DEPARTMENT OF THE ARMY
1ST BATTALION 27th INFANTRY REGIMENT
2ND STRYKER BRIGADE COMBAT TEAM
25TH INFANTRY DIVISION
SCHOFIELD BARRACKS, HAWAII 96857-6000

NEC ASPERA TERRENT

REPLY TO
ATTENTION OF:

APVG-UZC-CDR 01 June 2011

MEMORANDUM FOR RECORD

SUBJECT: 1-27 Infantry Regiment "Wolfhounds" Athlete Regimen (W.A.R.)

1. References:

a. Training Circular 3-22.20, Army Physical Readiness Training, August 2010.

b. Building the Soldier Athlete, October 2009.

c. Building the Soldier Athlete – Reconditioning (Profile) Physical Training Supplement, October 2009.

d. Ranger Athlete Warrior Version 4.0, January 2011.

2. Purpose. The purpose of this memorandum is to outline the Wolfhound Athlete Regimen philosophy and establish a policy for the Wolfhound Athlete Regimen for all Soldiers assigned to 1st Battalion, 27th Infantry Regiment "Wolfhounds." All the information listed in this memorandum is supported by the references listed above.

3. W.A.R. Philosophy. A Wolfhound on the battlefield is akin to professional athletes at the top of their game. Success demands physical performance optimization. For a Wolfhound to optimize his performance, he must possess the speed and mobility to get there, the strength and power to do the job, and the endurance to complete the mission. In the most basic form, physical success means having the ability to move, acquire and engage a target. *Therefore, the W.A.R. concept recognizes Wolfhounds as Warrior Athletes preparing for the ultimate contact sport – Combat.*

4. Commander's Intent. The intent of W.A.R. is to provide education and training that optimize the physical and mental development and sustainment of the most lethal weapon – the individual Wolfhound. The objective of W.A.R. is a self-sustaining system that implements a smart and disciplined approach to:

a. Achieve a level of ***physical fitness*** that is commensurate with the physical requirements of Wolfhound missions.

b. Understand and choose sound ***nutritional practices***.

c. Employ ***mental toughness*** skills to enhance personal and professional development.

d. Receive screening and education for ***injury prevention*** and prompt, effective and thorough treatment and rehabilitation of injuries when they do occur.

5. W.A.R. Physical Fitness.

a. *Wolfhounds in Combat.* Wolfhound missions require a broad range of physical attributes that can be grouped as:

(1) Strength sufficient for load carriage, individual movement techniques, and casualty evacuation without physical bulk that detracts from endurance or movement proficiency.

(2) Endurance sufficient for long-range movement at a relatively low speed and short, explosive movements followed by short rest and then repetition.

(3) Movement skills sufficient for the safe and effective execution of tasks that require power, agility, balance, and coordination.

b. *Strength.* Strength is defined as the ability to overcome resistance. No one questions the notion that a Wolfhound needs to be strong; rather, the questions are what type of strength and how much of each type is needed by a Wolfhound. W.A.R. recognizes three basic types of strength:

(1) Body Weight. This starts with the ability to stabilize the main joints in an exercise so that movement is smooth and efficient rather than sloppy. Once a Wolfhound can stabilize his movement, he can then build muscular endurance by increasing the volume of training (sets x reps) for exercises like push-ups, pull-ups, single-leg squats, lunges, and a variety of core exercises.

(2) Heavy External Resistance. This type of strength is needed to move loads. You must first be able to stabilize the joints used in the movement, but you do not have to wait until you have built up a given level of body-weight muscular endurance. Moderate to heavy lifting can begin early in a program as long as form is good and stability is maintained.

(3) Power/Power Endurance. This type of strength moves a load rapidly. The load may be your own body (i.e. jumping onto an elevated platform) or an external load (i.e. hoisting equipment onto an elevated platform). Power training is more demanding on the neuromuscular and skeletal systems, so stability, correct form, and adequate recovery are essential.

c. *Endurance*. Endurance is defined as the ability to sustain physical activity and is further distinguished as primarily anaerobic or aerobic in nature. W.A.R. recognizes that most combat related tasks require both anaerobic and aerobic endurance and both must be trained in order to achieve full-spectrum endurance for missions. Interestingly, training anaerobic endurance will improve aerobic capacity, but the reverse is not true.

(1) Anaerobic endurance consists of higher intensity activities which last from mere seconds to about two minutes. This type of endurance is reflective of many combat tasks that involve repeating quick, powerful movements.

(2) Aerobic endurance consists of lower intensity activities performed for longer periods of time. This type of endurance is reflective of combat tasks that may be less intense but require continuous movement.

d. *Mobility.* Movement skills are what link your strength and endurance to the actual physical task at hand. For example, negotiating obstacles requires not only strength and endurance, but movement skills that make execution of each obstacle safe and efficient. Movement skills are grouped into three broad categories: agility, balance or coordination.

(1) Agility is the ability to change direction.

(2) Balance is maintaining your center of gravity in an effective position relative to your base of support.

(3) Coordination is the ability to effectively do more than one thing at a time.

6. W.A.R. Nutrition. Nutrition is commonly overlooked as part of optimizing performance, but it is considered just as important (if not more so) as conducting quality physical training. Leaders are responsible for educating and motivating their Wolfhounds to choose and follow sound nutritional practices to enhance overall performance. The following are the key components of a sound nutrition program and more specific information about each is outlined in the references.

a. *Properly Fueling Your Body.* The amount of fuel (calories) required is based upon age, gender, height, weight, and physical activity. General guidelines for a healthy diet include a mix of carbohydrates, fat and protein. The quantities of each required are based on performance desired and activities being conducted.

b. *Weight Maintenance.* Each Wolfhound needs to understand his ideal body composition that provides him with a balanced foundation of strength, mobility and endurance. To achieve an ideal body composition, a Wolfhound will need to gain/lose weight or simply maintain his current weight.

c. *Effective Supplement Use.* Dietary supplements can be useful tools to improve physical performance. Unfortunately, there are many supplements on the market that do not live up to their claims and may even be harmful. The Natural Medicines Comprehensive Database, available on the Hooah Bodies Webpage on AKO, provides the most recent information on herbs, vitamins, minerals, and ergogenic aids. Information provided includes potential interactions, uses, safety and effectiveness. The database is constantly being updated to provide users with current information by brand name or ingredient.

d. *Timing of Meals and Supplements.* The timing of nutrient intake is important to ensure that the body has enough fuel to support performance. Proper timing of meals and supplements will allow Wolfhounds to perform at maximum capability for an extended period of time, recovery quickly, and improve overall performance.

7. W.A.R. Mental Toughness. In the most basic sense, mental toughness is about developing the mental skills necessary for combat effectiveness. W.A.R. recognizes three primary mental skills required for combat effectiveness:

a. *Ideal Performance State.* Ideal performance state is about educating and motivating Wolfhounds to be able to visualize a desired end-state and develop the intermediate steps required to obtain that objective. This is commonly referred to as goal setting and is an effective way to identify an area needing improvement and developing a course of action to improve that area.

b. *Fatigue Countermeasures.* The primary factor involved in fatigue is attributed to a lack of sleep. While current military traditions and customs treat sleep as a "luxury," it remains imperative for leaders to understand that as fatigue increases, performance will decrease. This understanding assists leaders in recognizing the additional risk assumed as fatigue increases and allows leaders to implement simple countermeasures to fight fatigue.

c. *Mental Endurance Events.* Combat requires Wolfhounds to conduct operations that can last from a couple of hours to multiple days and be repeated multiple times throughout the course of a deployment. A key component of W.A.R. is developing Wolfhounds with the mental stamina to prepare for and endure arduous conditions for prolonged periods of time.

8. W.A.R. Injury Prevention & Management. Sports medicine for Wolfhounds involves the prevention and treatment of injuries in elite performers with the ultimate goal of achieving 100% individual and unit combat effectiveness and strength.

a. *Injury Prevention.* W.A.R. injury prevention is designed to avoid overuse injuries through planned progression and scheduling, develop optimal movement skills, and create balanced strength and flexibility. In addition, Wolfhounds should periodically seek injury screening to identify any potential issues increasing the risk of injury.

b. *Injury Management.* W.A.R. injury management is designed to ensure that an injured Wolfhound receives prompt and effective treatment for that injury. The goal during recovery is to strike a

balance between executing a challenging exercise program and protecting the Wolfhound's healing process.

9. W.A.R. Implementation. The following summarizes the specific implementation of W.A.R. and is based off of best practices within existing Army units.

a. *W.A.R. Phases.* Similar to units executing a phased approach to training by starting at the individual level and progressing to complex collective training events, W.A.R. mimics this model. Each phase of W.A.R. plays a vital role in ensuring injury prevention and performance optimization.

(1) Phase I – Recover. This phase is designed to allow Wolfhounds adequate time to recover from a prolonged absence from W.A.R. (i.e. block leave, training, etc.). The emphasis during this phase is lower intensity W.A.R. sessions that emphasize a gradual return to the basic conditioning blocks of strength, mobility and endurance. In addition, Wolfhounds should focus on mastery of drills and preparing the body for higher intensity W.A.R. sessions to follow in the next phase. Generally, this phase will range from 2-4 weeks depending on the length of absence from W.A.R.

(2) Phase II – Train. This phase is designed to build a solid foundation of strength, mobility and endurance. W.A.R. sessions will gradually increase in intensity from week-to-week and Wolfhounds should begin to "peak" at the end of this phase. Leaders can also set specific goals to achieve during this phase and tailor W.A.R. sessions to achieve these goals. For example, if the battalion is preparing to conduct EIB, then leaders should implement a footmarch regimen to ensure all Wolfhounds can conduct a 12-mile footmarch to EIB standard. This phase is designed to last 3-6 months and should be nested with the Wolfhound long-range training calendar.

(3) Phase III – Assess. This phase is designed to be an assessment of each Wolfhound's physical performance and assist leaders in developing goals for the next W.A.R. cycle. As such, the assessment should be performed under optimal conditions as Wolfhounds begin to "peak" in performance. The assessment phase is also an opportunity to recognize individual and collective efforts within W.A.R and foster "esprit de corps" within the battalion. This phase generally last 1-2 weeks and assessments can be tailored to obtain feedback on a particular aspect of W.A.R.

b. *W.A.R. Sessions.* Leader's will receive formal instruction on W.A.R. and be provided the resources to further plan and develop W.A.R. sessions. The optimal W.A.R. session includes three primary objectives:

(1) Movement Preparation (10-15 minutes). The primary purpose of movement preparation is preparing the body to move well. In order to achieve this, Wolfhounds need to bring their metabolism from rest to exercise levels, loosen the major joints and muscle groups, and prime the nerve-to-muscle messages that improve total-body coordination, all in preparation for the physical activity that follows.

(2) Activity (30-60 minutes). Every W.A.R. session is planned to achieve a desired training effect in strength, mobility and/or endurance.

(3) Recovery (10-15 minutes). The primary purpose of recovery is to safely decrease heart-rate, respiratory rate, and body temperature, improve functional flexibility, replace nutrients, and rest enough so the body is ready for subsequent physical training. Leaders must educate and motivate Wolfhounds to follow the nutritional and sleep guidelines put forth in W.A.R. classes.

c. *W.A.R. Menu.* The W.A.R. menu (Enclosure 1) is designed to provide leaders with a variety of work-outs capable of achieving a desired training effect. W.A.R. also recognizes that there are an endless number of work-outs available to train strength, mobility and/or endurance and leaders are encouraged to implement these into W.A.R. sessions. The underlying principle in choosing and/or

developing a W.A.R. session is understanding the desired training effect to be achieved and ensuring that the work-out planned is achieving that effect for each Wolfhound.

d. *W.A.R. Assessment.* The W.A.R. assessment (Enclosure 2) is designed to assess a Wolfhound's strength, mobility and endurance. In addition, the assessment is able to provide where improvements were made, areas needing improvement, and guide subsequent goals for the next W.A.R. cycle.

10. W.A.R. Policies.

a. *W.A.R. Long-Range Planning.* W.A.R. must be nested within the long-range training calendar to ensure adequate time to train and prepare for assessments, training events, and/or deployments. Therefore, battalion will publish phases to be trained and assessment periods with specific tasks to be assessed as part of the quarterly training guidance. In addition, a detailed W.A.R. calendar (Enclosure 3) will be published at the start of each quarter to synchronize the use of limited resources.

b. *W.A.R. Planning*. The companies will utilize the published W.A.R. calendar and menu options to develop daily W.A.R. sessions. Platoons are required to post all T+1 and T+2 W.A.R. schedules in their respective platoon areas. Platoons will brief T+2 W.A.R. schedules at the company training meeting and companies will brief T+1 W.A.R. schedules at the battalion training meeting.

c. *Quarterly Requirements.*

(1) APFT. Companies will plan and execute a minimum of one Record APFT during each quarter. Leaders will not develop W.A.R. schedules to prepare specifically for the APFT. The APFT should only serve as a baseline requirement for assessing a Wolfhound's fitness – passing an APFT does not mean that a Wolfhound is physically prepared for the rigors of combat.

(2) 12-Mile Footmarch. Companies will plan and execute a minimum of one 12-mile footmarch during each quarter in accordance with the Expert Infantryman's Badge standard. The 12-mile footmarch will be planned and executed at company level. Commanders must ensure appropriate risk mitigation measures are taken into account.

d. *Injured Wolfhounds*. W.A.R. is focused on both injury prevention and effectively managing injuries when they do occur. For effective management of injuries, leaders at all levels must remain actively engaged in an injured Wolfhound's recovery. Leaders are expected to integrate an injured Wolfhound into as many W.A.R. sessions as possible, without further injuring that Wolfhound. If a particular W.A.R. session cannot be conducted by an injured Wolfhound, then individual specific plans will be developed for that day. Each company is responsible for planning and executing a company-level profile program for injured Wolfhounds. Company profile programs must ensure that all injured Wolfhounds conduct quality physical training and continue to progress in their recovery plan.

e. *New Wolfhound Integration.* New Wolfhounds will arrive to the battalion at varying levels of physical fitness. Leaders need to ensure appropriate time is allowed for new Wolfhounds to assimilate into W.A.R. Specifically, new Wolfhounds need time to acclimatize to Hawaii, master the drills of W.A.R. and condition their body for more intense work-outs to follow. Failure to properly integrate a new Wolfhound elevates the risk for injury and potentially places an additional burden on the unit if he becomes injured. Leaders at all levels must be actively involved and ensure new Wolfhounds are integrated within the principles of W.A.R.

f. *Off-Site W.A.R.* Hawaii provides readily available terrain of all types that can provide a wide variety and challenge to standard W.A.R sessions. Wolfhound leaders are authorized and encouraged to plan W.A.R. sessions away from Schofield Barracks. Company Commanders are responsible for briefing a CONOP for all T+1 off-site W.A.R. sessions for approval at the battalion training meeting.

g. *Garrison Environment*. Wolfhounds will conduct physical training in accordance with W.A.R. guidelines from 0630-0800 daily, while in a garrison environment. Wolfhounds are not authorized to be released prior to 0800 under any circumstances. No events or appointments will be scheduled prior to 0900 unless specifically approved by the battalion commander. Morning formations are solely for the purpose of gaining unit accountability and conducting physical training, not for disseminating administrative notes or conducting other business. Organized sports are not authorized from 0630-0800. Two-a-day W.A.R. sessions are highly encouraged and will be considered the norm while in garrison and not the exception. "Two-a-day's" are also a great method to balance physical training requirements with limited resources (i.e. gym equipment).

h. *W.A.R. Education.* The battalion will plan a W.A.R. specific leader professional development program to further train and educate Wolfhounds on the four pillars of W.A.R. In addition, formal after action reviews will be periodically planned to provide bottom-up refinement to W.A.R. Companies are also expected to provide continued training and education to leaders on all aspects of W.A.R.

11. POC. The point of contact for this memorandum is CPT Christopher DeFiori @ chris.defiori@us.army.mil.

3 Encls
1. W.A.R. Menu
2. W.A.R. Assessment
3. W.A.R. Calendar

DONALD M. BROWN
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Commanding

1-27 Infantry regiment
Wolfhound Athlete Regimen

Philippine Insurrection
1902-1904

U.S., Cuba & Philippines
1904-1918

World War I (Siberia)
1918-1920

Territory of Hawaii
1921-1941

World War II (Pacific)
1941-1945

Occupation of Japan
1945-1954

Korean War
1950-1954

Vietnam
1966-1970

Operation Iraqi freedom
2004-2005

Operation Iraqi freedom
2007-2009

Operation Iraqi freedom
& Operation new dawn
2010-2011

What's next...
2012-????

W.A.R.

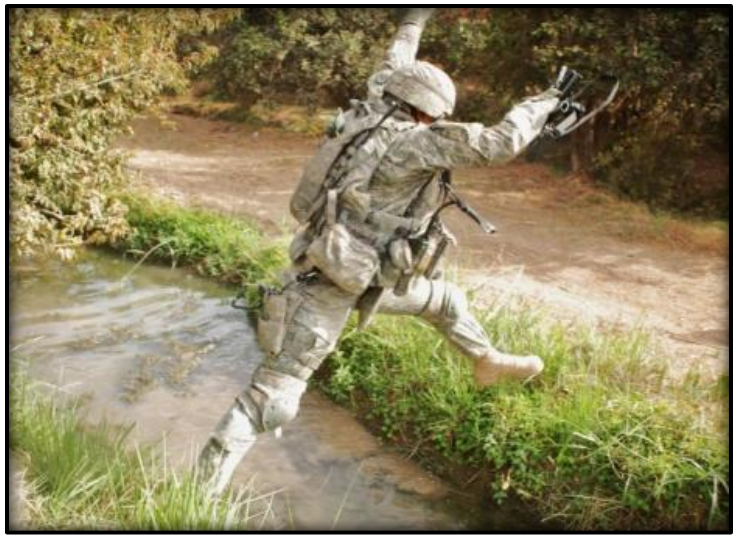
Are you prepared both physically and mentally to not only survive, but to fight and win in the most austere environments that this world has to offer?

Agenda

- Physical Requirements
- Task vs. Fitness
- The Wolfhound Athlete
- Understanding W.A.R.
- Implementation
- Planning & Responsibility
- New Wolfhound Integration
- Profile PT
- W.A.R. Assessment
- Questions

The Physical Requirement

Wolfhound's Must…



Sprint

Get Down

Crawl

Get Up

Lift

Carry

Climb

Fight

Endure…

Infantry Task vs. Fitness Required

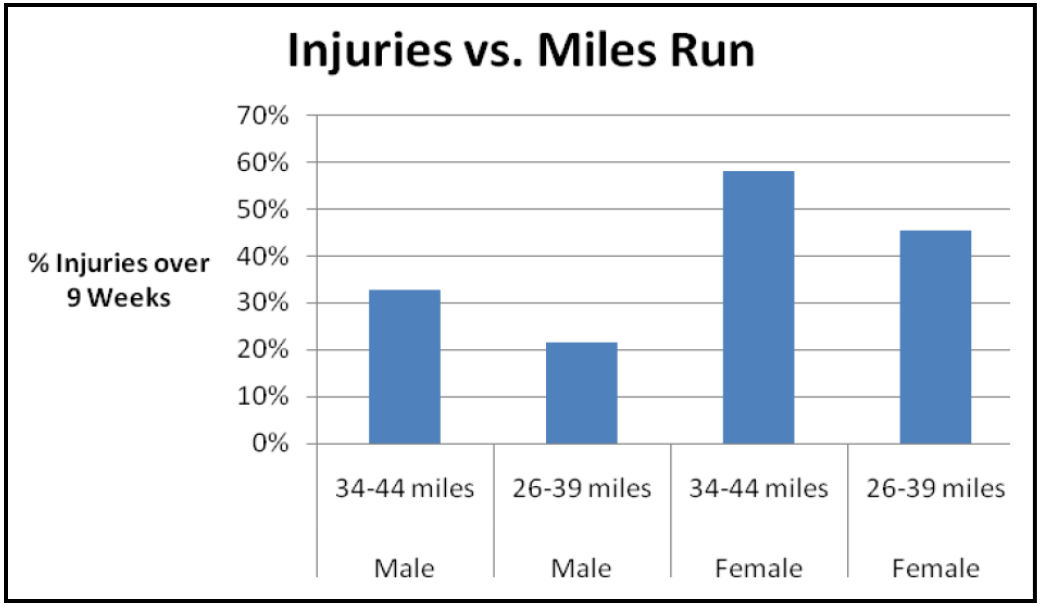
Task	Muscular Strength	Muscular Endurance	Aerobic Endurance	Anaerobic Endurance	Flexibility	Mobility
Foot March	X	XXX	XXX	X		X
Climb	XXX	XX	X	XXX	XXX	XXX
Sprint to Cover	XX				X	XX
High/Low Crawl	XX	XXX	X	XXX	XX	XXX
Casualty Carry	XXX	XX	X	XXX	XX	XXX
Digging	XX	XXX	XX	XX	X	XX
IMT	XX	XX	X	XXX	XX	XXX
Run		XX	XX	XX	X	X
TOTAL	**15**	**17**	**11 *****	**17**	**12**	**18 *****

X – Light
XX – Moderate
XXX – Heavy

***Note the above category with the highest demand is *Mobility* and the category with the lowest demand is *Aerobic Endurance.*
***Referenced from *Building the Soldier Athlete.*

- ***Strength*** – the ability to overcome resistance.
- ***Endurance*** – the ability to sustain activity.
  - *Aerobic Endurance* – lower intensity activities performed for longer periods of time.
  - *Anaerobic Endurance* – higher intensity activities which last from mere seconds to about 2 minutes.
- ***Mobility*** – the quality of movement (agility, balance, coordination).

Injury Rates vs. Miles Run

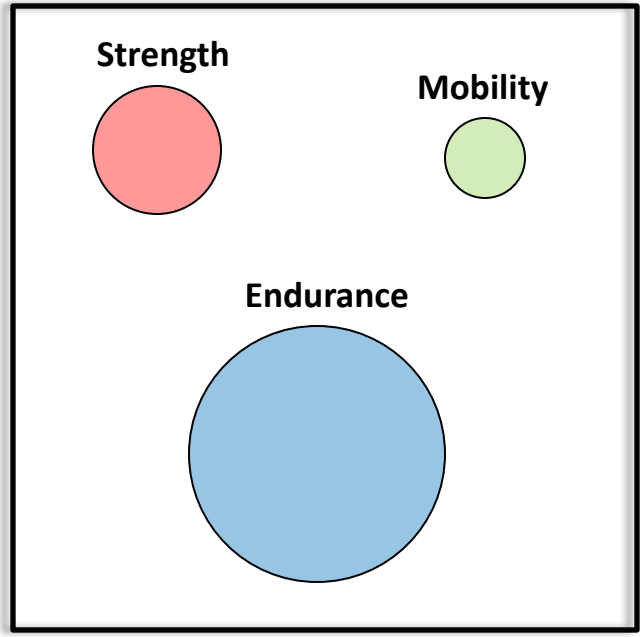


Gender	Miles Run Over 9-weeks	% Injuries	2-Mile Run Time
Male	34-44 miles	33%	14.9 min
Male	26-39 miles	21%	14.8 min
Female	34-44 miles	58%	18.0 min
Female	26-39 miles	46%	17.8 min

- What the research tells us about overtraining (Referenced from *Building the Soldier Athlete):*
  - Soldiers who ran more (34-44 mi.) had more injuries than those who ran less (26-39 mi.)
  - Significantly lower weekly mileage resulted in slightly faster run times and a significantly lower injury rate
- **Bottom line: Higher mileage produced more injuries but not faster runners**

Building the *Wolfhound Athlete…*

"Old School" PT Focus



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TC 3-22.20

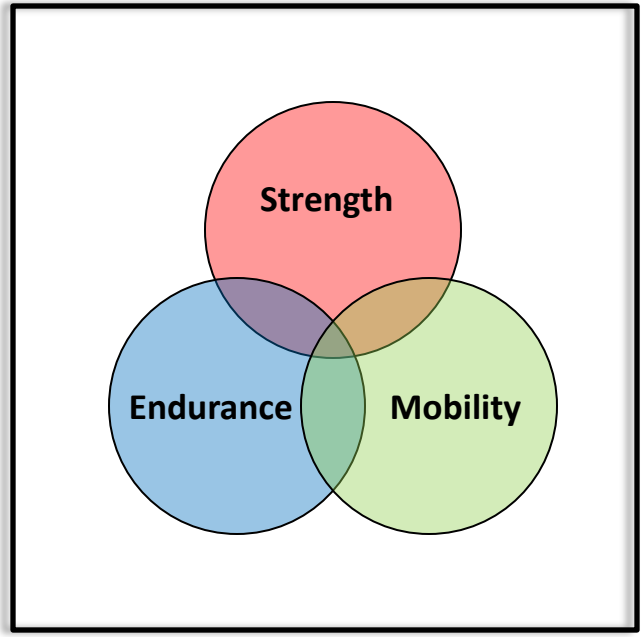
Building the Soldier Athlete

CrossFit

Gym Jones

Battle Focused PT

Wolfhound Athlete Regimen



Wolfhounds are Athletes with a *SMART & DISCIPLINED* approach to…

1. ***Physical Training*** – Achieve a level of physical fitness that is commensurate with the physical requirements of Wolfhound 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.

W.A.R. NUTRITION

W.A.R. Nutrition – Guidelines

- Key components of W.A.R. Nutrition to optimize a Wolfhound's performance:
  - *Properly fueling your body*
  - *Weight maintenance*
  - *Effective supplement use*
  - *Timing of meals and supplements*
- W.A.R. leaders must *educate* and *motivate* their Wolfhound's to follow proper nutritional guidelines

W.A.R. Nutrition – Fueling the Body

- Understanding how much fuel your body needs is based on:
  - *Age, Gender, Height, Weight & Physical Activity*
- 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 only 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

W.A.R. Nutrition – Timing of Meals

- ***Pre-Workout Nutrition***
  - Carbohydrate-heavy snack equal to .5 grams/lb approximately 1-2 hours prior
    - A 200-lbs Wolfhound should consume 100 grams of carbohydrates prior to a W.A.R. session
  - Slowly digested carbohydrates with low glycemic effect
    - Oatmeal, dried fruit, etc.
- ***Post-Workout Nutrition***
  - Immediately following a W.A.R. session re-hydrate and restore nutrients
  - Quickly digested carbohydrates with high glycemic effect
    - 2:1 Whey protein shake or apple/banana and chocolate milk from DFAC
  - Optimal post-exercise meal:
    - 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

W.A.R. PHYSICAL TRAINING

Optimal PT Session (75-90 Minutes)

- **Movement Preparation (10-15 minutes)**
  - Prepare the body for movement
  - Increase body temperature & heart-rate
  - Loosen joints & muscles
  - Priming the nerve-to-muscle messages
- **Activity (30-60 minutes)**
  - Strength
  - Endurance
  - Mobility
- **Recovery (10-15 minutes)**
  - Safely decrease heart-rate, respiratory rate and body temperature
  - Improve functional flexibility
  - Replace nutrients
  - Rest enough so the body is ready for subsequent PT sessions

Strength

What type of strength do we need?

How strong do we need to be?

Bottom line is Wolfhounds need to be strong.

Strength Principles

- Schedule 3 different strength work-outs every 7-10 day period
  - *Heavy Resistance* – needed to move loads
    - Based on 4-rep max – fourth rep is completed with perfect form
    - Balance pushing, pulling and leg-dominant exercises
  - *Power/Power Endurance* **–** needed to move loads rapidly
    - 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* – stabilize main joints involved in an exercise
    - Alternate pushing, pulling, legs and core and you are meeting the intent
- Leaders must ensure that Wolfhounds master form for every strength training exercise
- All functional strength training is core training – engage your core before and throughout every lift

Muscular Endurance (ME)

- Develop control of body weight from the ground, on the feet and from the air (pull-up bar, ropes)
- Performed 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 (work-out that calls for 50 reps when you can only do 20 reps is no reasonable)
  - 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 no so much that movements become sloppy

Example ME PT Session

- Complete all sets and reps before moving to the next exercise:

Single-leg Squat	2 sets, 15 reps
Pull-ups/Ropes Training	2 sets, 12 reps
Supine Bicycle	1 set, 1 minute
Single-leg Stiff-leg Deadlift	1 set, 15 reps
Nordic Hamstring	1 set, 15 reps
Push-Ups	3 sets at 60, 40 and 30 seconds
Hanging Crunches	2 sets, 12 reps
Star Lunge Series	2 sets, 5 reps each direction
Pull-Ups/Push-Ups	1 set each, max reps with no rest
Planks, Side-Planks	30 seconds each side

Heavy Resistance (HR)

- Develop total-body muscular strength – not a body builder's work-out
- Lifts that involve multiple joints and muscle groups are the standard – do not over-emphasize the bench press
- Progress based on individuals performance
- Performed at least once every 7-10 days
- Main options for strength training
  - Gym-Based Option
  - Field-Expedient Option
- Time considerations

HR – Gym-Based Method

No Time Constraints (i.e. deployed, 2 x Day PT, etc.)

- Over the course of the week
  - Balance upper body and lower body lifting
  - Balance push and pull lifting
  - Work upper body 1-3 times
  - Work legs 1-2 times
- Each month change the work-out in some way:
  - Change lifts (i.e. seated row to single-arm bent-over rows)
  - Heavy resistance with long recovery to 8-10-rep max with shorter recovery
  - Supersets (i.e. alternate push/pull exercises)
- If performing split routines – arrange according to push/pull functions (i.e. Day 1 – Chest/Tri, Day 2 – Back/Bi)
- Max bench press should not be considered the most important measure of strength – incorporate lifts that focus on the total body

HR – Gym-Based Method

Time Constraints (i.e. typical 90-min garrison PT session)

- If the entire company is conducting strength training, then each platoon gets 20 minutes while the other platoons are on the field doing something else
- 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 4-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 set will last 15-20 seconds
  - Each individual should have 60 seconds rests between sets for a 1:3-4 work-to-rest ratio
  - Pre-position weights to allow time-efficient changing out of weights – generally on 6-7 minutes per station

Push	Legs/Back	Pull
Bench Press	Deadlift	Seated Cable Row
Seated Press	Stiff-leg Deadlift	Lat Pull-Down
Dumbbell Press	Leg Press	Seated Machine Row
		Bent-Over Row

HR – 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, etc.
- Push strength means adding a challenge to the standard push-up – 3 point PU, IOTV, 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

- Ground Base Equipment – Total body power-endurance using functional movements
- 1-2 times per week
- Time Constraints
  - Entire company – 20 minutes per platoon (equipment dependent)
  - Effective circuit can be completed in 15-30 minutes
  - 2 Wolfhound's at each station – 1 working & 1 resting
  - After both Wolfhound'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 Constraints
  - Tabata interval method (20s work, 10s rest x 8 repetitions = 4 minutes)
  - Olympic lifts
- 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

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?

	ATP Š PC and Lactic Acid Systems				ATP Š PC and Lactic Acid & Oxygen Systems			Oxygen System			
% Aerobic	0	10	20	30	40	50	60	70	80	90	100
% Anaerobic	100	90	80	70	60	50	40	30	20	10	0
Event (meters)	100	200	400	800		1500	3200 (2 Miles)		5K	10K	42.2K (Marathon)
Time (min:sec)	0:10	0:20	0:45	1:45		3:45	9:00		14:00	29:00	135:00

***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

- Schedule 3 different endurance emphasis work-outs for every 7-10 day period
- 1 per week (except on recovery weeks) perform interval training
- Progress time/distance/interval reps by no more than 10% per week

- Don’t run hard and/or long on consecutive days unless for a specific reason (i.e. experienced runner training for an event)
- During recovery weeks (one for every 4-5 hard weeks), replace intervals, long runs and footmarches with pool workout and cardio machines

Endurance – Primary Runs

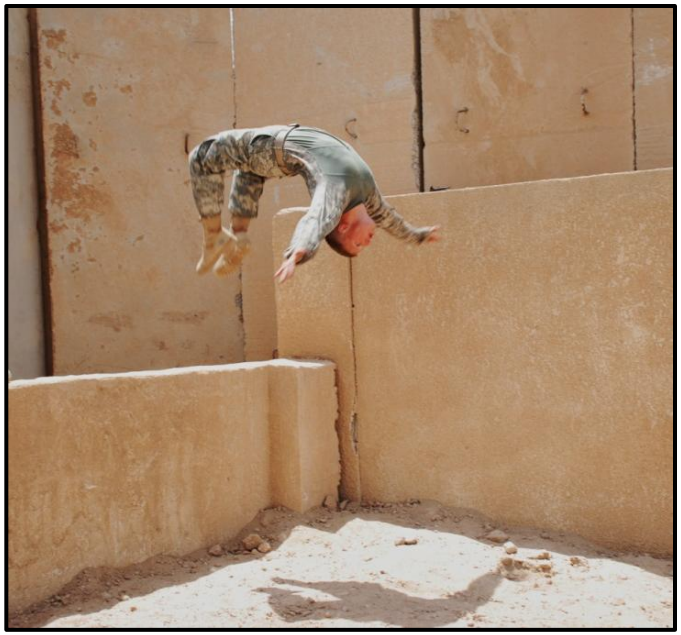
- ***Sustained-Pace Run of 30-60 Minutes***
  - Build aerobic endurance & gradually toughen the legs
  - Gradually progress time/distance by no more than 10% per week
  - Leaders must weigh the benefit of running greater than 5-miles with the risk of creating lower extremity injuries
- ***Intervals***
  - Build anaerobic endurance and leg power
  - 30/30's (30 seconds running hard, 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 (Various) – Weekly in Phase II
    - 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***
  - Improve endurance by increasing your lactic threshold
  - Duration at tempo speed should be about 20 minutes
  - Pace should feel comfortably hard – 85-90% of maximum heart rate range
- ***Fartlek Run***
  - Build anaerobic and aerobic endurance & improve sense of pacing
  - Periods of faster-paced running alternated with slower pace that allows some recovery
  - Limit runs to about 30 minutes

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 Wolfhound'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
  - Mixed Terrain – utilize principles of Fartlek and Terrain runs
- ***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

Movement Skills

- Movement skills can be grouped into three categories:
  - *Agility* – ability to change direction
  - *Balance* – maintaining your center of gravity in an effective position relative to your base of support
  - *Coordination* – ability to effectively do more than one thing at a time
- Take time to learn the correct movement – plan PT sessions accordingly
- Wolfhound's need to be fresh to master complex movements – do not smoke your Wolfhound's and expect them to do well with agility/power drills or obstacles
- It is best to place movement skills training right after movement prep
- Body's core is extremely important
  - Base of attachment for many muscles that power the arms and legs
  - Body's center of gravity is within the core area
  - " Braking" forces



Movement Skills Training

- ***360-Core***
  - Promote core stability and endurance in all planes
  - Performed 2-3 times per week
  - 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
- ***Power Drill***
  - Best scheduled in conjunction with one of the three main strength work-outs

Hybrid Sessions

- **Advantages**
  - Efficiency – blend of strength, power and endurance challenges into a single session
  - Developing power-endurance – train endurance without compromising leg power
  - Mental toughness – ability to focus on form as fatigue sets in
  - Neuro-endocrine response – hard work and big stress placed on entire body
- **Drawbacks**
  - Injury risk – maintaining form while fatigued
  - Strength/Power compromise – restriction on rest intervals needed for strength/power development
  - Over-stimulation of the neuro-endocrine response
- **Best Practices**
  - Understanding of the objective you are trying to train
  - Use to train power-endurance
- **Bottom Line Principles**
  - Perform 1-2 times a week (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 W.A.R. session is designed to achieve a desired training effect
- Leaders need to understand the training effect and how each Wolfhound within will achieve the desired training effect
- Some W.A.R. sessions can easily accommodate a large variance of physical abilities
  - i.e. During heavy resistance W.A.R. 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 W.A.R. 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 W.A.R. session
- These same considerations must also be taken into account when planning W.A.R. sessions for Wolfhounds that recently arrived to the unit

W.A.R. Menu

MOVEMENT SKILLS	
Movement Skills	***Core Strength***
1. Speed/Agility/Coordination	1. 360-Core
2. Power Drill	2. Ring of Fire
3. Recovery Flexibility Drill	3. Med Ball Relays
ENDURANCE	
Primary Runs	***Secondary Runs***
1. Distance Run (30-60 min)	1. 300-Yard Shuttle
2. Interval Runs (30/30's & Track)	2. Terrain Run
3. Tempo Run	3. Footmarch
4. Fartlek Run	4. Swimming
	5. Cardio Machines
STRENGTH	**HYBRID DRILLS**
1. Heavy Resistance	1. Tabata Intervals
2. Power	2. Stamina Drill
3. Power Endurance	3. Partner Shuttle
4. Muscular Endurance	4. Med Ball Relays
	5. Tactical PT

- Purpose is to provide leaders with a variety of work-outs capable of achieving a desired training effect
- W.A.R. also recognizes that there are an endless number of work-outs available to train strength, mobility and/or endurance
- Underlying principle in choosing and/or developing a W.A.R. session is understanding the desired training effect to be achieved and ensuring that the work-out planned is achieving that effect for each Wolfhound.

W.A.R. IMPLEMENTATION

W.A.R. Planning Considerations

- Application of 10-day template during RESET between AUG-DEC 2011:
  - *3 x 5-day weeks*
    - 10-day template ensures each area of emphasis is performed during a 7-10 day cycle
  - *12 x 4-day weeks*
    - Alternate days that emphasize endurance with days that emphasize strength
    - Each week should include a strength, endurance and mobility work-out
    - A 8-12 day cycle is better suited for ensuring that all major work-outs are performed at least once
    - Planning optional work-outs for Wolfhounds during multiple 3 to 4 day weekends that remain nested with the week-to-week progression and focus areas
  - *2 x 3-day weeks*
    - Two sessions that emphasize endurance and one strength
- Split PT sessions (2 x day PT)
  - Same principles of balancing strength, movement skill and endurance training still apply
  - Leaders must be cautious of over-training and allowing adequate recovery time between PT sessions
  - Utilize limited resourced equipment for afternoon PT
  - Low impact cardio machines provide less stressful additional endurance focused training
  - Assist during back-to-back 4-day weeks in performing all major PT sessions in a 8-day cycle

Levels of Planning & Responsibility

- ***Battalion***
  - Plan phases to be trained & identify assessment periods – issued with quarterly training guidance
  - Rotation for limited battalion-level resources (synch in battalion training meeting)
- ***Company***
  - Ensures company "peaks" for assessment through planning intermediate objectives – back-briefed to BN CDR during QTB
  - Provides planning guidance for T+3 at company training meeting
  - Briefs T+1 platoon PT plans battalion training meeting
  - Validate profiles, ensure injured Wolfhound's receive proper treatment and conduct quality PT
  - Rotation for limited company-level resources
- ***Platoon***
  - Ensures week-to-week work-outs balanced in strength, endurance and mobility
  - Plan two weeks out to achieve company objectives:
    - T+0: Being executed
    - T+1: Posted (Briefed in T+0 Battalion training meeting)
    - T+2: Pending Approval (Briefed in T+0 Company training meeting)
  - Identify primary trainers and focus for each day
  - Develop PT plan for injured Wolfhound's IAW with treatment/recovery plan – validate through CO/1SG
  - Request & resource PT sessions
- ***Squad***
  - Develop detailed daily work-outs– briefed as part of T+2 PT plan at company training meeting
  - Execute & lead daily PT
  - Identify injured Wolfhound's to PL/PSG

2011 Long-Range W.A.R. Calendar

- **Development & Introduction (May)**
  - Develop and refine W.A.R.
  - Train-the-Trainer (PL, PSG, SL)
  - Provide information & resources
- **Phase I – Transition/Recovery (June – August)**
  - 4 week cycle – Block Leave – 3 week cycle
  - Mastery of drills
  - Test-run & formal AAR – Prior to Block Leave
  - W.A.R. diagnostic assessment – Baseline
  - Re-condition body post-block leave
  - Prepare for higher intensity work-outs
- **Phase II – Foundation (September – December)**
  - 13 week cycle
  - Gradually increase demands of work-outs
  - Balanced focus on strength, endurance & mobility
  - Reach "peak" at end of phase
- **Phase III – Assessment (December)**
  - 2 week cycle – Block Leave
  - W.A.R. assessment
  - Recognition for achievements
  - Formal AAR
  - Develop & refine goals for post-block leave

Battalion Long-Range W.A.R. Calendar

LONG-RANGE W.A.R. CALENDAR

Jun-11

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	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
DEPLOYED IN SUPPORT OF OND																	ADONSA		PHASE I - WEEK 1					ADONSA		PHASE I - WEEK 2			

Jul-11

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	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
ADONSA				PHASE I - WEEK 3				ADONSA		PHASE I - WEEK 4				BLOCK LEAVE																
W.A.R. Diagnostic Assessment																														

Aug-11

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	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	31
BLOCK LEAVE														PHASE I - WEEK 5				ADONSA			PHASE I - WEEK 6				ADONSA			PHASE I - WEEK 7		

Sep-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
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
	ADONSA				PHASE II - WEEK 1				ADONSA		PHASE II - WEEK 2				ADONSA			PHASE II - WEEK 3				ADONSA			PHASE II - WEEK 4				

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
ADONSA		PHASE II - WEEK 5				ADONSA				PHASE II - WEEK 6				ADONSA		PHASE II - WEEK 7				ADONSA		PHASE II - WEEK 8				ADONSA				

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
PHASE II - WEEK 9				ADONSA		PHASE II - WEEK 10				ADONSA				PHASE II - WEEK 11				ADONSA		PHASE II - WEEK 12				ADONSA				PHASE II - WEEK 13	

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
	ADONSA			PHASE III - WEEK 1					ADONSA		PHASE III - WEEK 2					BLOCK LEAVE														
W.A.R. Assessment										Formal BN AAR																				

10-Day W.A.R. Schedule

WEEK 1				
DAY 1	**DAY 2**	**DAY 3**	**DAY 4**	**DAY 5**
Movement Preparation (10 minutes)				
Endurance >30-60 min run Core Work-out >Choose from men	Power/Power Endurance >Ground Base Circuit Power Drill Partner Shuttle	Intervals >30/30's (PH I) >Track (PH II)	Muscular Endurance >Choose from menu Core Work-out >Choose from menu	Footmarch >Endurance ruck
Recovery Activities (10 minutes)				
WEEK 2				
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**
Movement Preparation (10 minutes)				
Intervals >30/30's (PH I) >Track (PH II)	Heavy Resistance >Choose from menu Speed/Agility Drills	Endurance >Choose from menu (no intervals) Core Work-out >Choose from menu	Footmarch >Power ruck Core Work-out >Choose from menu	Choose from: >Hybrid Menu >Pool work-out
Recovery Activities (10 minutes)				

- 7-10 day cycle ensures that each focus area is performed at least once
- Do not "make-up" PT sessions because it have 2nd order effects later (i.e. log jams on equipment)
- Vary menu choices throughout cycle
- Limited resourced equipment (i.e. Ground Base Equipment) resourced at the Battalion and Company level

New Wolfhound Integration

- Newly assigned Wolfhounds will arrive to the unit at varying levels of physical fitness – elements to consider when integrating a new Wolfhound
  - How much time during transit did he have to work-out?
  - 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)
- Newly assigned Wolfhounds are a greater risk of injury if they are not carefully integrated into W.A.R.
- Apply same principles of W.A.R. Phase I to integrate new Wolfhounds
  - Allow body to adapt and prepare for more intense work-outs
  - Acclimatize to Hawaii
  - Assimilate into W.A.R.
  - Adapt physiologically and psychologically

Profile PT

- Profile PT planned for each individual at the Platoon level
  - A lower body injury does not prevent you from conducting heavy resistance upper body training with the platoon
  - Platoons plan individual specific PT plans for days that an injured Wolfhound cannot conduct PT with the platoon
- Profile PT executed at the Company level
  - An NCO is placed in charge of profile PT each day and responsible for ensuring each injured Wolfhound conducts PT according to the platoon PT plan
  - Commanders responsible for ensuring injured Wolfhounds conduct quality PT
- Reconditioning (Profile) Physical Training Supplement
  - Basis for developing profile PT programs for injured Wolfhounds

W.A.R. 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 W.A.R.***
  - Battalion Commander Intent
  - Current policies & leader responsibilities
  - W.A.R. leader professional development
- ***Phase III: Practical Application***
  - Plan and execute W.A.R. PT sessions
- ***Phase IV: Refinement***
  - Continue to provide bottom-up refinement to improve W.A.R.

Why the W.A.R. Assessment…

- ***Wolfhound's require physical attributes that can be grouped as:***
  - *Strength* sufficient for load carriage, IMT, CASEVAC without physical bulk that detracts from endurance or movement proficiency
  - *Endurance* for long-range movement at a relatively low speed and short, explosive movements followed by short rest and then repetition
  - *Movement skills* sufficient for the safe and effective execution of tasks that require power, agility, balance and coordination
- ***Primary purpose of assessment:***
  - Track raw data improvements on each individual
  - Identify team/squad areas needing improvement
  - Guide subsequent physical training
- ***Foster competition & "esprit de corps"***

W.A.R. Assessment

- Performed under optimal conditions so Wolfhounds perform at their "peak"
- All tasks conducted in order during a 90-minute PT session
- Assess entire company in 1-day
- Ability to include other assessments to be conducted (i.e. 12-mile footmarch, APFT, etc.)
- Recognize Wolfhounds with the best blend of strength, endurance, and movement skills

Task	Event
1	5-10-5 Shuttle Run
2	Standing Broad Jump
3	4-kg Medicine Ball Throw
4	225-lbs Dead Lift
5	Pull-Ups
6	Metronome Push-Ups
7	Heel Clap
8	300-yd Shuttle Run
9	185-lbs Bench Press

	MON	TUE	WED	THU	FRI
A	Test			Grader	
B	Grader	Test			
C		Grader	Test		
HHC			Grader	Test	

References

- Training Circular 3-22.20, Army Physical Readiness Training, August 2010.
- Building the Soldier Athlete, October 2009.
- Building the Soldier Athlete – Reconditioning (Profile) Physical Training Supplement, October 2009.
- Ranger Athlete Warrior Version 4.0, January 2011.
- https://www.benning.army.mil/tenant/75thRanger/FunctionalFitness.htm

Questions?

ARMY
BENCH
375 LBS
DEADLIFT
655 LBS
OVERALL
1411 LBS
OVERALL
1281 LBS
OVERALL
1331 LBS
SQUAT
455 LBS
SQUAT
455 LBS

MOVEMENT SKILLS	
Movement Skills 1. Speed/Agility/Coordination 2. Power Drill 3. Recovery Flexibility Drill	***Core Strength*** 1. 360-Core 2. Ring of Fire 3. Med Ball Relays
ENDURANCE	
Primary Runs 1. Distance Run (30-60 min) 2. Interval Runs (30/30's & Track) 3. Tempo Run 4. Fartlek Run	***Secondary Runs*** 1. 300-Yard Shuttle 2. Terrain Run 3. Footmarch 4. Swimming 5. Cardio Machines
STRENGTH	**HYBRID DRILLS**
1. Heavy Resistance 2. Power 3. Power Endurance 4. Muscular Endurance	1. Tabata Intervals 2. Stamina Drill 3. Partner Shuttle 4. Med Ball Relays 5. Tactical PT

W.A.R. ASSESSMENT

The W.A.R. assessment consists of nine tasks that should be conducted before a new training cycle begins in order to establish a baseline for each Wolfhound and at the completion of a training cycle. Tasks 1-9 must be conducted in order during a single, 90-minute W.A.R. session. In addition, the W.A.R. assessment should be conducted under optimal conditions that allow a Wolfhound to perform at his peak.

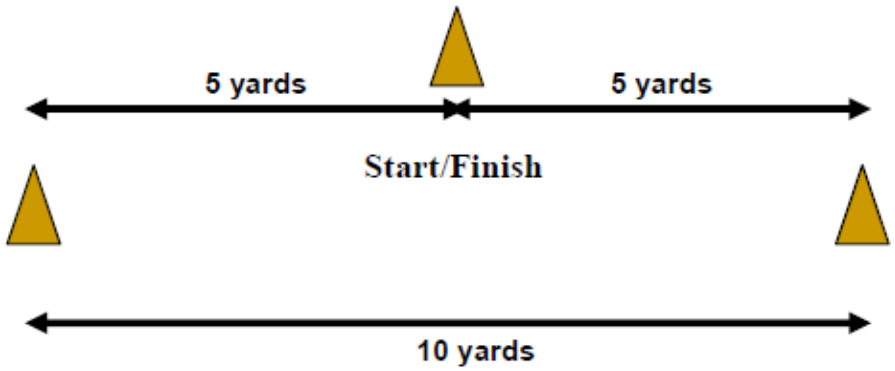
TASK	EVENT
1	5-10-5 Shuttle Run
2	Standing Broad Jump
3	4-kg Medicine Ball Throw
4	225-lbs Dead Lift
5	Pull-Ups
6	Metronome Push-Ups
7	Heel Clap
8	300-yard Shuttle Run
9	185-lbs Bench Press

5-10-5 SHUTTLE RUN

Task 1: The purpose of this test is to measure quickness and agility.

Conditions: Given a flat, athletic surface, with a length of 10 yards and three cones 5 yards apart from center.

Standards: The Wolfhound straddles the middle cone. When the Wolfhound is ready, he will go into a three-point stance and start by going to the right and run five yards and touch the line with his right hand. He then turn and run 10 yards to his left and touch the other cone with his left hand. The Wolfhound then turns and runs 5 yards through the center cone. The time is measured from when the Wolfhound makes his first movement to when he passes the start/stop line (the center cone). The test is repeated a second time going to the left. The better of the two times is the time that is recorded. Time is measured to the nearest tenth of a second (example: 5.6 seconds).



STANDING BROAD JUMP

Task 2: The purpose of this test is to measure total-body power.

Conditions: Given a solid athletic surface, a tape measure, and a line to mark foot placement. A Wolfhound will have two attempts to jump as far as they can. The better of the two attempts is recorded.

Standards: Stand with toes behind the line. On each attempt, up to three preparatory movements are allowed. By the third preparatory movement, the Wolfhound will triple extend the knees, hips, and ankles while using the upper body to propel their body as far forward as possible. The Wolfhound must stick the landing. The measurement will be taken from the heel of the closest foot. The grader will record the farthest jump. Measure in Feet to nearest inch (example: 7ft 8in)

4-KG MEDICINE BALL THROW

Task 3: The purpose of this test is to measure total body power

Conditions: Given a 4-kg medicine ball, a grassy field, a tape measure and a line to mark the start.

Standards: Each Wolfhound will have three attempts to throw the 4-kg medicine ball maximum distance, using a backward/overhead throw. Each Wolfhound must start behind the start line, but may land across the line during follow through. Either a standing or falling follow through is allowed. On each rep, each Wolfhound may perform up to three preparatory movements before throwing (simulating the throwing motion). The grader records the farthest throw to the nearest ft/in.

225-POUND DEAD LIFT

Task 4: The purpose of this test is to measure total-body lift strength from the ground.

Conditions: Given a 45-lb Trap bar with two 45-lb plates loaded on each side for a total of 225 pounds.

Standards: Stand inside the trap bar and lift the bar until standing erect. Foot and hand placement is of the Wolfhound's preference. Ensure grip is firm and is centered on the bar to prevent trap bar from going forward or backwards. At the top of the lift, the body must be perpendicular to the ground, without bend in the hips or knees. The grader states the number of the repetition at this point. If a Wolfhound lowers the weight before achieving the fully erect stance, that repetition does not count. A pause in the up position of one second is allowed. The Wolfhound will then lower the weight to the ground in a controlled manner. A slight pause is allowed while the weight is on the ground. Complete as many repetitions up to 30 repetitions. The event is terminated when a Wolfhound reaches 30 repetitions or if the Wolfhound fails to maintain the proper cadence at the top or bottom of the lifts, drops the weight, or fails to maintain upward movement once a lift is started (i.e. hits a sticking point in the middle of a lift). The score is the number of correct repetitions performed.

PULL-UP

Task 5: The purpose of this test is to measure muscular strength and endurance of grip and upper body pulling muscles in relation to body weight.

Conditions: Given a pull-up bar that allows full body extension without the feet touching the ground.

Standards: On the command “Ready,” move to a free-hang position with arms straight and elbows locked, using an overhand grip, with the thumbs placed over the bar. On the command of “Go,” pull the body upward until the chin is over the bar. Return to the straight-arm hang position with his elbows locked. Repeat this pull-up movement as many times as possible. The body must maintain a generally

straight plane from head to toe. If a Wolfhound generates any type of momentum to complete the pull-up, the pull-up involved will not be counted. The grader may slow the speed of movement to ensure the elbows extend fully upon lowering. The score will be the number of correct repetitions performed.

METRONOME PUSH-UP

Task 6: The purpose of this test is to measure the muscular endurance of upper body pushing and core muscles.

Conditions: Given a solid, athletic surface and a metronome set to 1 second intervals.

Standards: On the command "Get Ready," assume the kneeling front-leaning rest position. On the command "Get Set," assume the front-leaning rest position. On the command "Go," lower the body until the upper arm is parallel to the ground. On the next metronome sound, immediately return to the front-leaning rest. On the next metronome sound, immediately return to the lower position as described above. When a Wolfhound can no longer stay with the metronome cadence, the test is terminated and the last number of correct reps is recorded. There are no rest positions for this test. The regular APFT standards are used to grade the push-up (i.e. body position, lower and upper position). The body must be maintained in a straight line throughout. If a Wolfhound maintains the metronome cadence, but fails to meet other performance standards (i.e. does not extend elbows fully on rising, fails to bring the upper arms parallel to the ground on lowering, sags/arches the pelvis/trunk at any point) the grader will repeat the number of the last correct repetition and tell the Wolfhound to make the proper correction. Alternately, the grader may give a tap on the arms or back to indicate the need go lower or keep the trunk straight.

HEEL CLAP

Task 7: The purpose of this test is to measure muscular strength and endurance of grip, pulling, and core muscles.

Conditions: Given a pull-up bar that allows full body extension without the feet touching the ground, and is long enough to allow the movement to standard.

Standards: On the command, "Ready," the Wolfhound moves to a free-hang position with elbows bent to approximately 90 degrees, using an alternating grip so that the body faces along the length of the pull-up bar rather than toward the bar. On the command "Go," the Wolfhound lifts his lower body upward and raises the feet over the bar to tap the heels together (repetitions will not be counted if only the toes touch over the bar). He returns to the starting position, maintaining the elbows at 90 degrees throughout. He repeats this sequence as many times as possible. The body must be held approximately straight in the lower position. The Wolfhound cannot rest the legs on the bar or swing past the starting position on lowering. If the Wolfhound extends the elbows to less than 90 degrees, that repetition does not count. The Wolfhound must return to and pause at 90 degrees before attempting the next repetition. Wolfhound's score will be the number of correct repetitions performed.

300-YARD SHUTTLE RUN

Task 8: The purpose of this test is to measure anaerobic endurance.

Conditions: Given a flat, athletic surface with line markings 25 yards apart.

Standards: Line up in the sprint, crouch, or standup start positions with both feet and hands behind the starting line. The grader will give a preparatory command, "Ready." On the command "Go," run to the opposite end of the course and make a direct turn by placing at least one foot on or over the line, return to the starting line, makes another turn, and continue in this way for **six round trips**, sprinting past the finish

line on the last trip. Do not take a circular path to make any turn. The grader records the total time taken from their command "Go" to completion of the course. A one-minute rest period is given, then the 300-yard shuttle is repeated. The rest period begins after the last Wolfhound in a group crosses the finish line. Leaders should organize the men so that there is minimal time separating the first and last Wolfhounds in a group. The grader averages the two repetitions to calculate the overall score for this event. All times measured to nearest full second (ex: 62.4 sec = 62 sec and 62.5 = 63 sec).

185-POUND BENCH PRESS

Task 9: The purpose of this test is to measure upper body push strength.

Conditions: Given a flat bench with a 45-lb Olympic bar with both 1 x 45-lb and 1 x 25-lb plate loaded on each side for a total of 185-lbs and a spotter.

Standards: Each Wolfhound will lie down on the bench with feet on the ground and the hips and back in contact with the bench. Each Wolfhound will grasp the bar using an over hand grip with hands placed shoulder width apart. Wolfhounds will remove the weight from the rack. Help from a spotter is authorized when removing the weight from the rack but is not allowed once the bar is lowered from initial repetition. Wolfhounds will then perform repetitions by lowering the bar completely to touch his chest and pressing the bar until the elbows are completely extended. Repetitions are counted every time the Wolfhound locks out the weight while maintaining contact with the hips and back on the bench and the feet on the floor. Exaggerated arching of the low back is a risk for injury and those repetitions will not count. Repetitions with correct form will be performed until the Wolfhound can no longer complete a repetition, at which point the spotter will help the Wolfhound rack the weight. There is no time limit. The event is terminated in the following ways: 1) the Wolfhound stops or fails to maintain upward movement once a lift is started (hits a sticking point in the middle of the lift), or 2) the Wolfhound violates execution standards for two consecutive repetitions despite prompting from the grader after the first violation. The Wolfhound's score will be the number of correct repetitions performed.

LONG-RANGE W.A.R. CALENDAR (Appendix 1 to Annex C to FRAGO 118 to Operation Surf Rider)

Jun-11

	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	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	
1-27 IN	DEPLOYED IN SUPPORT OF OND																	ADONSA		PHASE I - WEEK 1					ADONSA		PHASE I - WEEK 2				
ABLE	8	9	10	ADONSA		1	2	3	4	5	ADONSA		6	7	8	9	10	ADONSA		1	2	3	4	5	ADONSA		6	7	8	9	
BORZOI	9	10	1			2	3	4	5	6			7	8	9	10	11			2	3	4	5	6			7	8	9	10	
COLDSTEEL	10	1	2			3	4	5	6	7			8	9	10	1	2			3	4	5	6	7			8	9	10	1	
HELLHOUNDS	1	2	3			4	5	6	7	8			9	10	1	2	3			4	5	6	7	8			9	10	1	2	

Jul-11

	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	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
1-27 IN	ADONSA				PHASE I - WEEK 3				ADONSA		PHASE I - WEEK 4				BLOCK LEAVE																
ABLE	ADONSA				10	1	2	3	ADONSA		TEST	4	5	6	BLOCK LEAVE																
BORZOI					1	2	3	4			TEST	5	6	7																	
COLDSTEEL					2	3	4	5			6	TEST	7	8																	
HELLHOUNDS					3	4	5	6			7	TEST	8	9																	

Aug-11

	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	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	31
1-27 IN	BLOCK LEAVE														PHASE I - WEEK 5				ADONSA			PHASE I - WEEK 6				ADONSA			PHASE I - WEEK 7		
ABLE	BLOCK LEAVE														1	2	3	4	ADONSA			5	6	7	8	ADONSA			9	10	1
BORZOI															2	3	4	5				6	7	8	9				10	1	2
COLDSTEEL															3	4	5	6				7	8	9	10				1	2	3
HELLHOUNDS															4	5	6	7				8	9	10	1				2	3	4

Sep-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	
	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	
1-27 IN		ADONSA				PHASE II - WEEK 1				ADONSA		PHASE II - WEEK 2				ADONSA			PHASE II - WEEK 3				ADONSA			PHASE II - WEEK 4					
ABLE	2	ADONSA				3	4	5	6	ADONSA		7	8	9	10	ADONSA			1	2	3	4	ADONSA			5	6	7	8		
BORZOI	3					4	5	6	7			8	9	10	1				2	3	4	5				6	7	8	9		
COLDSTEEL	4					5	6	7	8			9	10	1	2				3	4	5	6				7	8	9	10		
HELLHOUNDS	5					6	7	8	9			10	1	2	3				4	5	6	7				8	9	10	1		

W.A.R. 1	W.A.R. 2	W.A.R. 3	W.A.R. 4	W.A.R. 5
Endurance >30-60 minute run Core >Choose from menu	Power/Power-Endurance >Choose from menu Power Drill Partner Shuttles	Intervals >30/30s during Phase I >Track during Phase II >Choose from menu	Muscular Endurance >Choose from menu Core >Choose from menu	Footmarch >Endurance ruck
	Priority for Ground Base Equipment		Priority for 1-27 equipment	
W.A.R 6	**W.A.R. 7**	**W.A.R. 8**	**W.A.R. 9**	**W.A.R. 10**
Intervals >30/30s during Phase I >Track during Phase II >Choose from menu	Heavy Resistance >Choose from menu Speed/Agility Drills	Endurance >Choose from menu (no intervals) Core >Choose from menu	Footmarch >Power Ruck Core >Choose from menu	Choose from: >Hybrid menu >Pool workout
	Priority for Muscle Factory			Priority for pool