**Spring ’11**

**ATU Physical Readiness Training Daily Session Overview**

**JAN/FEB**

**WK 2**

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who:</td>
<td>ALL</td>
<td>ALL</td>
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<tr>
<td>What:</td>
<td>APFT #1</td>
<td>Remedial (RUN)</td>
<td>Ability Grp Run</td>
<td>Remedial (Strength)</td>
<td>Session 2-2</td>
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<tr>
<td>When:</td>
<td>0600-0700</td>
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<tr>
<td>Where:</td>
<td>Hull, Small GYM</td>
<td>Hull, Small GYM</td>
<td>Hull, Track</td>
<td>Hull, Small GYM</td>
<td>Hull, Double Gym</td>
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<tr>
<td>Uniform:</td>
<td>Winter IPU</td>
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**MON Preparation:**

**Activity:**

APFT (ALL)

**Recovery:**

**Troop-to-Task**

SFC: Assist w/hit 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:**

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.

**Recovery:**

**Troop-to-Task**

SFC: Ensure MS IV’s get proper accountability for remedial and they execute appropriate remedial session in a safe effective manner.

**WED Preparation:**

**Activity:**

ALL: Following preparation divide into 3 ability groups and conduct 3 mile run with an appropriate pace per ability group. Ability Group Run

**Recovery:**

**Troop-to-Task**

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:**

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 upper body strength/endurance improvement and is meant to provide cadets with individual assessment from MS IV/Cadre to improve APFT score.

**Recovery:**

**Troop-to-Task**

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:**

ALL: MS III led session 2-2 of toughening phase including 4C (60 seconds), CD1

**Recovery:**

**Troop-to-Task**

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.