders must educate, counsel and motivate their Soldier's to follow proper nutritional guidelines
- Studies show that Soldiers respond to performance incentives with regards to Nutrition. Focus on performance gains of proper nutrition and the health benefits will follow

L.A.W. Nutrition – Fueling the Body

- Understanding how much fuel your body needs is based on:
 - *Age, Gender, Height, Weight & Physical Activity*
- Complete nutrition using real food is a better long-term solution than dependence on supplements
- What type of fuel does your body need:
 - Carbohydrates
 - Most readily available energy source in the body
 - Fuel for your muscles during intense exercise sessions – fuels your brain (feeds primarily on carbs)
 - Adequate carbohydrate intake enables the body to use protein for muscle repair/rebuilding
 - Not eating enough carbohydrate will decrease energy and overall performance
 - Protein
 - Primary component of muscle
 - Adequate protein consumption is vital to maintain muscle mass and essential to support muscle growth during training
 - Not normally used as a source of energy by the body – if your calorie intake is too low your body will use protein for fuel, decreasing its ability to support muscle and can lead to poor physical performance
 - Fat
 - Plays a vital role in the absorption of fat soluble vitamins (A, D, E, K), and maintaining testosterone levels and cell integrity
 - Eat healthy unsaturated fats, limit saturated fats and avoid trans fats. Healthy fats include coconut, avocado, and nuts.

L.A.W. PRT Nutrition – Timing of Meals

- **Pre-Workout Nutrition**
 - Carbohydrate-heavy snack equal to .5 grams/lb approximately 1-2 hours prior
 - A 200-lbs Soldier should consume 100 grams of carbohydrates prior to a L.A.W. session
 - Slowly digested carbohydrates with low glycemic effect
 - Oatmeal, dried fruit, etc.
- **Post-Workout Nutrition**
 - Immediately following a L.A.W. session re-hydrate and restore nutrients
 - Quickly digested carbohydrates with high glycemic effect
 - 3:1 Whey protein shake or apple/banana and chocolate milk from DFAC
 - Optimal post-exercise meal:
 - Completely ingested within 30 minutes
 - 3:1 ratio of carbohydrates to protein
 - Minimum of 250 calories
 - A carbohydrate + protein combination will enhance glycogen re-synthesis more than just carbohydrate alone

LAW PRT Nutrition: Hydration

- Ensuring that Soldiers are properly hydrated and receive regular, adequate nutrition is a good way to prevent the onset of heat injuries
- Water is the preferred hydration fluid before, during, and after physical training activities
 - Drink 13 to 20 ounces of cool water at least 30 minutes before beginning exercise (approximately 2 glasses of water). After exercise, drink to satisfy thirst, then drink a little more
 - Avoid alcoholic beverages, energy drinks 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 ½ quarts per hour (48 oz) during heavy exertion
 - Remember, hydration is also important in the cold environment. Many times loss of water is not as noticeable when it is cool or cold
- Cumulative dehydration over several days leaves muscles susceptible to injuries.

L.A.W. PRT Assessments

There are currently four Assessments. LAW PRT will prepare the soldier athlete for all.

APFT- Current standard for UCMJ/Promotions:

- 2 minute push-ups
- 2 min sit-ups
- 2 mile run

LAW PRT Assessment

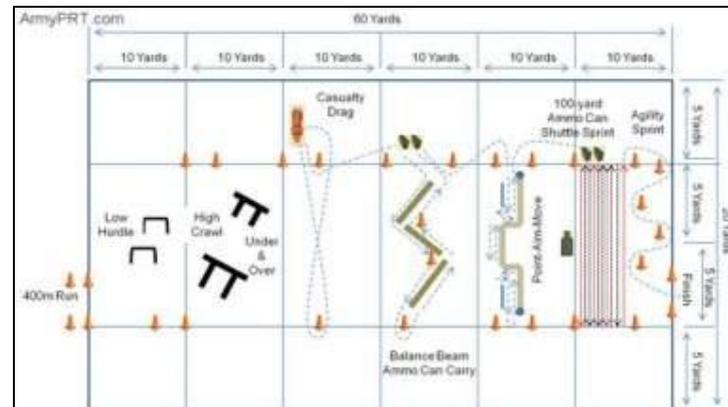
- 2 minute push-ups
- 2 min sit-ups
- 2 mile run IAW APFT
- Followed by 3 mile run, 42.5 Minutes
- Bodyweight Deadlift 15 Reps
- Bodyweight Bench Press 10 Reps
- 70% BW Military Press
- 10 Strict Pull-ups (Palms Facing Away)
- 6 Mile Ruck March, 1 Hour 42 Minutes

Army Physical Readiness Test- New proposed Army APFT, will supersede APFT for UCMJ/Promotions:

- 60-yard shuttle run
- 1 minute rower
- standing long-jump
- 1 minute push-up
- 1.5 mile run

Army Combat Readiness Test : New Proposed Army test for combat focused agility.

- 400-meter run
- hurdles
- a high crawl
- casualty drag
- sprints
- plus several other movement drills



New Soldier Integration

- Newly assigned Soldiers will arrive to the unit at varying levels of physical fitness – elements to consider when integrating a new Soldier
 - How much time did he have to workout during transit?
 - What was his previous assignment?
 - Is he coming off an extended assignment that prevented him from focusing on a particular aspect of fitness (i.e. Ranger School, Deployment)
- Newly assigned Soldiers are a greater risk of injury if they are not carefully integrated into L.A.W. PRT utilizing one or several Transition Periods:
 - Allow body to adapt and prepare for more intense workouts
 - Acclimatize to Hawaii
 - Assimilate into L.A.W. PRT
 - Adapt physiologically and psychologically

Pregnant and Post Partum PRT

- LAW PRT will follow all 25th ID Pregnant/Post Partum PRT guidelines. Units will ensure that any Pregnant soldiers are enrolled into this program to ensure the safety during this critical period. Leaders will ensure that post partum soldiers are gradually added back into the LAW PRT program through Transition Periods.

Reconditioning :Profile PRT

“Building the Soldier Athlete: Reconditioning (Profile) Physical Training Supplement” Profile Groups

- LAW PRT will utilize the great work done by the ARMY PRT Program for Reconditioning (Profile) PRT
- Reference “Building the Soldier Athlete: Reconditioning (Profile) Physical Training Supplement” and www.armyPRT.com
- Separate profile Soldiers into the six groups based on their injuries.

GROUP	GROUP DESCRIPTION
RED: LOWER BODY	<p>Most restrictive profile</p> <ul style="list-style-type: none"> - Lower body severe injury - NO IMPACT allowed (must bike or swim ONLY for cardio) - Examples include fractures, acute sprains or strains
RED: LOW BACK	<p>Most restrictive back profile</p> <ul style="list-style-type: none"> - Moderate to severe low back pain - NO IMPACT allowed (must bike or Stairmaster ONLY for cardio) - Examples include severe sprains and strains or disc herniations
AMBER: LOWER	<p>Less restrictive profile</p> <ul style="list-style-type: none"> - Lower body mild - moderate injury - Mild - moderate low back pain - SOME IMPACT allowed (OK to walk, Stairmaster, or elliptical)
AMBER: UPPER	<p>Upper body, upper back, or neck injury</p> <ul style="list-style-type: none"> - Generally these individuals are on a run at own pace profile, but often running is painful because of the jarring and arm swing. - If running is painful but the profile is marked “run at own pace,” running will not only aggravate the injury, but it will waste time the Soldier could be using to get a beneficial cardiovascular workout. - If so, this Soldier should do some other form of cardiovascular training.
GREEN: SELF PACED	<p>Upper or lower body SELF PACED</p> <ul style="list-style-type: none"> - SOME IMPACT allowed (i.e. walk, run, swim, and bike at own pace; sit ups and push ups at own pace)
GREEN: RECOVERY	<p>Recovery phase of an injury</p> <ul style="list-style-type: none"> - Requires 2x length of profile, up to 90 days

Reconditioning :Profile PRT

- Once put into these groups develop a PT plan based on the “Building the Soldier Athlete: Reconditioning (Profile) Physical Training Supplement”
- A lower body injury does not prevent you from conducting heavy resistance upper body training with the platoon
- Profile PT executed at the Company or Battalion Level
- An NCO is placed in charge of profile PRT each day and responsible for ensuring each injured Soldier conducts PRT according to the PRT plan
- Commanders are responsible for ensuring injured Soldiers conduct quality PRT

Example:

RED-LOWER EXTREMITY

Continuously alternate week A and week B for duration of profile

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	Preparation	Preparation	Preparation	Preparation	Preparation
	Upper body push & pull	Core strength	Upper body push & pull	Core strength	Upper body push & pull
	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle
	Injury specific exercises & stretches				
	Monday	Tuesday	Wednesday	Thursday	Friday
Week B	Preparation	Preparation	Preparation	Preparation	Preparation
	Core strength	Upper body push & pull	Core strength	Upper body push & pull	Core strength
	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle
	Injury specific exercises & stretches				

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