DEPARTMENT OF THE ARMY
HEADQUARTERS, 25TH INFANTRY DIVISION
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APVG-CG

04 AUG 2016

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: 25th Infantry Division Policy Letter #2 - Physical Readiness Training

1. References:

a. FM 7-22, Army Physical Readiness Training, 26 October 2012.

b. US Army Physical Fitness School, http://jackson.armylive.dodlive.mil/staff/ltb/pfs/

c. FM 21-28, Foot Marches, 01 June 1990.

d. AR 600-9, The Army Body Composition Program, 28 June 2013.

2. Purpose. To establish a baseline policy for Physical Readiness Training (PRT) in the 25th Infantry Division.

3. Philosophy. The most important part of our garrison day is physical readiness training.

4. Policy.

a. General Physical Training Programs. Unit commanders will design physical training programs based on the eight principles of exercise (progression, regularity, overload, variety, recovery, balance, specificity, and precision).

b. Physical Training Guidance. All Tropic Lightning Soldiers will conduct PRT when in garrison from 0630-0745 hours daily. No activities will interfere with scheduled PRT sessions. Morning PRT is not only intended to develop strength in fitness, but also self-discipline and unit cohesion. The first formation of the day allows leaders to teach, train, mentor, and build discipline in our ranks. Battalion Commanders may extend PRT hours beyond 0745 or do two-a-day sessions, but must allow for adequate Soldier recovery time, including personal hygiene and nutrition. If Soldiers' duties prevent them from conducting PRT during these hours, commanders will establish PRT at an alternate time during the duty day. Units will not conduct organized sports during PRT hours (0630-0745); however, military skills competitions are authorized.

c. Foot Marching. Foot marching is fundamental to combat readiness. In addition to building physical endurance and mental toughness, it is an excellent tool for measuring the discipline of a unit. Units will foot march weekly.

(1) Standards.

(a) Every Soldier and unit must sustain the ability to move tactically on foot 6 miles in combat kit (ACH, BLPs, ACUs, IBA, weapon, Camelbak, gloves, and boots).

(b) Our combat units and selected combat support units must also be capable of a 25-30 mile approach march conducted under 48 hours.

(2) Tactical Foot Marches. Tactical foot marches are collective training events and are conducted under the conditions in which we fight. Soldiers will wear and carry the same uniform and items of equipment in which they will fight. In order to avoid unnecessary injuries to our Soldiers, we will not run in Individual Body Armor (IBA) or rucksacks, nor will we carry rucksacks while wearing IBA. Units may conduct tactical foot marches during physical training hours, tactical exercises, or as a means to get to and from training.

(3) Conditioning Foot Marches. Commanders will use conditioning foot marches to progressively develop, and maintain our Soldiers' ability to carry their combat loads while preserving combat power. Conditioning foot marches are physical training events. You may conduct conditioning foot marches in PT uniform with the appropriate boots.

d. Special Population.

(1) New Soldier Integration. Battalion Commanders will develop integration programs that acclimatize our new Soldiers to our local conditions. Leaders will conduct physical fitness assessments to establish baseline capabilities and training strategies, and teach new Soldiers how to execute PRT properly and safely in order to best prepare them for combat while preventing needless injuries.

(2) Soldier Rehabilitation. Battalion Commanders will establish rehabilitation programs. Soldiers need to remain connected and part of the very teams that they will fight with, regardless of their temporary medical or physical condition.

(a) Injured or Ill Soldiers. The PRT goal for Soldiers on temporary profile is to maintain a level of fitness while recovering from injury as thoroughly and quickly as possible. These programs will include properly supervised progressive rehabilitation through tailored exercise programs. The company/troop/battery is the lowest level at which profile PT may be organized for staff sergeants and below.

(b) Pregnant and post-partum Soldiers. All pregnant and post-partum (180 days after pregnancy) Soldiers are exempt from regular unit PRT. However, when medically cleared by their health care provider to participate in physical training, pregnant and postpartum Soldiers must be enrolled by their unit commander in the Army Pregnancy/Postpartum Physical Training (PPPT) Program. The purpose of the program is to assist pregnant and postpartum Soldiers in maintaining health and fitness throughout pregnancy and successfully integrate back into unit fitness training programs.

(c) Overweight Soldiers. Soldiers in the Army Weight Control Program require medical evaluation to determine whether an underlying medical condition explains or contributes to their overweight status. Reconditioning programs for overweight Soldiers should combine cardiovascular exercise with strengthening, flexibility exercises, mobility, and dietary modifications to achieve a weight loss of 1 to 2 pounds per week until Soldiers achieve their optimal body weight.

5. Conclusion. Physical Readiness Training is the most important day-to-day training we do in the Tropic Lightning Division. Commanders will protect this training to ensure that unit programs are focused and tailored to ensure that our Soldier Athlete Warriors achieve the highest levels of physical and mental fitness to meet the rigors and hardships of combat operations.

6. This memorandum supersedes 25th Infantry Division Policy Letter #2, dated 28 April 2016 and remains in effect until superseded or rescinded in writing.

7. Point of contact for this memorandum is 25th Infantry Division G3-Training at (808) 655-5351.

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Commanding

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