

SPRING '11

ATU Physical Readiness Training Daily Session Overview

JAN/FEB

31

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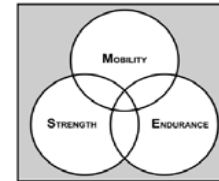
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Reference: TC 3-22.20

WK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Who:	ALL		ALL		ALL
What:	APFT #1	Remedial (RUN)	Ability Grp Run	Remedial (Strength)	Session 2-2
When:	0600-0700	0600-0700	0600-0700	0600-0700	0600-0700
Where:	Hull, Small GYM	Hull, Small GYM	Hull, Track	Hull, Small GYM	Hull, Double Gym
Uniform:	Winter IPU	Winter IPU	Winter IPU	Winter IPU	Winter IPU



MON	Preparation:	Activity:	Recovery:	Troop-to-Task
31		APFT (ALL)		SFC L: Assist w/ht and wt, Time keeper for each event SFC W: Supervise HT and WT and 705 Card production. Grader for PU/SU MSG F: Accountability completed by PSG and turned in by Cadet S-1.
TUE	Preparation:	Activity:	Recovery:	Troop-to-Task
1	PD MMD1	Remedial for run/endurance: Select individuals that are contracted or in the process of contracting and did not achieve 70 points in the RUN event on their last APFT. Also, Contracted Cadets or those pending contracting who fail to meet the HT/WT or body fat composition IAW AR 600-9. Focus for this event will be run or endurance improvement and is meant to provide cadets with individual assessment from MS IV/Cadre to improve APFT score.	PD RD	SFC L: Ensure MS IV's get proper accountability for remedial and they execute appropriate remedial session in a safe effective manner.
WED	Preparation:	Activity:	Recovery:	Troop-to-Task
2	PD MMD 1	ALL: Following preparation divide into 3 ability groups and conduct 3 mile run with an appropriate pace per ability group. Ability Group Run	RD	SFC L: Discipline within the formation, Uniform standards, lead ability group 2 SFC W: Accountability done correctly and turned in by CDT S-1, lead ability group 1 MSG F: Coach MS IV's and ensure they are leading by example with CMD presence, Lead ability group 3
THUR	Preparation:	Activity:	Recovery:	Troop-to-Task
3	PD CD1	Remedial for Strength: Select individuals that are contracted or in the process of contracting and did not achieve 70 points in the PU/SU event on their last APFT. Also, Contracted Cadets or those pending contracting who fail to meet the HT/WT or body fat composition IAW AR 600-9. Focus for this event will be on core and upperbody strength/endurance improvement and is meant to provide cadets with individual assessment from MS IV/Cadre to improve APFT score.	PD RD	SFC W: Ensure MS IV's get proper accountability for remedial and they execute appropriate remedial session in a safe effective manner.
FRI	Preparation:	Activity:	Recovery:	Troop-to-Task
4	PD MMD 1	ALL: MS III led session 2-2 of toughening phase including 4C (60 seconds), CD1	RD	SFC L: Accountability, Review MS III training outline, timeline and CRM SFC W: Uniform, discipline while in formation, and proper execution of PD's MSG F: PSG knows how to properly extend formation and conduct RD's, proper execution of 4C and CD1

Abbreviations					
PD	Preparation Drill	4C	Four for the Core	HSD	Hip Stability Drill
RD	Recovery Drill	CD	Conditioning Drill	CL	Climbing Drill
PSD	Push-up Sit-up Drill	SR	Shuttle Run	AGR	Ability Group Run
FM	Foot March	RR	Release Run	TR	Terrain Run
STC	Strength Training Circuit	MMD	Military Movement Drill	GD	Guerrilla Drills

*** Reflective Belts must be worn to all PT sessions.

*** This schedule is subject to change. Changes will be distributed through student chain of command ASAP.