

WARRIOR LEADER COURSE PHYSICAL REQUIREMENTS

1. Students must be able to meet the following physical requirements during the course:
 - a. Pass APFT.
 - b. Conduct, demonstrate, and lead physical fitness training.
 - c. Negotiate rough terrain under varying climatic conditions.
 - d. Walk a minimum of 3200 meters with load carrying equipment (LCE) in a minimum of three hours.
 - e. Lift and carry all required packing list items (OCIE and CTA 50-900) for short distances.
 - f. Carry a 48 pound combat load that contains mission essential equipment (weapon, helmet, uniform, LCE included in 48 lbs).
 - g. Lift and carry fuel, water, ammo, MREs or sandbags.
 - h. Low crawl, high crawl and rush for three to five seconds.
 - i. Move over, through and around obstacles.
 - j. Carry and fire individually assigned weapon.

2. Commandants may not supplement these course graduation requirements.

(REF: AR 350-1, Chap 3; AR 611-1, Chap 6; TR 350-10, Chap 2, Para 2-7; DA MSG: 092054Z SEP 04, SUBJECT: Selection and Scheduling of Soldiers for Army Schools; and DAMO-TR, DTG: 051617Z May 08, ALARACT 120/2008), SECARMY Memorandum Subject: Army Directive 2012-20 (Physical Fitness and Height and Weight Requirements for Professional Military Education, dated 17 September, 2012)