	Monday (AM) 19-Jul-10	Tuesday (AM) 20-Jul-10	Wednesday (AM) 21-Jul-10	Thursday (AM) 22-Jul-10	Friday (AM) 23-Jul-10	Saturday (AM) 24-Jul-10	Sunday (AM) 25-Jul-10
Physical Training Exercises	Hybrid #1 Smart Card	Movement #1 Ladder 1/360 Core	Strength PT #1 Ground Base	Lilly Track Workout	Ruck	-----	-----
Time	630	630	630	630	TBD	-----	-----
Uniform	PTs	PTs	PTs	PTs	TBD	-----	-----
Location	Schofield	Schofield	Schofield	Schofield		-----	-----
NCOIC/OIC	Squad Leader	Squad Leader	Squad Leader	Squad Leader		-----	-----
Special Instructions					NCOs Review Next 10 days PT		
	Monday (AM) 26-Jul-10	Tuesday (AM) 27-Jul-10	Wednesday (AM) 28-Jul-10	Thursday (AM) 29-Jul-10	Friday (AM) 30-Jul-10	Saturday (AM) 31-Jul-10	Sunday (AM) 1-Aug-10
Physical Training Exercises	Movement #2 Cone Drills 360 Core	Strength PT #2 Kettlebell & Med Ball	Sarah Tempo Run	Hybrid #3 Tabata Advanced	Ruck	-----	-----
Time	630	630	630	630	TBD	-----	-----
Uniform	PTs	PTs	PTs	PTs	TBD	-----	-----
Location	Schofield	Schofield	Schofield	Schofield		-----	-----
NCOIC/OIC	Squad Leader	Squad Leader	Squad Leader	Squad Leader		-----	-----
Special Instructions							
	Monday (AM) 19-Jul-10	Tuesday (AM) 20-Jul-10	Wednesday (AM) 21-Jul-10	Thursday (AM) 22-Jul-10	Friday (AM) 23-Jul-10	Saturday (AM) 24-Jul-10	Sunday (AM) 25-Jul-10
Physical Training Exercises	Hybrid #1 Smart Card	Movement #1 Ladder 1/360 Core	Strength PT #1 Ground Base	Lilly Track Workout	Ruck	-----	-----
Time	630	630	630	630	TBD	-----	-----
Uniform	PTs	PTs	PTs	PTs	TBD	-----	-----
Location	Schofield	Schofield	Schofield	Schofield		-----	-----
NCOIC/OIC	Squad Leader	Squad Leader	Squad Leader	Squad Leader		-----	-----
Special Instructions					NCOs Review Next 10 days PT		
	Monday (AM) 26-Jul-10	Tuesday (AM) 27-Jul-10	Wednesday (AM) 28-Jul-10	Thursday (AM) 29-Jul-10	Friday (AM) 30-Jul-10	Saturday (AM) 31-Jul-10	Sunday (AM) 1-Aug-10
Physical Training Exercises	Movement #2 Cone Drills 360 Core	Strength PT #2 Kettlebell & Med Ball	Sarah Tempo Run	Hybrid #3 Tabata Advanced	Ruck	-----	-----

Time	630	630	630	630	TBD	-----	-----
Uniform	PTs	PTs	PTs	PTs	TBD	-----	-----
Location	Schofield	Schofield	Schofield	Schofield		-----	-----
NCOIC/OIC	Squad Leader	Squad Leader	Squad Leader	Squad Leader		-----	-----
Special Instructions							