

Platoon PT Standards 09 SEP 2010

- PT Plan
- PT Book
- Execution
- What right looks like

PT Plan

- 90 days long
 1. Day 0-30:
 1. Workout: either from SAW book or a workout you created that will go into the SAW book (this information includes all details necessary to conduct PT)
 2. Time
 3. Uniform
 4. Location
 5. NCOIC ex. (SL)
 6. Special instructions
 2. Day 31-60:
 1. Location
 2. Workout Type: Strength (Power, Pure, Endurance) / Endurance (tempo, aerobic, anaerobic) (SLs Lay on workout 30 days out)
 3. NCOIC
 3. Day 61-90:
 1. 1) Location (Field/non- field)
 2. 2) Workout Type: Strength or Endurance
 3. 3) Upcoming SAW assessments

PT Book

- All workouts broken down by Strength, Endurance and hybrid. (BAW book is lacking on pure strength)
- More workouts will be made and book will be 100% bigger by Afghanistan
- Purpose of book: increase continuity and ease of PT planning for deployment.
- AARs will be conducted and comments written in BAW book following every workout IOT make BAW book bigger and better

PT Execution

- All workouts will have SAW movement prep before (~10 mins) and recovery/AAR after (~10min). Purpose IOT reduce injuries and add value to PT Book.
- Normally SL led, if PLT led will most likely be SQD competition or Ruck march

AAR : 9 SEP 10
 1 SQD
5 ±

Hybrid Menu # 5 – Circuit Training # 2

Conditions:

1. Squad-size element in D-Quad
2. 1 x stopwatch
3. 4 x Medicine Balls, 12-20#
4. 2 x 20' Climbing Ropes or Pull-Up Bars
5. 2 x Kettlebells, 25-35#

SQD LDR Run for Sprints: give % effort
 Good field pt Less rest in b/r sets

Movement Prep: Complete standard movement prep drill (10 minutes).

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase
Mountain Climbers	N/A	Max in round time	1	15 Seconds
Star Lunge Series	N/A	Max in round time	1	15 Seconds
Hanging Leg Raises	N/A	Max in round time	1	15 Seconds
Medball Core Series	12-20#	Max in round time	1	15 Seconds
Skedco Drag (25 Meters)	150#	Max in round time	1	15 Seconds
Close-Hand Pushups	N/A	Max in round time	1	15 Seconds
Medball Slams	12-20#	Max in round time	1	15 Seconds
Turkish Get-Ups	25-35#	Max in round time	1	15 Seconds
1 minute rest then Repeat for 3 iterations (round 1: 60 sec, 2: 45 sec., 3: 30 sec)				
Box Drills	N/A	10 Meters	1	20 Seconds
T-Drills	N/A	10 Meters	1	20 Seconds
Lateral Shuffle	N/A	3 Meters Staggered	1	20 Seconds
1 minute rest then repeat for total 4 iterations				

Recovery: Complete standard recovery/flexibility drill (10 minutes).

Notes: The intent with all hybrid workouts is to keep the heart rate elevated throughout. Allow minimal rest between circuits, completing 3 full rounds of the circuit. Round one is 60 seconds' work, round two is 45 seconds' work, and round three is 45 seconds. Utilize weights appropriate to soldiers' individual experience and fitness levels. Do not train to muscle failure; modify exercises when form breaks down to avoid placing stress on connective tissues.