

DEPLOYED PRT-COLLECTIVE

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)
Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 3 (10 reps), PSD (4 x 30 sec) CL 2 (5-10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 3 (10 reps) PSD (4 x 30 sec) CL 2 (5-10 reps) or other strength training modalities Recovery: RD (30 sec)

2 Week Prt Schedule While Deployed

DJ Losen



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