

APRIL (TRAIN/READY MONTH 1)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	2 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300 yd-SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	3 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	4 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) Recovery: RD (30 sec)
7 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	8 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps) Recovery: RD (30 sec)	9 Preparation: PD (10 reps) Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	10 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), 30:60s (10 reps) & 300 yd-SR (1 rep) or Hill Repeats (10 reps) Recovery: RD (30 sec)	11 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)
14 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) or APFT Recovery: RD (30 sec)	15 Preparation: PD (10 reps) Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	16 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps) Recovery: RD (30 sec)	17 Preparation: PD (10 reps) Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	18 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), AGR (30 min) or Unit Run (30 min) or FM w/rl or aml (TBD) Recovery: RD (30 sec)
21 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	22 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300 yd-SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)	23 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	24 Preparation: PD (10 reps) Activities: MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) Recovery: RD (30 sec)	25 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)
28 Preparation: PD (10 reps) Activities: ACUs/Boots, MMD 1&2 (1 rep ea), TR (20 min) Recovery: RD (30 sec)	29 Preparation: PD (10 reps) Activities: CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities Recovery: RD (30 sec)	30 Preparation: PD (10 reps) Activities: ACUs/Boots, MMD 1&2 (1 rep ea), 30:60s (10-15 reps) or 300 yd-SR (2 reps) & Hill Repeats (8-10 reps) Recovery: RD (30 sec)		

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Army Physical Readiness Training Manual Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub FM 7-22 Army Physical Readiness Training Headquarters Department of the Army, 2017-08-27 Field Manual 7 22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will

be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

AR 350-1 Army Training and Leader Development Headquarters Department of the Army,2017-08-27 Army Regulation 350 1 is the keystone training regulation for all US Army units This regulation is the source reference for all training conducted within units across the US Army This continent 6x9 paperback is designed with commanders executive officers and company grade NCOs in mind for portability and ease of use

U.S. Army Physical Readiness Training Manual U.S. Department of the Army,2012-01-14 Time tested physical training from the U S Army now available to

AR 350-1 08/19/2014 ARMY TRAINING AND LEADER DEVELOPMENT , Survival Ebooks Us Department Of Defense,www.survivalebooks.com,Department of Defense,Delene Kvasnicka,United States Government US Army,United States Army,Department of the Army,U. S. Army,Army,DOD,The United States Army, AR 350 1 08 19 2014 ARMY TRAINING AND LEADER DEVELOPMENT Survival Ebooks

Reconstructing Afghanistan William Maley,Susanne Schmeidl,2014-11-27 This book identifies some of the main lessons for civil military interactions that can be derived from the experiences of Provincial Reconstruction Teams PRTs in Afghanistan The book has three main themes Firstly the volume analyses why the ways in which civil and military actors interact in theatres of operations such as Afghanistan matter for both those categories of actors and for the ordinary people who their interactions serve Second the book highlights that these interactions are invariably complex The third theme which arises specifically from the PRT experience in Afghanistan is that such teams vary significantly in their roles resourcing and operational environments Consequently to appraise the value of the PRT experience it is necessary to unpack the experiences of different PRTs which the use of case studies allows one to do The volume comprises an introduction identifying some key questions to which the PRT experience gives rise and case studies of the experiences of the United States United Kingdom

New Zealand Canada The Netherlands Australia Germany and France chapters dealing with the roles played by NGOs and the UN system and a discussion from an Afghan perspective of the implications of civilian casualties It is the combination of the diverse cases discussed in this book with a focus on the broad challenges of optimising civil military interactions that makes this book distinctive This book will be of much interest to students of the Afghan War civil military relations statebuilding Central Asian politics and IR in general Safetyline ,1993 The UK Deployment to Afghanistan Great Britain: Parliament: House of Commons: Defence Committee,2006-04-06 The UK is currently involved in two military operations in Afghanistan the US led coalition Operation Enduring Freedom OEF with a counter terrorism mission and the NATO led International Security Assistance Force ISAF with a security and stabilisation mission The UK led Allied Rapid Reaction Corps ARRC will command the ISAF from May 2006 to February 2007 a period which will see the extension of the ISAF s mission into the Western and Southern provinces of Afghanistan The Committee s report focuses on pre deployment issues for the UK forces to be deployed in Helmand province The report considers the likely problems they will face in attempting to balance the goals of bringing greater security to the province as well as reducing the opium trade The report raises concerns that the UK airlift and close air support capability may not be sufficient to support the Helmand deployment and also about the effect the Helmand deployment might have on the overstretch of UK armed forces particularly on pinchpoint trade personnel It also calls on the MoD to provide greater clarity about the responsibilities of UK forces to detainees under their care and in terms of the rights of detainees established in the Memorandum of Understanding with the Government of Afghanistan **Incentives, Benefits and Medical Care for Federal Civilian Employees Deployed to Combat Zones** United States. Congress. House. Committee on Armed Services. Oversight and Investigations Subcommittee,2008 **NCO Guide** CSM Dan Elder, USA (Ret.),2015-07-15 The essential guide for NCOs this edition has been thoroughly revised and updated with the latest information on training military justice promotions benefits counseling soldiers physical fitness regulations and much more How to train lead and counsel troops effectively Tips on how to move along your career as an NCO by continuing education training and professional development Information about all the regulations NCOs need to be aware of in carrying out their jobs **SAP Security Configuration and Deployment** Joey Hirao,2008-11-18 Throughout the world high profile large organizations aerospace and defense automotive banking chemicals financial service providers healthcare high tech insurance oil and gas pharmaceuticals retail telecommunications and utilities and governments are using SAP software to process their most mission critical highly sensitive data With more than 100 000 installations SAP is the world s largest enterprise software company and the world s third largest independent software supplier overall Despite this widespread use there have been very few books written on SAP implementation and security despite a great deal of interest There are 220 000 members in an on line SAP community seeking information ideas and tools on the IT Toolbox Website alone Managing SAP user authentication and authorizations is becoming more complex

than ever as there are more and more SAP products involved that have very different access issues It s a complex area that requires focused expertise This book is designed for these network and systems administrator who deal with the complexity of having to make judgmental decisions regarding enormously complicated and technical data in the SAP landscape as well as pay attention to new compliance rules and security regulations Most SAP users experience significant challenges when trying to manage and mitigate the risks in existing or new security solutions and usually end up facing repetitive expensive re work and perpetuated compliance challenges This book is designed to help them properly and efficiently manage these challenges on an ongoing basis It aims to remove the Black Box mystique that surrounds SAP security The most comprehensive coverage of the essentials of SAP security currently available risk and control management identity and access management data protection and privacy corporate governance legal and regulatory compliance This book contains information about SAP security that is not available anywhere else to help the reader avoid the gotchas that may leave them vulnerable during times of upgrade or other system changes Companion Web site provides custom SAP scripts which readers can download to install configure and troubleshoot SAP

Afghanistan United States. Congress. Senate. Committee on Foreign Relations,2004

The Use of in Lieu, Ad Hoc and Augmentee Forces in Operations Enduring Freedom and Iraqi Freedom United States. Congress. House. Committee on Armed Services. Readiness Subcommittee,2008

After the Wall Came Down Andrew Richards,2021-04-02 The generation of young men and women who joined the British Army during the mid to late 1980s would serve their country during an unprecedented period of history Unlike the two world war generations they would never face total war there was never any declaration of war and there was no one single country to defeat In fact it was supposed to have been the end of war a time of peace and stability Politicians started to use the term Peace Dividend with government officials even planning on how and where it should be spent But for those in the military the two decades following the end of the Cold War would not be a time of peace Government spending and the size of the military was reduced but the Army s commitments increased exponentially Those serving not only faced continuous deployment in overseas operations they would also be involved in immense upheavals that took place within the army When the Berlin Wall came down the British Army had not changed for decades The ending of the Cold War combined with a technological revolution a changing society at home and new global threats mean that the Army of the second decade of the twentieth first century the army this generation of soldiers is now retiring from is unrecognizable from the one they joined in the late 1980s This is the story of the soldiers who served in the British Army in those tumultuous decades

Managing Civil-Military Cooperation Myriame T.I.B. Bollen,2016-05-13 Civil military cooperation has always been a key factor in both peace and conflict situations and is vital in today s political climate This indispensable volume analyzes the various types of civil military cooperation across different settings and contexts to include humanitarian operations such as emergency relief following tsunami earthquakes and refugee crises as well as stability and reconstruction operations such as those in

Afghanistan and the Democratic Republic of Congo The book contains contributions from both senior academics and practitioners such as military officers and humanitarian personnel and discusses the benefits and logistics of civil military cooperation It closes with recommendations that will be of value to both academics and practitioners making it a must read for anyone interested or involved in these operations *Department of Defense Appropriations for Fiscal Year ... United*

States. Congress. Senate. Committee on Appropriations. Subcommittee on Department of Defense,2011 **Effective Civil-Military Interaction in Peace Operations** Gerard Lucius,Sebastiaan Rietjens,2016-03-24 This book contains unique firsthand experiences of both the military and civilian actors involved in civil military interaction processes It presents lessons learned from a variety of situations from both NATO led operations and UN Integrated Missions and in different geographical areas such as the Balkans Iraq Afghanistan and Africa Rather than taking the improvisational approach these lessons learned will enable military commanders and staff and their civilian counterparts in governments International Organisations and NGOs to come fully prepared for the challenges of today s multifaceted missions With a better understanding of the mandates and methods of the various civilian and military actors comes greater respect for each other s comparative advantages With respect comes smoother cooperation And with that efficiency gains and enhanced overall mission effectiveness Each chapter contains solid analysis and advice specific to the functions found in military organizations from Intelligence to Personnel and from Logistics to Engineering Cross cutting themes like Gender Human Rights and Corruption are also included in this work that brings together some of the best that practitioners and academics can offer

Department of Defense Appropriations for Fiscal Year 2012 United States. Congress. Senate. Committee on Appropriations. Subcommittee on Defense,2012 **Weight Management** Institute of Medicine,Food and Nutrition Board,Committee on Military Nutrition Research,Subcommittee on Military Weight Management,2003-12-01 The primary purpose of fitness and body composition standards in the U S Armed Forces has always been to select individuals best suited to the physical demands of military service based on the assumption that proper body weight and composition supports good health physical fitness and appropriate military appearance The current epidemic of overweight and obesity in the United States affects the military services The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services and a high percentage of individuals exceeding military weight for height standards at the time of entry into the service leave the military before completing their term of enlistment To aid in developing strategies for prevention and remediation of overweight in military personnel the U S Army Medical Research and Materiel Command requested the Committee on Military Nutrition Research to review the scientific evidence for factors that influence body weight optimal components of a weight loss and weight maintenance program and the role of gender age and ethnicity in weight management

Embracing the Melody of Term: An Mental Symphony within **Week Prt Schedule While Deployed**

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