

Key Words

acft manual,
acft manual,
acft call manual,
acft field manual,
acft manual army,
acft manual pdf,
acft training manual,
act testing manual,
new acft manual,
new army acft manual,

ACFT Manual

Introduction -

The manual provided here by the Army is to give you exercises to perform that will help you get better at the ACFT. In this ACFT manual you will learn how to gain Strength, Endurance and Mobility to help prepare for the ACFT.

In this blog Post we will go over this ACFT and you will receive:

1. 3 Exercises for each event to help you prepare for the ACFT
2. 1 PRT Even for each ACFT event
3. The standard equipment needed... Or for us poor folk - alternate / ghetto replacement equipment

OVERVIEW

Table 1: A Summary of the recommended garrison and field exercises and supporting drills for each ACFT event. Alternate equipment options are listed for circumstances where standardized training and testing equipment is not available.

	3 Repetition Maximum Deadlift	Standing Power Throw	Hand-Release Push-up	Sprint-Drag-Carry	Leg Tuck	2 Mile Run
Top Exercises	1. Sumo Squat 2. Alternate Staggered Squat Jump 3. Forward Lunge	1. Power Jump 2. Overhead Push-Press 3. Tuck Jump	1. Supine Chest Press 2. 8-Count Push-up 3. Incline Bench 4. Quadraplex	1. Straight-Leg Deadlift 2. Bent Over Row 3. 300M Shuttle Run	1. Bent Leg Raise 2. Leg Tuck and Twist 3. Alternating Grip Pull-up	1. Sprint Intervals (30:60s, 60:120s) 2. Release Run 3. Hill Repeats
Top PRT Drill	Strength Training Circuit	Conditioning Drill 3	Four for the Core	Guerilla Drill	Climbing Drill 2	10 x 60:120s
Standard Equipment	60lb trap bar and plates	10lb Medicine Ball	Kettlebells	2x40lb KBs 90lb sled	Climbing Bar	2MR Route
Alternate Equipment	Ammo Cans Duffle Bag Rucksack 5 gallon water cans Tow bars PVC pipe Wooden handle	10lb sand bag Slam ball Kettlebell	Ammo Cans Tow bar IOTV	40lb Duffle 40lb Rucksack 90lb SKEDCO 90lb Litter 90lb Log Tires	Pull-up bar Suspension trainer Stretch Cords	Treadmill (to simulate the drills and exercises listed above.)

Event Training - ACFT Manual

Event 1 - Three Repetition Maximum Deadlift

Exercise 1 - The Sumo Barbell Squat (AKA Deadlift)

The Sumo squat is a great variation for the hex bar Deadlift. Not so sure why the Army calls it a "Squat" because this is still a Deadlift exercise) This exercise will increase the strength on the INSIDE of your legs compared to the Hex Bar squat will we be performing on the ACFT. When using a Kettlebell I would recommend using it for warm ups or high repetitions because the weight will not get too high for you to work strength. You can do any variation of the Deadlift and it will help you out. Different variations will work the main muscles all the same but it will also TARGET different muscles when you perform them. So keep up the variation but keep in mind that your goal is to do 3 Reps at your MAXIMUM WEIGHT.

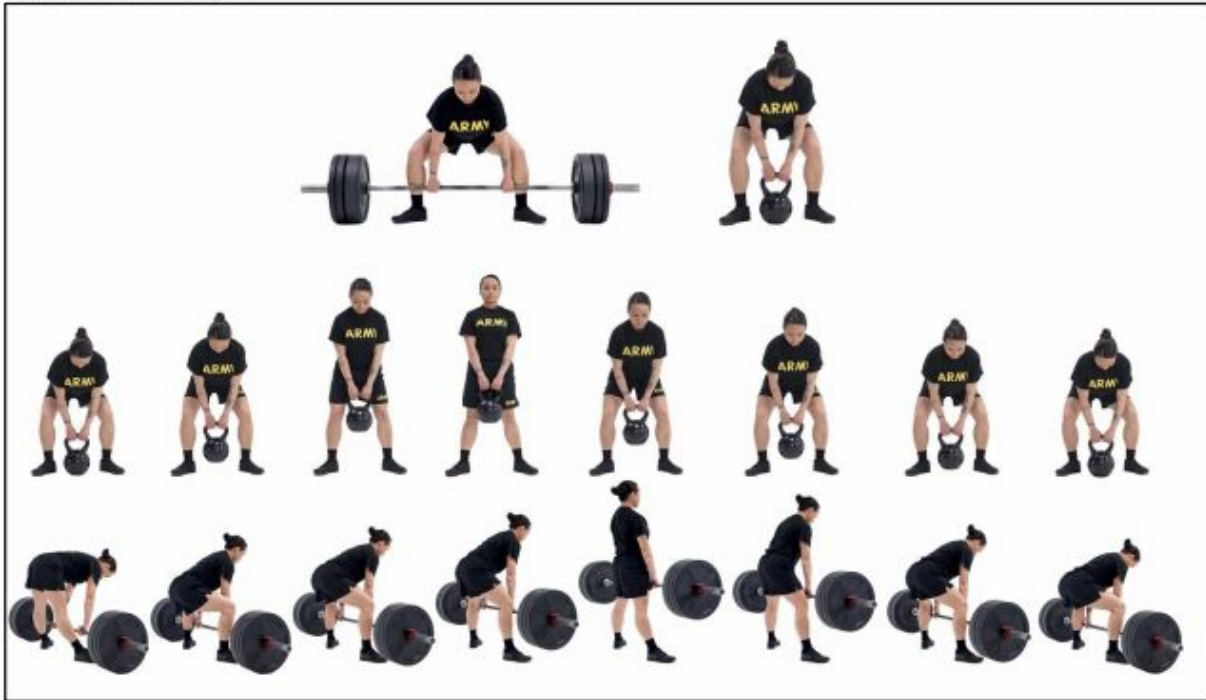


<https://redefiningstrength.com/the-deadlift/>

Variations of the Deadlift -

- **Sumo Deadlift.** ...
- **Hex or Trap Bar Deadlifts.** ...
- **Snatch Grip Deadlift.** ...
- **Romanian Deadlift, Stiff Legged Deadlift, Straight Leg Deadlift.** ...
- **Deficit Deadlift / Rack Pulls.** ...
- **The Hack Lift.** ...
- **Conventional Deadlift.**

Figure 1: Sumo Squat



Check Points:

- Ensure feet are spread wider than shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in line with eyes facing forward.
- Avoid rounding of the shoulders and spine and avoid letting the knees collapse inward (knock-knee).

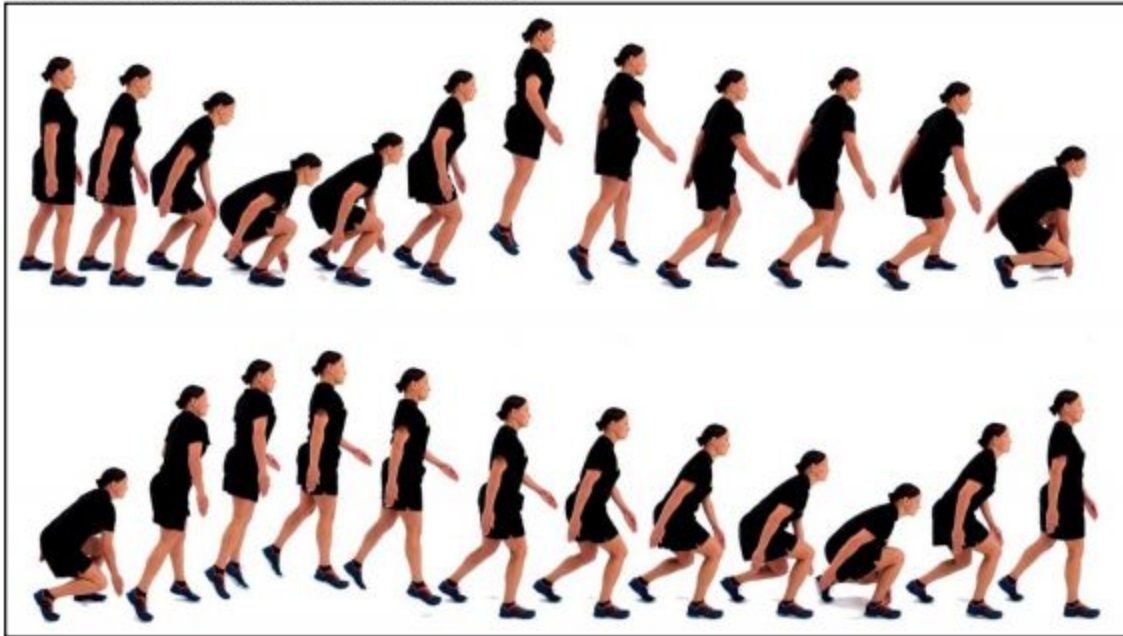
Event 1

Exercises 2 - Alternate Staggered Squat Jump (AKA Lunge Jump)

We all know how the Army loves changing the names of everything... here we see it again. The Plyometric Alternating Lunge Jump is an excellent exercise for working the quick twitch (explosive muscle fibres) of the Legs. This exercise will help with that "Athletic Muscle Fibres" and really challenge our balance and coordination. I like to work these types of muscle fibres after my strength building exercises. So doing these after hitting the barbell deadlifts is an excellent idea. Doing them with some light dumbbells will also increase the intensity of the exercise. I recommend you performing these at a very controlled manner and working your way up to weight/resistance for this exercise injury can occur to those who are not experienced or to those who practice bad form. I also recommend you doing this with a personal trainer or someone who knows what they are doing because I would hate to see anyone on profile. The

biggest and quickest tip I can give is go down slow and controlled and make sure your front knee is aligned or slightly behind your toes.

Figure 2: Alternate Staggered Squat Jump



Check Points:

- Do not allow the back to round; keep the head up and the eyes forward.
- Cadence is slow to allow for precision and adequate time to properly jump and land; however, each jump should be performed quickly and explosively.
- On each landing, the feet should be oriented to the front.
- The landing should be “soft” and proceed from the balls of the feet to the heels.

Event 1 -

Exercise 3 - The Forward Lunge

The Forward Lunge is a good exercise... but I do not see this exercise really helping out your 3 Rep Max Deadlift. Just to be honest. This is an EXCELLENT exercise for stretching the Quad muscles and Patella Tendon but, It is definitely not a great strength builder / Muscle builder. If you were to perform this exercise at the end of your workouts in a high repetition manor at the END of your workout I could see it beneficial. Other than that I do not see the benefit of mixing this exercise into your Leg Day workouts.

Figure 3: Forward Lunge



Check Points:

- Keep the forward heel flat on the ground and the rear heel up.
- Keep the forward knee directly over the ball of the foot.
- Push off vigorously with the forward leg to return to the starting position.
- Do not allow the forward knee to go beyond the forward toes or waiver from side to side. Do not jerk the trunk rearward to return to the starting position.
- Ensure feet are spread approximately shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in a neutral position with eyes facing forward.
- Avoid rounding of the spine and letting the knees collapse inward (knock-knee).

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Event 2 - Standing Power Throw

Exercise 1 - Standing Power Jump

Don't get me wrong. The Standing Power Jump is an excellent choice for practicing for the Standing Power Throw Event in the ACFT but, Let's think about this for a second. We want to make our body stronger and more explosive for this event. Not weaker, less explosive. So what is missing? Ahhhhh! That's it! Resistance!.

I would recommend doing the Standing Power Jump for a warmup and practice of good form. BUT! Let's add some resistance! Let's think about this for a second. If we want to throw the ball (which is 10lbs) how can we possibly get stronger with bodyweight? Sure the practice of exploding with your legs out of the deadlift position will help you become more athletic and maintain that explosive force you need with your legs but, until we add some resistance our body will not get better. So grab a Medicine Ball, grab a 10lb plate, grab anything that is 10lb or more so you can get your body stronger while exploding out of the deadlift position. NOW! Lets not forget we need to use proper form and slowly work our way to using resistance of 10lbs and more... but now you have goals... and soon you will see GAINS!

Here are 5 excellent exercises in a workout I created that has helped me not only get better at my 3 Rep Max Deadlift but also my standing power throw. Click on the link to see the entire post on this workout. I promise you will see jumps in your ACFT Deadlift and Standing Power Throw.

Link below has:

1. 5 MUST KNOW exercises for Increasing you Standing Power Throw
2. Printable Workout PDF
3. Instructional Video on Workout PDF

LINK - <https://newpttestarmy.com/acft-medicine-ball-throw/>

STANDING POWER THROW		SPT001		NEWPTTESTARMY.COM			
	Goal for SET	Exercise Name	Reps	Weight	Rest	Sets	
1	Strength Set (5 Sets)	Barbell Dead Lift	10 - 6 Reps	Heavy	2-3 Min	5	
							
	Dead Lifts will increase STRENGTH						
2	Hyperthrophy Super-Set (3 Super-Sets)	Barbell Good Mornings	12 Reps	Med-Light	NO REST	3	
							
	LOW BACK & HAMSTRINGS	(no rest between supersets)					
		Kettle Bell Swings	12 Reps	Med-Light	90 Sec - 2 Min	3	
							
3	Muscle Endurance Super-Set (3 Super-Sets)	Med Ball Power Jumps	16 Reps	Light (10lbs)	NO REST	3	
							
	Med Ball POWER JUMPS	(no rest between supersets)					
		Band Power Throws (Burn Out)	20-30 Reps	Light	90 Sec - 2 Min	3	
							

Exercise 2 - Overhead Push-Press

The Standing Overhead Push-Press is a good exercise and I agree it should be in your arsenal of weapons when training for the ACFT. The standing press is good for many reasons.

1. You will build shoulder strength
2. You will work total body explosive power
3. Your core will be challenged

All of above 1-3, need to be worked on when desiring a good Standing Power Throw. All you will need is some kettlebells, barbells, sandbags, anything weighted and you can have a good grip of... because we don't want to drop any heavy objects on our head.

Figure 5: Overhead Push-Press



Check Points:

- Hold the head and neck in alignment, looking straight ahead or slightly upward.
- Perform the press movement in a fast, continuous motion.
- Always control the descent of the kettlebells to avoid injury to the trunk and back.
- In the up position, straighten the elbows but do not lock them.



Exercise 3 - The Tuck Jump... oh boy.

<https://images.app.goo.gl/TpBoGzeyDEuRpt1n9>

Please... PLEASE... Do not do these on the concrete. Please? I am asking nicely. This is why we get shin splints. This is why soldiers go on profile. This is a VERY ADVANCED exercise and you should be landing this exercise in a good squat/deadlift position at the bottom. The picture that the Army gives here looks like this guy broke at least 3 bones in his body. Granted this guy looks



like he is an old fart like me

[image link](#)

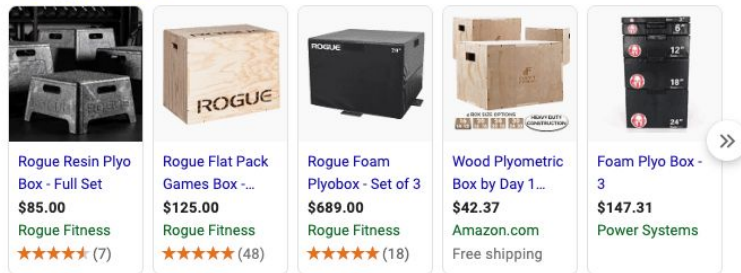
and he did get a nice jump in the picture butttt... The landing looks terrible. I highly recommend you practice this exercise on a soft surface like a yoga mat, grass, turf field or at LEAST a hardwood floor when you are learning this.

Now that I got safety out of the way, Plyometric Squat Jumps (AKA The Tuck Jump) are an excellent exercise. If you want to truly test yourself out find a Box and performs your Plyo Squat

Jumps on a small box. Then work your way up to taller more advanced boxes. This way you can see your progress.

I like to Incorporate my plyometrics in the middle of my workouts. After Strength building. A good combo is doing a Wall Squat for time (30-60 seconds) then moving right into Plyo Jumps. This way you are getting the slow twitch muscle tired then working the quick twitch muscles directly after. Try that superset out, you will see what I mean. Let me know what you think.

[See plyo boxes](#)



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Event 3 - Hand Release Push Up

Exercise 1 - Supine Chest Press

OK, Supine Chest Press on a Bench Press = Good... Supine Chest Press on the ground = Bad. If we perform this exercise on the floor or ground we will not be getting the most out of this exercise. I HIGHLY RECOMMEND you get a Bench Press. Why? Well for starters your elbows will hit the ground and defeat half of the reason you are doing presses in the first place. To work your Chest muscles. When your elbows are restricted by the floor you will only be able to go down so far, meaning your chest will be able to contract fully but not extend fully. The other problem with doing this exercise on the floor is you MUST WORK ONLY FLEXIBILITY of the Chest and CONTRACTION of the Rear Deltoids. You CAN NOT contract your Rear Deltoids on the ground. I see this lack of Chest Muscle Flexibility and Rear Deltoid Strength a HUGE PROBLEM for Soldiers taking the ACFT.

Figure 7: Supine Chest Press



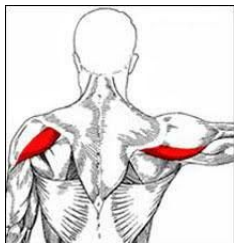
Check Points:

- Keep the head on the ground throughout the exercise.
- At the top of the movement, straighten but do not lock the elbows.

So overall yes PLEASE incorporate Chest Presses... But lets get that bench press out of the garage and get the dust off it and start using it.

Video of secret muscle - <https://newpttestarmy.com/more-hand-release-push-ups-army-acft/>

ACFT

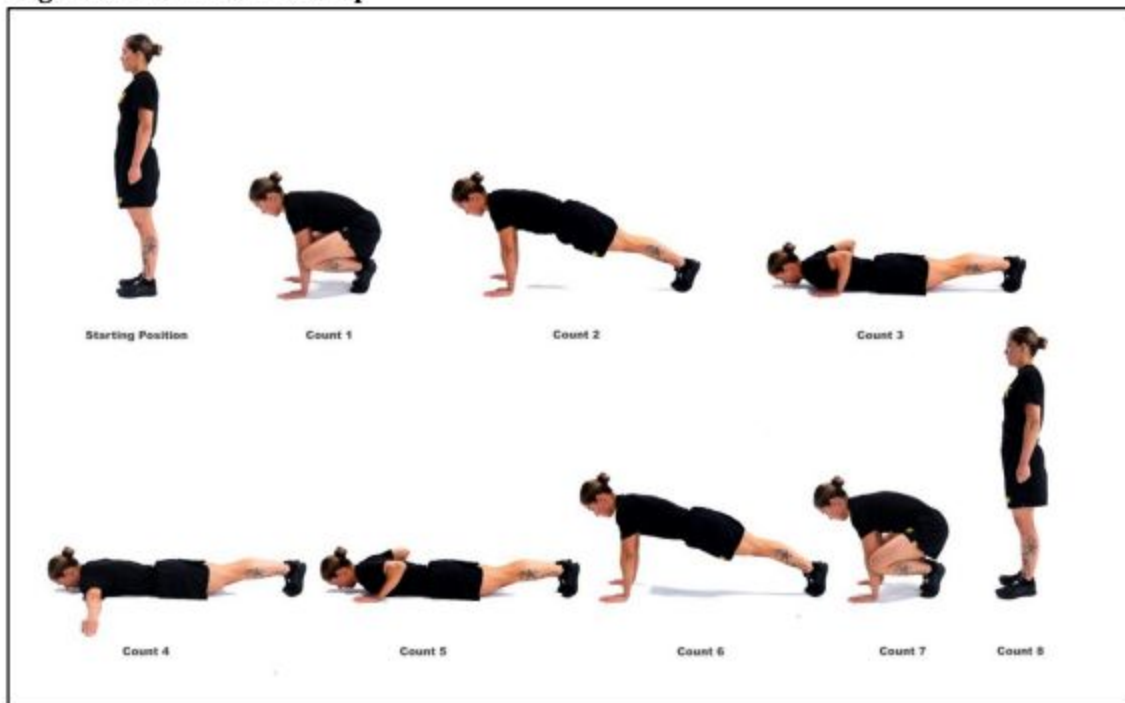


Exercise 2 - The 8 Count T Push Up

Is the 8 Count T Push Up a great Exercise? Yes. Is the 8 Count T Push Up going to get you more Reps on your Hand Release Push Ups on the ACFT... I doubt it. I would use this exercise in workouts where you want to challenge your Cardiovascular System. With the whole getting yourself off the ground and going back on the ground, this exercise will get you breathing heavy, but it will not work the endurance of your Chest, Triceps and Rear Deltoids. The 8 Count T Push Up is a great exercise to throw into the mix especially during PT and you want to burn some serious calories.

Lets know the 8 Count Push Up's place and keep it there. For more reps on your Hand Release Push Ups lets stick to the Bench Press, Regular/Weighted Push Ups and Tricep Extension exercises.

Figure 8: 8-Count T Push-up



Check Points:

- To keep the trunk from sagging, tighten the abdominal muscles while in the front leaning rest position. Maintain a straight body position from the head to the ankles throughout the exercise.
- On counts 1 through 7, the hands are directly below the shoulders with fingers spread and the middle fingers directed straight forward.
- On counts 1 through 7, keep the heels together.
- On counts 4 and 6, straighten but do not lock the elbows.
- Allowing the trunk to sag, especially on count 2, strains the back. If the pushup cannot be performed on counts 2-6 correctly, quickly assume the 6-point stance before count 3 and return to the front leaning rest position just before performing count 7.

Exercise 3 - Incline Bench

Whether it is Incline Bench, Flat Bench or Decline Bench.. These are ALL GOOD FOR YOU when it comes to training for the Hand Release Push Up. Each bench will work the Chest, Triceps and Flexion of the Rear Deltoids. Try to cycle each of these Bench Presses weekly. Do not get stuck in a routine where you only use one Bench. If you do not have access to a bench press that is ok. Buy yourself a physioball for \$5-12. Or go steal one from your mom who probably bought one and never uses it. You can use dumbbells on the physioball

[GOGO Exercise Ball Yoga Ball Chair Heavy Duty Stability Ball 75cm](#)

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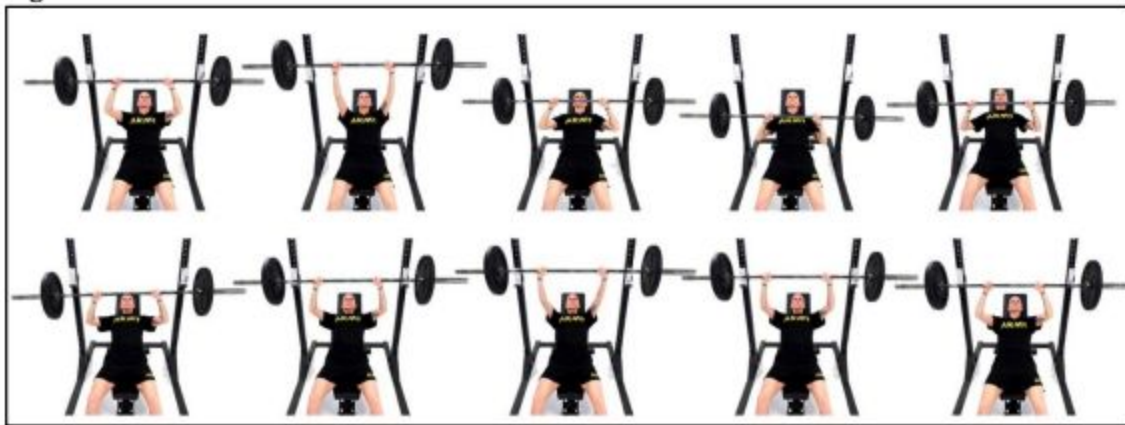
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or simply place your feet on the ball and do pushups off it. Either way, you will be changing the angle of resistance on your muscles and challenge the body differently each time you workout. To be perfectly honest I would RECOMMEND USING THE PHYSIOBALL OVER THE BENCH PRESS so you are incorporating your core. The core is a big reason why soldiers gass-out on pushups. You see it all the time!

Figure 9: Incline Bench



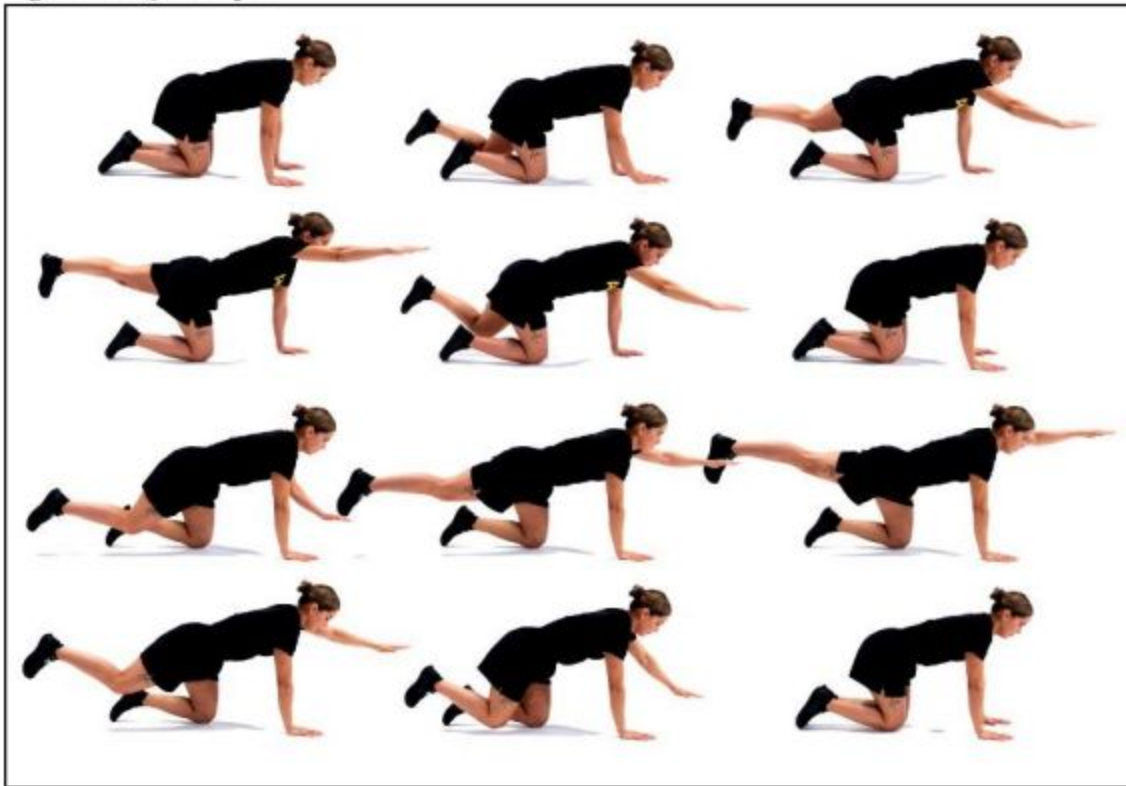
Check Points:

- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Do not bounce the barbell on the chest.
- Keep the head and neck aligned with the spine and look straight ahead.

Exercise 4 - The Quadruplex

Looks boring... Is Boring... But we all need to do more of these. A lot of injuries and PT failures are due to poor core strength. This is a great warmup and a great start for training the core. I high recommend you doing this exercise slow and controlled with a PAUSE at the top of the rep. To increase intensity buy yourself some Ankle/Wrist Weights. Once the have perfected this exercise and it is not a challenge to you, continue to do them as a warm up and do exercises such as supermans or weighted cobras. Great exercise!

Figure 10: Quadraplex



Check Points:

- Ensure head and neck are aligned.
- Ensure abdominal contraction is performed prior to lifting the extremities.
- Maintain flat back and avoid trunk/hip rotation.



To perform the Superman's Exercise:

1. Lay face down on a mat or flat surface, with arms outstretched.
2. Keep your hands and arms straight throughout the **exercise**.
3. Raise your hand and legs 4-5 inches off the ground.
4. Hold for 5 seconds, then return to starting position.

Feb 22, 2016

<https://www.popworkouts.com/supermans-exercise/>



<https://www.muscleandfitness.com/workouts/full-body-exercises/videos/prone-cobra>

Event Training - ACFT Manual

Event 4 - Sprint Drag Carry

Exercise 1 - Straight Leg Deadlift

The Straight Leg Deadlift is an AMAZING EXERCISE. This exercise is needed for just about every ACFT event. The Hamstrings and Low Back have become very unpopular muscles to work in the gym or at PT. We simply do not see them in the mirror, we don't think about them during PT... We simply miss them. Building strong Hamstring Muscles and Low Back Muscles will make us faster on our 2 Mile Run Event, help us Deadlift more weight, make us throw the Medicine Ball further and do more Hand Release Push Ups. This is a fact. SO... If I were you I would be doing a lot more Straight Leg Deadlifts.

Figure 11: Straight-Leg Deadlift



Check Points:

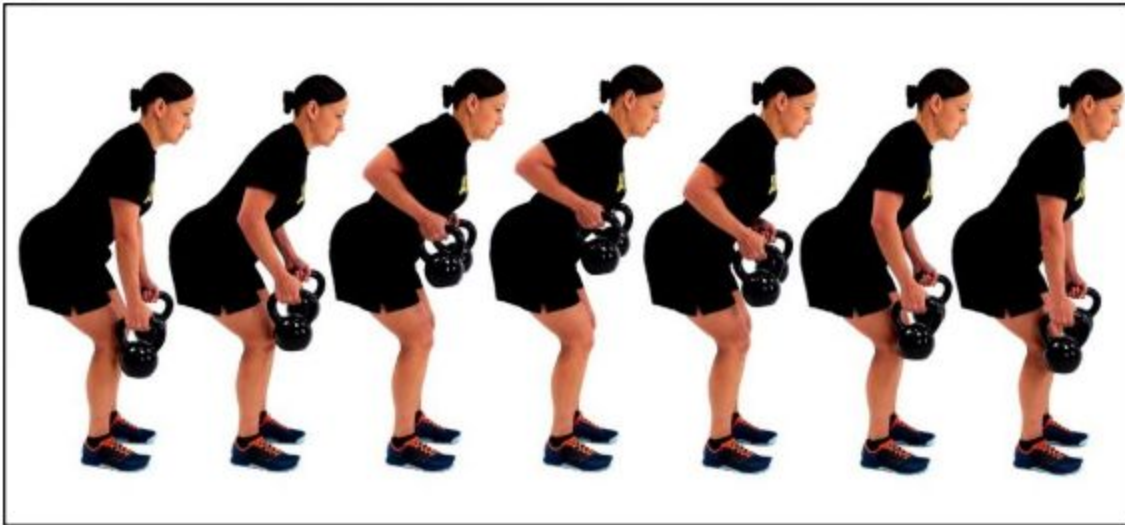
- Ensure feet are spread approximately shoulder width apart.
- Ensure knees are in line with the toes and heels remain on the floor.
- Ensure head and neck are in a neutral position with eyes facing forward.
- Avoid flexing at the waist, rounding the spine or allowing the knees to move inward (knock-knee).

Exercise 2 - Bent Over Row

Bent Over Rows are a great exercise and there is a variety of Bent Over Rows you can do. Barbell, Dumbbell, Kettlebell, 1 arm, 2 arms, Alt Grip (aka T-Bar Rows), Body Rows.... I can go on and on. The point is this exercise is GREAT for LAT STRENGTH and FOREARM strength.

Bent Over Rows will also increase your ability to perform more Leg Tucks. So this exercise is a MUST HAVE in our gym workouts and at PT.

Figure 12: Bent Over Row



Check Points:

- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Keep the head and neck in a neutral position, looking straight ahead or slightly downward.

Exercise 3 - 300 Meter Shuttle

300 Meter Shuttles are no joke. I don't care who you are. If you are giving full effort on a 300 meter shuttle, your lungs will be feeling it. With this new ACFT event the Sprint Drag Carry, we **will need to make some SERIOUS CHANGES to OUR WORKOUT REGIMEN.** This event is a great test on our short Aerobic and Anaerobic capacities. Events like the Sprint Drag Carry and the 3 Rep Max Deadlift event are a **Crossfitters dream come true.** I really think **we need to all start incorporating Crossfit style workouts at least 2 - 3 times a week** to keep us strong and get our short Aerobic and Anaerobic capacity UP TO STANDARD. The 300 meter Shuttle is for sure a great tool to help us out.

Figure 13: 300M Shuttle Run



Check Points:

- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should both bend the trunk and squat when reaching to touch the ground as they change direction (this is particularly important when picking up the kettlebells prior to the Carry leg of the Sprint-Drag-Carry.)
- Soldiers touch the ground with their left hand on the first turn, and with their right hand on the second turn and continue to alternate touches on each turn.
- Soldiers must sprint with their heads up and watch for other Soldiers who may be moving in the opposite direction.

Event Training - ACFT Manual

Event 5 - Leg Tuck

Exercise 1 - Bent Leg Raise

“Hold it.... Hold it. Hold it.... Hold it”. Ahhhh dont we all love this exercise. Well, if you dont. You should. I can’t say it enough. **THE WEAKNESS OF OUR CORE IS WHY SO MANY SOLDIERS ARE ON PROFILE.** I can say that because I went on Profile for a weak core. I am so happy the ACFT is our new PT Test and the Army realized we need to be an “Athlete” now. Start focusing on your core and you will see all your ACFT scores go up, and up, and up on every event on the ACFT. **Not only will you see better scores but I PROMISE you will see less injuries.** Being a soldier who went on profile (REAL PROFILE) for a ruptured disc in my L5 - S1, I can tell you strengthening my core was EVERYTHING. I have fully recovered and never felt better. Keep this exercise and many other core exercises in your routine if you want to stay healthy and excel on all ACFT events.

Figure 14: Bent-Leg Raise



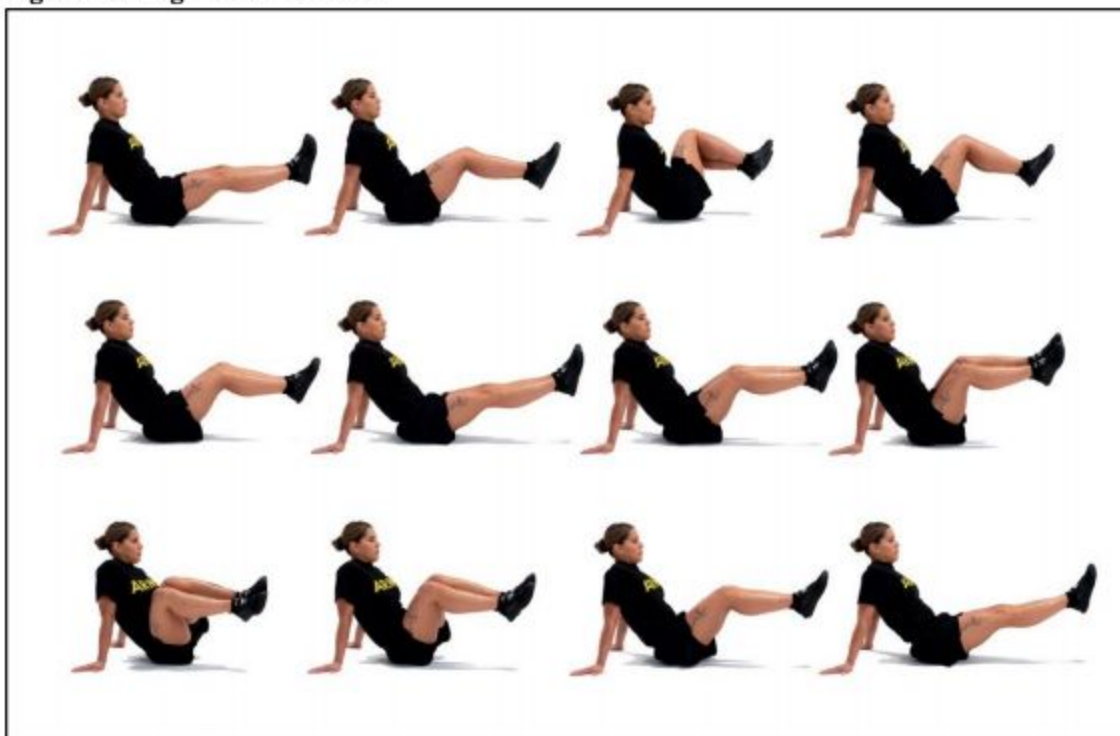
Check Points:

- Head is 2-3 inches off the ground.
- Ensure abdominal contraction is performed prior to lifting the extremities.
- Maintain consistent pressure on the fingers throughout the exercise.

Exercise 2 - Leg Tuck and Twist

Not much more I can say here that I didn’t already say on the last exercises (Bent Leg Raise) so I will keep it short. Core training is a MUST. This exercise works the abdominals and the obliques at the same time. **Get these reps in and watch your LEG TUCK REPS GO UP!**

Figure 15: Leg Tuck and Twist



Check Points:

- Keep the legs and knees together.
- The head and trunk remain still while the legs move.
- The legs are tucked (bent) and aligned diagonally to the trunk as they move up.
- To protect the back, avoid jerking the legs and trunk to achieve the up position.

Exercise 3 - Alternating Grip Pull Up

Great exercise... but how many people do you know who CAN'T DO ONE REP? I know and I see a lot of soldiers who cant do one Pullup or Leg Tuck. So the key here is to progress. Watch this video (I will have more on the way dont worry) it is a short video

<https://www.youtube.com/watch?v=Qaoe6PhIGP0>

on a couple exercises you can do to progress and get stronger on the pull up bar. The one item YOU MUST BUY is BANDS! They are not expensive so get some... seriously... now.... Buy some now.

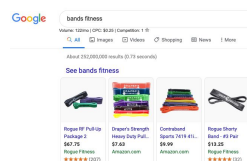
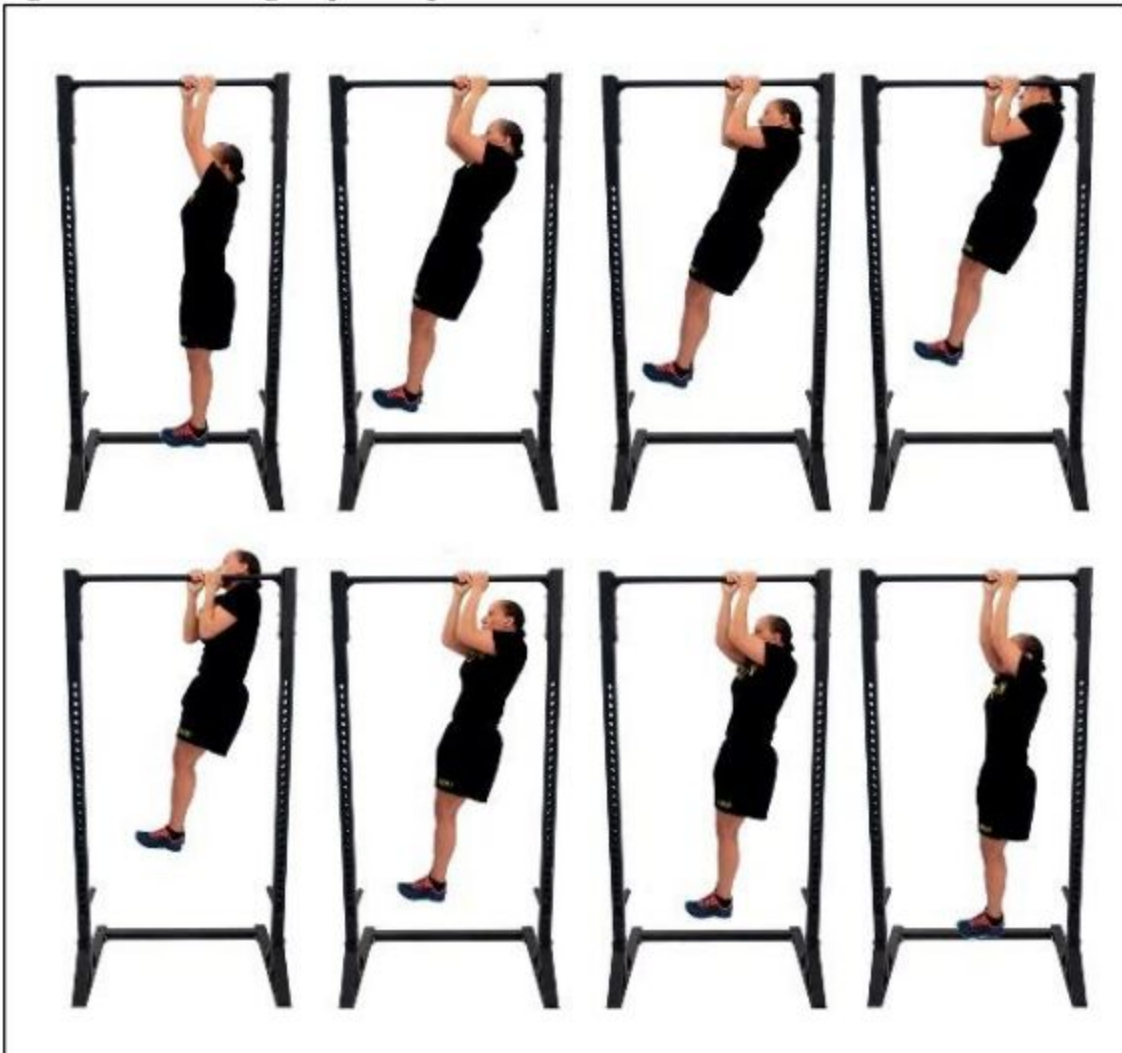


Figure 16: Alternating Grip Pull-up.



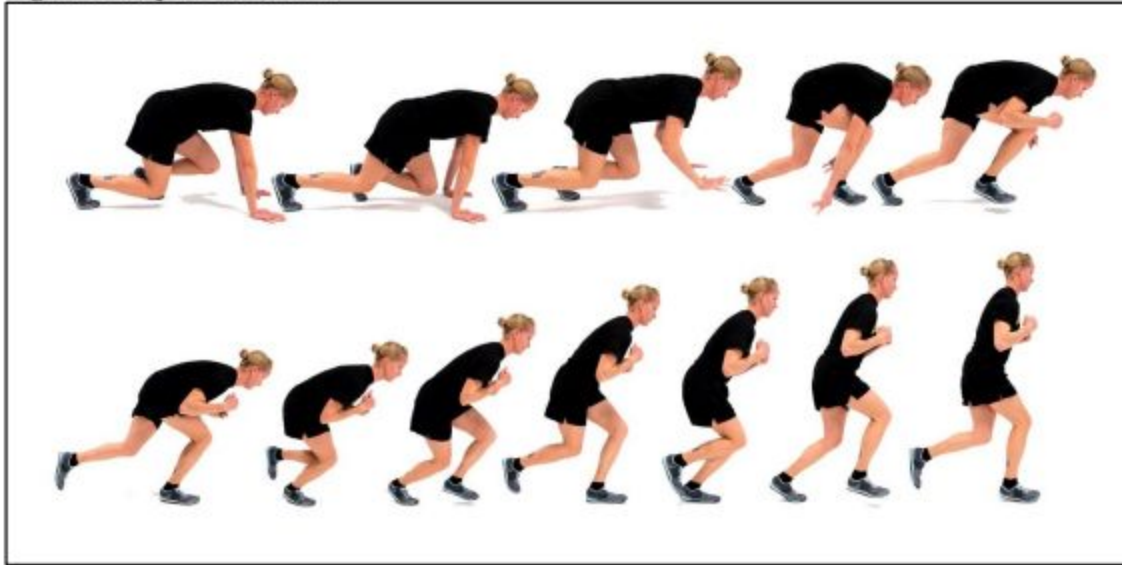
Check Points:

- When using the left alternating grip, Soldiers touch the left shoulder to the bar. If the right alternating grip is used, Soldiers touch the right shoulder to the bar.
- The arms are fully extended in the starting position.
- Keep the feet together and uncrossed throughout the exercise.

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Event 6 - Two Mile Run

Figure 16: Sprint Intervals



Check Points:

- Must perform dynamic warm-up prior to executing 30:60s.
- Follow 1:2 work to rest ratio.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

When it comes to the 2 Mile Run. Let's Get Serious. I don't care how many times the change the Army PT test, the 2 Mile will always be an event. Why? You ask? **Well, because... IT SUCKS!** And because **it is a great test of someone's Cardiovascular endurance** in a short period of time. With that being said, lets go over the 3 exercises the Army recommends we do.

Exercise 1 - Sprint Intervals

Good Ol' 60-120s and 30-60s. With the 2 Mile Run Event being my weakest event, especially after my back injury. I found that **the Army has done a great job on choosing run workouts that truly do work...** if you do them correctly and on a continuous basis. When I say do them correctly that means giving the proper effort that the Army prescribes. It states to give 50-60% of max effort on each run. I saw great improvement on my 2 mile when giving the right effort. After my injury I was running about a 10 min mile (extremely slow I know) and now Run into the 7 min range. 2.5-3 min decrease in run time and I am getting better each month. I like to give no less than 60% when I do my sprints. A lot of times you will see soldiers do 2 things.

1. **They will give 30-40% max effort** because they simply do not feel like working out. This attitude will get you nowhere and never make you better. **You are just wasting your time and throwing another day of PT in the trash.**

2. **They go all out, give 100%** in the first couple sprints and then have no more gas left in the tank and the rest of their workout is jeopardised. I like that they want to give 100%. It means they came to PT with the intention to get that work in. But little do they know **they will get MORE BENEFIT from the workout if they learn to control their effort.**

So, think of sprint work like lifting heavy in the gym. You need to get good heavy reps in the beginning of your workout. Then you need to rest between sets. **REST IS SO CRUCIAL.** Once you have rested you up the weight a little more and get some good reps with some heavy weight. Think of sprints in the same manner. First sprint should be 50-52% max. Then 52-55% max. Then 55% to 60% max and so on. Don't burn yourself out on the first sprint. Same in the Gym. Don't throw 315 pounds on the bar when bench pressing and get 1-2 reps and think next set your are going to bench 335 pounds for 5 reps. Your body doesn't work that way. Get good quality reps say 295lbs for 5-6 reps and get 5 quality sets in. This will get your chest much stronger than going all out on your first set and ruining the rest of your workout.

Exercise 1: Sprint Intervals (PRT Activities 30:60s and 60:120s)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start with four 30-second repetitions at 50-60% effort followed by a 60 second rest (30:60s). Beginners should increase repetitions (6-8) maintaining proper running technique for 30-seconds at 50-60% effort throughout a 2-4 week base phase.

Purpose: This exercise improves the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill and Military Movement Drill), sprint at near maximal effort for 30 seconds followed by 60 seconds of rest.

Exercise Prescription: 1 x week, 4 to 10 reps followed by a cool down (Recovery Drill). After achieving 10 x 30:60s, replace with 5 x 60:120s weekly increasing to 10 x 60:120s over four weeks.

Exercise 2 - Release Run

What my Unit does, and it has helped me so much is have AGRs (Ability Group Runs) one time a week. When we do our AGR we stay at a good pace for the group and on the last mile we do a

release run. This truly allows one who is slightly faster than his some of his group members to get that WORK IN at the end of the run. This allows you to get the most of a run. I highly recommend you do a release run at the end of every AGR. It works wonders!

Exercise 2: Release Run (RR)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start running at a moderate sustainable pace for 5-10 minutes. Beginners should gradually increase the time to 10-15 minutes throughout a 2-4 week base phase.

Purpose: This exercise shares the similar purpose to Interval Sprints but with less intensity and longer duration.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill and Military Movement Drill), the running pace should be “comfortably hard.” Soldiers should be able to maintain a steady pace for 5-6 minutes with a similar ability group before being released to run at their own pace or target pace. The duration of the release portion of the run should increase progressively to 15-25 minutes.

Exercise Prescription: 1x week at the highest sustainable pace for 5-6 minutes initially, progressing to 15-25 minutes.

Check Points:

- Must perform dynamic warm-up prior to exercise.
- Ensure the running pace is “comfortably hard” while sustaining 5-6 minutes of duration initially.
- The goal is to be able to progress to 15-25 minutes of duration at the same pace.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

Exercise 3 - Hill Sprints

Hill sprints are great for many reasons.

1. It mixes things up.
2. This increases resistance. Gravity SUCKS!
3. Walking down the hill is great ACTIVE REST. (Still exercising while catching a break)
4. Will get your 2 Mile Time down if done correctly.

If you read the instructions the Army has given you. You should not be able to hold a conversation. Meaning you should be breathing hard. A lot of times I see this workout does not

work because the hill is just not large enough or the Soldier conducting PT is giving too long of a break between each Hil Sprint.

Exercise 3: Hill Repeats (HR)

Risk Mitigation: Soldiers should execute a dynamic warm-up before starting this exercise. A master fitness trainer can assist in developing proper running form. Beginners should start running at a slow sustainable pace for 10-15 minutes. Beginners should gradually increase the time to 15-20 minutes throughout a 2-4 week base phase.

Purpose: This exercise develops aerobic fitness and muscular endurance by utilizing a slower pace and a longer duration of sustained running.

Equipment: Level field, track or running surface.

Execution: Following a dynamic warm-up (Preparation Drill, Hip Stability Drill and Military Movement Drills), the running pace should be slow enough to carry a conversation without becoming out of breath for 20-30 minutes. You should increase your time/distance slowly, no more than 10% in time or distance per week. You should not increase your pace.

Exercise Prescription: 1 x week for 6-10 repetitions

Check Points:

- Must perform dynamic warm-up prior to exercise.
- Ensure the running pace is can be sustained across each of the reps.
- Ensure cool down (Recovery Drill) is performed.
- Avoid running on consecutive (back to back) days.

Video 1

<https://youtu.be/XBrWLeSaP7E>

Video 2

<https://youtu.be/q9zUQ1O7MZs>

Video 3

<https://youtu.be/x4atycbuLqY>