

MONDAY

THE PURPOSE OF THIS SESSION IS TO IMPROVE THE ENDURANCE AND MOBILITY NEEDED FOR THE SUCCESSFUL PERFORMANCE OF WTBD'S. PREPARATION DRILL READIES AND CONDITIONS THE BODY FOR A VARIETY OF BODY MANAGEMENT COMPETENCIES. MILITARY MOVEMENT DRILLS 1 & 2 HELP IMPROVE RUNNING FORM WHILE PREPARING THE SOLDIER FOR SUSTAINED RUNNING. THE ABILITY GROUP RUN OR RELEASE RUN IMPROVES AEROBIC ENDURANCE AND SPEED THROUGH SUSTAINED RUNNING. RECOVERY DRILL SAFELY RETURNS SOLDIERS TO A PRE-EXERCISE STATE WHILE IMPROVING MOBILITY.

RISK ASSESSMENT:

NOTES:

Preparation: PD _____

Activities: MMD 1&2, AGR _____

or Release Run _____

Recovery: RD _____

PREPARATION DRILL

(10REPS)

BEND AND REACH



MODIFIED BEND AND REACH



REAR LUNGE



MODIFIED REAR LUNGE



HIGH JUMPER



MODIFIED HIGH JUMPER



ROWER



MODIFIED ROWER



SQUAT BENDER



MODIFIED SQUAT BENDER



PREPARATION DRILL (CONT)

(10REPS)

WINDMILL



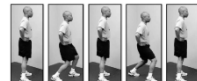
MODIFIED WINDMILL



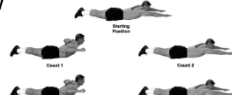
FORWARD LUNGE



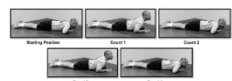
MODIFIED FORWARD LUNGE



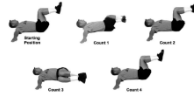
PRONE ROW



MODIFIED PRONE ROW



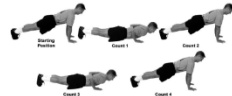
BENT LEG BODY TWIST



MODIFIED BENT LEG BODY TWIST



PUSH UP



MODIFIED PUSH UP



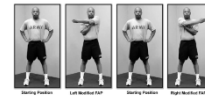
RECOVERY DRILL

(20-30SEC / SIDE)

OVERHEAD ARM PULL



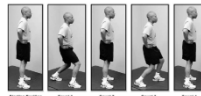
MODIFIED OVERHEAD ARM PULL



REAR LUNGE



MODIFIED REAR LUNGE



EXTEND & FLEX



MODIFIED EXTEND & FLEX



THIGH STRETCH



MODIFIED THIGH STRETCH



SINGLE LEG OVER



MODIFIED SINGLE LEG OVER



MILITARY MOVEMENT DRILL 1

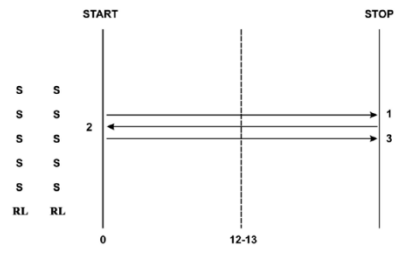
(PERFORMED @ 25YDS / 1-3SETS)
VERTICALS



LATERALS



SHUTTLE SPRINTS

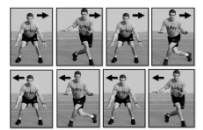


MILITARY MOVEMENT DRILL 2

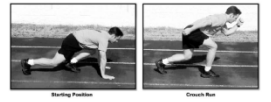
(PERFORMED @ 25YDS / 1-3SETS)
POWER SKIP



CROSSOVERS



CROUCH RUN



ABILITY GROUP RUN (AGR)

(15-20 MIN OUT N BACK)

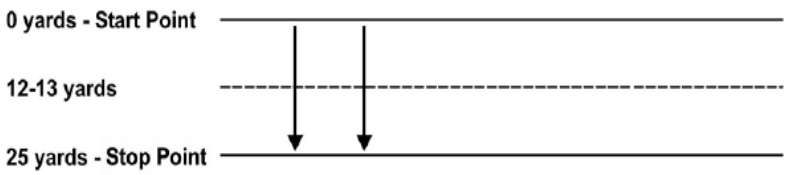
Sustaining Phase AGR Assignments
A Group 6:30 and faster
B Group 6:31 to 7:15
C Group 7:16 to 8:00
D Group 8:01 and slower

RELEASE RUN (RR)

SOLDIERS WILL RUN IN FORMATION TO A SPECIFIED TIME (NO MORE THAN 15 MIN), THEN ARE RELEASED TO RUN AS FAST AS THEY CAN BACK TO THE STARTING POINT.

Extended Rectangular Formation (covered)

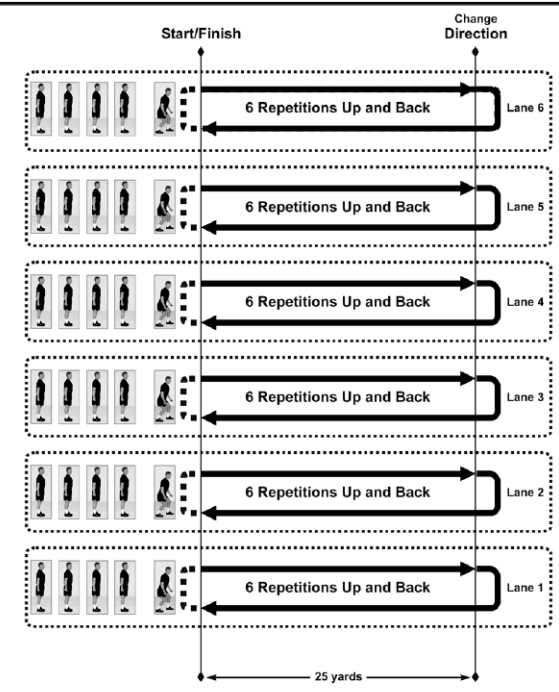
RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S



Reform at the 25-yard stop point in the same ranks and perform the same exercise to the start point. This is one repetition.

NOTE: RL - Rank Leader S-Soldier

300-YARD SHUTTLE RUN



Checkpoints:

- 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.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn and continue to alternate hand touches on each turn.
- Soldiers must sprint with their heads up and watch for other soldiers who may be moving in an opposite direction.

TUESDAY

THE PURPOSE OF THIS SESSION IS TO IMPROVE THE STRENGTH AND MOBILITY NEEDED FOR THE SUCCESSFUL PERFORMANCE OF WTBD'S. PREPARATION DRILL READIES AND CONDITIONS THE BODY FOR A VARIETY OF BODY MANAGEMENT COMPETENCIES. THE GUERRILLA DRILL DEVELOPS FUNCTIONAL MOBILITY FOR THE PERFORMANCE OF COMBATIVES AND THE ABILITY TO CARRY ANOTHER SOLDIER. CONDITIONING DRILLS 1 & 2 CONSIST OF FUNCTIONALLY TRAIN UPPER BODY AND TRUNK MUSCULAR STRENGTH AND ENDURANCE NEEDED TO SUCCESSFULLY PERFORM WTBD'S. CLIMBING DRIL 1 IMPROVES THE UPPER BODY AND TRUNK STRENGTH NEEDED FOR MANIPULATING BODY WEIGHT. THE PUSH-UP/SIT-UP DRILL PROVIDE UPPER BODY STRENGTH AND MOVEMENT PROFICIENCY. RECOVERY DRILL SAFELY RETURNS SOLDIERS TO A PRE-EXERCISE STATE WHILE IMPROVING MOBILITY.

RISK ASSESSMENT:

NOTES:

Preparation: PD _____

Activities: GD, CD 1&2, _____

CL 1, PSD or STC and _____

PSD _____

Recovery: RD _____

RECOVERY DRILL

(20-30SEC / SIDE)

OVERHEAD ARM PULL



MODIFIED OVERHEAD ARM PULL



REAR LUNGE



MODIFIED REAR LUNGE



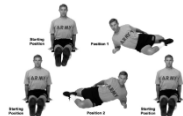
EXTEND & FLEX



MODIFIED EXTEND & FLEX



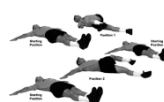
THIGH STRETCH



MODIFIED THIGH STRETCH



SINGLE LEG OVER



MODIFIED SINGLE LEG OVER



PREPARATION DRILL (CONT)

(10REPS)

WINDMILL



MODIFIED WINDMILL



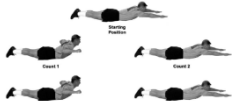
FORWARD LUNGE



MODIFIED FORWARD LUNGE



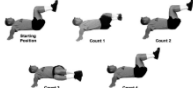
PRONE ROW



MODIFIED PRONE ROW



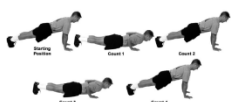
BENT LEG BODY TWIST



MODIFIED BENT LEG BODY TWIST



PUSH UP



MODIFIED PUSH UP



PREPARATION DRILL

(10REPS)

BEND AND REACH



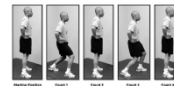
MODIFIED BEND AND REACH



REAR LUNGE



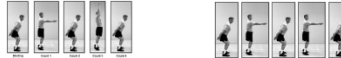
MODIFIED REAR LUNGE



HIGH JUMPER



MODIFIED HIGH JUMPER



ROWER



MODIFIED ROWER



SQUAT BENDER



MODIFIED SQUAT BENDER



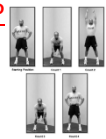
CONDITIONING DRILL 1

(5-10REPS @ MODERATE CADENCE)

POWER JUMP



MODIFIED POWER JUMP



V-UP



MODIFIED V-UP



MOUNTAIN CLIMBER



MODIFIED MOUNTAIN CLIMBER



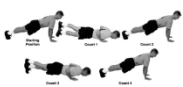
LEG-TUCK & TWIST



MODIFIED LEG-TUCK & TWIST



SINGLE LEG PUSH-UP



MODIFIED SINGEL LEG PUSH-UP



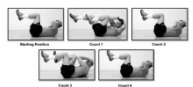
CONDITIONING DRILL 2

(5-10REPS @ MODERATE CADENCE)

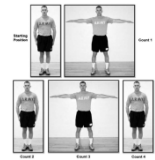
TURN AND LUNGE



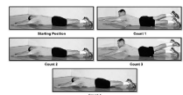
SUPINE BICYCLE



HALF JACKS



SWIMMER



8-COUNT PUSH-UP



PUSH-UP/SIT-UP DRILL

(30-60 SEC TIMED SETS / ? REPS)

GUERRILLA DRILL

(1-3 SETS @ 25 YARDS)

SHOULDER ROLL



LUNGE WALK



SOLDIER CARRY



CLIMBING DRILL 1

(5-10REPS IN CADENCE)

STRAIGHT ARM PULL



HEEL HOOK



PULL-UP



LEG TUCK



ALTERATING GRIP PULL-UP



STRENGTH TRAINING CIRCUIT (STC)

(3-5 ROTATIONS, 60 SEC AT EACH STATION)

SUMO SQUAT



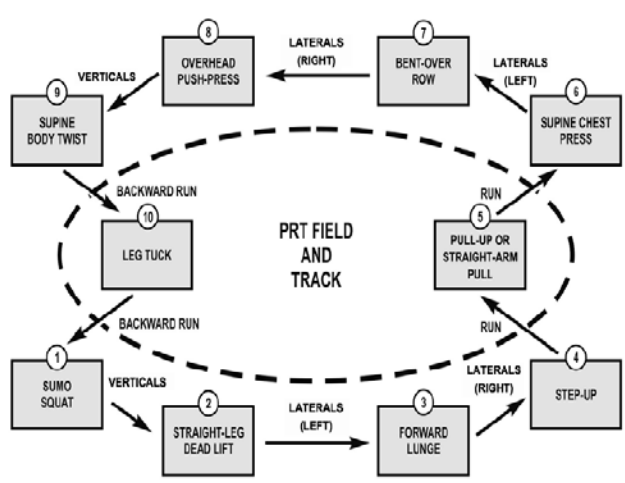
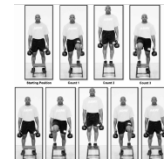
STRAIGHT LEG LIFT



FORWARD LUNGE



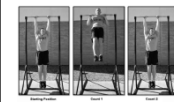
STEP-UP



STRENGTH TRAINING CIRCUIT (CONT)

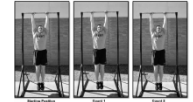
(3-5 ROTATIONS, 60 SEC AT EACH STATION)

PULL-UP



OR

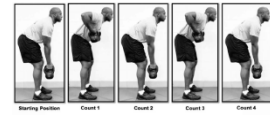
STRAIGHT ARM PULL



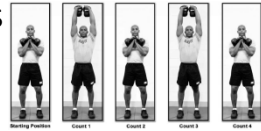
SUPINE CHEST PRESS



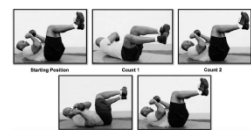
BENT-OVER ROW



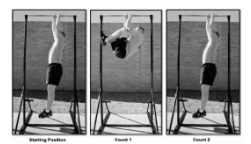
OVER-HEAD PUSH-PRESS



SUPINE BODY TWIST



LEG TUCK



WEDNESDAY

THE PURPOSE OF THIS SESSION IS TO IMPROVE THE CONDITIONING REQUIRED TO SUCCESSFULLY PERFORM WTBD'S SUCH AS IMT AND MOVE UNDER DIRECT AND INDIRECT FIRE. PREPARATION DRILL READIES AND CONDITONS THE BODY FOR A VARIETY OF BODY MANAGEMENT COMPETENCIES. THE MILITARY MOVEMENT DRILLS 1& 2 HELP IMPROVE RUNNING FORM WHILE PREPARING THE SOLDIER FOR SPEED RUNNING. 60:120'S ENHANCE SPEED AND ANAEROBIC POWER THROUGH SUSTAINED REPEATS OF HIGH INTENSITY RUNNING WITH INTERMITTENT PERIODS OF RECOVERY. THE 300-YD SHUTTLE RUN DEVELOPS ANAEROBIC ENDURANCE AND FUNCTIONAL MOBILITY. RECOVERY SAFELY RETURNS SOLDIERS TO A PRE-EXERCISE STATE WHILE IMPROVING MOBILITY.

RISK ASSESSMENT:

NOTES:

Preparation: PD _____

Activities: MMD 1&2, _____

60:120S and 300 YD SR _____

Recovery: RD _____

RECOVERY DRILL

(20-30SEC / SIDE)
OVERHEAD ARM PULL



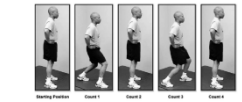
MODIFIED OVERHEAD ARM PULL



REAR LUNGE



MODIFIED REAR LUNGE



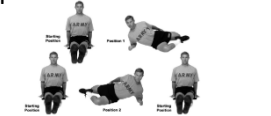
EXTEND & FLEX



MODIFIED EXTEND & FLEX



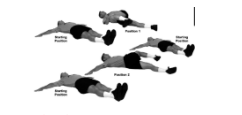
THIGH STRETCH



MODIFIED THIGH STRETCH



SINGLE LEG OVER



MODIFIED SINGLE LEG OVER



PREPARATION DRILL (CONT)

(10REPS)
WINDMILL



MODIFIED WINDMILL



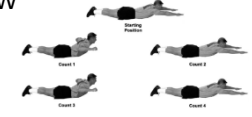
FORWARD LUNGE



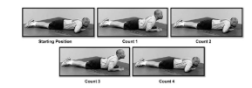
MODIFIED FORWARD LUNGE



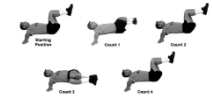
PRONE ROW



MODIFIED PRONE ROW



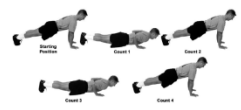
BENT LEG BODY TWIST



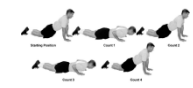
MODIFIED BENT LEG BODY TWIST



PUSH UP



MODIFIED PUSH UP

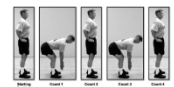


PREPARATION DRILL

(10REPS)
BEND AND REACH



MODIFIED BEND AND REACH



REAR LUNGE



MODIFIED REAR LUNGE



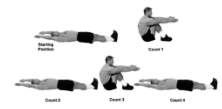
HIGH JUMPER



MODIFIED HIGH JUMPER



ROWER



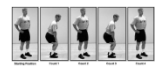
MODIFIED ROWER



SQUAT BENDER



MODIFIED SQUAT BENDER



MILITARY MOVEMENT DRILL 1

(PERFORMED @ 25YDS / 1-3SETS)

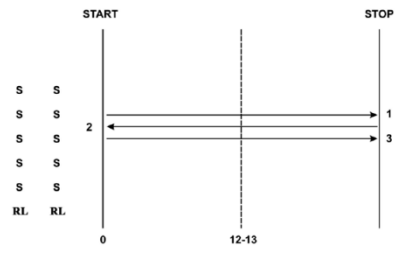
VERTICALS



LATERALS

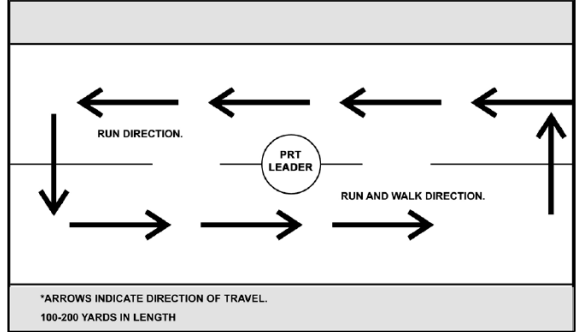


SHUTTLE SPRINTS

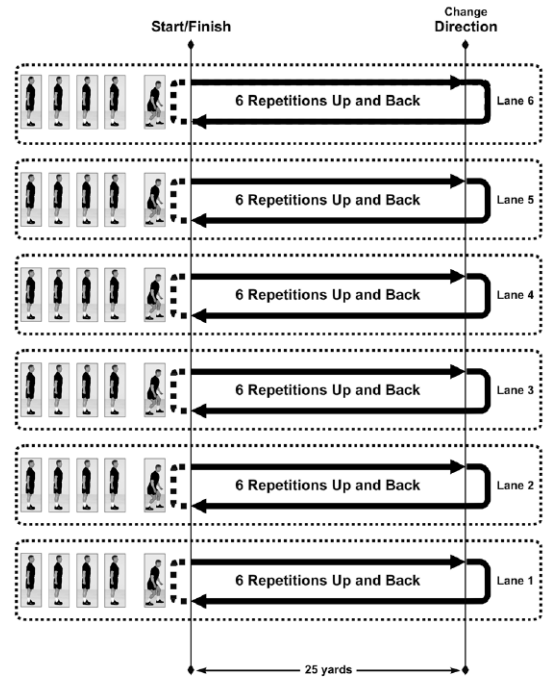


30:60 or 60:120'S

SOLDIERS PERFORM BOTH 30:60'S & 60:120'S ADHERING TO A WORK TO RECOVERY RATION OF 1:2. DURING THE WORK INTERVAL, SOLDIERS WILL SPRINT FOR 30 or 60 SECONDS. DURING THE RECOVERY INTERVAL SOLDIERS WILL WALK FOR 60 or 120 SECONDS. THAT IS ONE REPETITION. SOLDIERS WILL JOG AT A SLOW PACE FOR 1/4MILE BEFORE BEGINNING 30:60'S or 60:120'S. SOLDIERS SHOULD WALK AT LEAST 3 MINUTES BEFORE PERFORMING ADDITIONAL ACTIVITIES OR RECOVERY.



300-YARD SHUTTLE RUN



MILITARY MOVEMENT DRILL 2

(PERFORMED @ 25YDS / 1-3SETS)

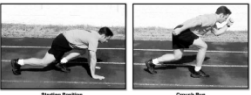
POWER SKIP



CROSSOVERS

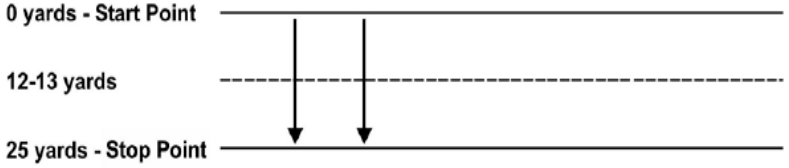


CROUCH RUN



Extended Rectangular Formation (covered)

RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S
 RL S S S S S S S S S S S S



Reform at the 25-yard stop point in the same ranks and perform the same exercise to the start point. This is one repetition.

NOTE: RL - Rank Leader S-Soldier

Checkpoints:

- 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.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn and continue to alternate hand touches on each turn.
- Soldiers must sprint with their heads up and watch for other soldiers who may be moving in an opposite direction.

THURSDAY

THE PURPOSE OF THIS SESSION IS TO IMPROVE THE FUNCTIONAL STRENGTH AND MOBILITY NEEDED FOR THE SUCCESSFUL PERFORMANCE OF WTBD'S. SOLDIERS PERFORM THESE DRILLS WEARING ACU'S, BOOTS & ACH. PREPARATION DRILL READIES AND CONDITIONS THE BODY FOR A VARIETY OF BODY MANAGEMENT COMPETENCIES. THE GUERRILLA DRILL DEVELOPS FUNCTIONAL MOBILITY FOR THE PERFORMANCE OF COMBATITIVES AND THE ABILITY TO CARRY ANOTHER SOLDIER. CONDITIONING DRILL 3 CONSISTS OF ADVANCED CALISTHENICS THAT IMPROVE POWER, COORDINATION AND AGILITY. CLIMBING DRILL 2 IMPROVES THE UPPER BODY AND TRUNK STRENGTH NEEDED FOR MANIPULATION BODY WEIGHT UNDER LOAD. THE PUSH-UP/SIT-UP DRILL PROVIDE UPPERBODY STRENGTH AND APFT IMPROVEMENT. THE STRENGTH TRAINING CIRCUIT DEVELOPS TOTAL BODY STRENGTH AND MOVEMENT PROFICIENCY. RECOVERY DRILL SAFELY RETURNS SOLDIERS TO A PRE-EXERCISE STATE WHILE IMPROVING MOBILITY

RISK ASSESSMENT:

NOTES:

Preparation: PD _____

Activities: GD, CD 3, CL 2, _____

PSD or STC and PSD _____

Recovery: RD _____

PREPARATION DRILL

(10REPS)
BEND AND REACH

MODIFIED BEND AND REACH

REAR LUNGE

MODIFIED REAR LUNGE

HIGH JUMPER

MODIFIED HIGH JUMPER

ROWER

MODIFIED ROWER

SQUAT BENDER

MODIFIED SQUAT BENDER

PREPARATION DRILL (CONT)

(10REPS)
WINDMILL

MODIFIED WINDMILL

FORWARD LUNGE

MODIFIED FORWARD LUNGE

PRONE ROW

MODIFIED PRONE ROW

BENT LEG BODY TWIST

MODIFIED BENT LEG BODY TWIST

PUSH UP

MODIFIED PUSH UP

RECOVERY DRILL

(20-30SEC / SIDE)
OVERHEAD ARM PULL

MODIFIED OVERHEAD ARM PULL

REAR LUNGE

MODIFIED REAR LUNGE

EXTEND & FLEX

MODIFIED EXTEND & FLEX

THIGH STRETCH

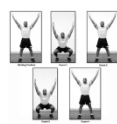
MODIFIED THIGH STRETCH

SINGLE LEG OVER

MODIFIED SINGLE LEG OVER

CONDITIONING DRILL 3

(5-10REPS @ MODERATE CADENCE)
 "Y" SQUAT



SINGLE-LEG DEAD LIFT



SIDE-TO-SIDE KNEE LIFTS



FRONT KICK ALTERNATE TOE TOUCH



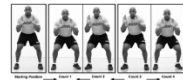
TUCK JUMP



STRADDLE-RUN FORWARD&BACKWARD



HALF-SQUAT LATERALS



FROG JUMPS FORWARD & BACKWARDS



ALTERNATE ¼ -TURN JUMP



ALTERNATE-STAGGERED SQUAT JUMP



PUSH-UP/SIT-UP DRILL

(30-60 SEC TIMED SETS / ? REPS)

CLIMBING DRILL 2

(5-10REPS IN CADENCE IN ACU'S W/KIT)
 FLEXED-ARM HANG



HEEL HOOK



PULL-UP



LEG TUCK



ALTERATING GRIP PULL-UP



GUERRILLA DRILL

(1-3 SETS @ 25 YARDS)

SHOULDER ROLL



LUNGE WALK



SOLDIER CARRY

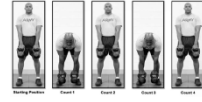


STRENGTH TRAINING CIRCUIT (STC)

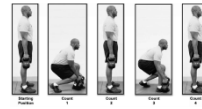
(3-5 ROTATIONS, 60 SEC AT EACH STATION)
 SUMO SQUAT



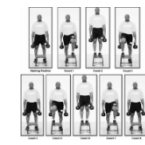
STRAIGHT LEG LIFT



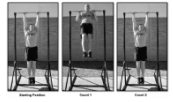
FORWARD LUNGE



STEP-UP

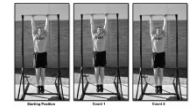


PULL-UP

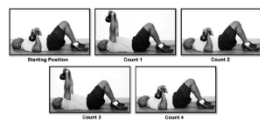


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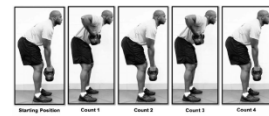
STRAIGHT ARM PULL



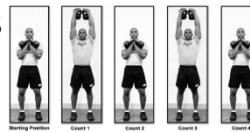
SUPINE CHEST PRESS



BENT-OVER ROW



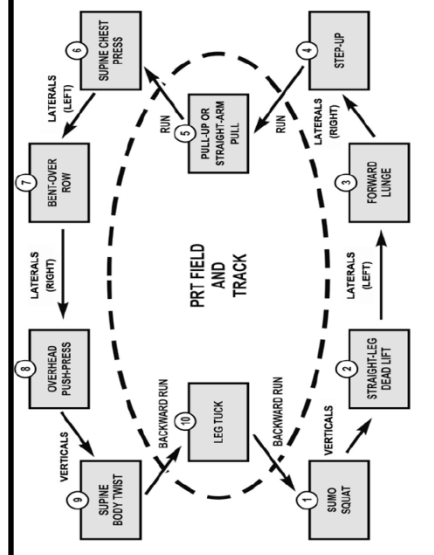
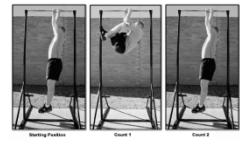
OVER-HEAD PUSH-PRESS



SUPINE BODY TWIST



LEG TUCK



THE STC IS BEST CONDUCTED AT PLT LEVEL. STC MAY BE LAYED OUT AROUND A RUNNING TRACK, PT FIELD OR ANY AREA OF ADEQUATE SIZE AND WITH ACCESS TO CLIMBING BARS AND KETTLEBELLS. THE CIRCUIT MAYBE COMPLETED IN 3 ROTATIONS. SOLDIERS SPEND 60 SECONDS AT EACH STATION. THE INSTRUCTOR CONTROLS TIME USING A STOPWATCH AND USES A WHISTLE OR HORN TO SIGNAL A CHANGE OF STATION. AT THE END OF ALL CIRCUIT ROTATIONS, RECOVERY DRILL IS CONDUCTED.

FRIDAY

THE PURPOSE OF THIS SESSION IS TO IMPROVE THE STRENGTH, ENDURANCE, AND MOBILITY NEEDED FOR THE SUCCESSFUL PERFORMANCE OF FOOT MARCHING AND RUNNING OVER VARIOUS TERRAINS. PREPARATION READIES AND CONDITIONS THE BODY FOR A VARIETY OF BODY MANAGEMENT COMPETENCIES. THE FOOT MARCH IMPROVES THE MUSCULAR AND AEROBIC ENDURANCE NEED FOR FOOT MARCHING. HILL REPEATS AND TERRAIN RUNNING IMPROVE THE SOLDIERS ABILITY TO MOVE QUICKLY WITH AGILITY OVER VARIOUS TERRAINS WITH OR WITHOUT A LOAD. RECOVERY DRILL SAFELY RETURNS SOLDIERS TO A PRE-EXERCISE STATE WHILE IMPROVING MOBILITY.

RISK ASSESSMENT:

NOTES:

Preparation: PD _____

Activities: MMD 1&2, Hill _____

Repeats or Terrain Run or _____

10K FM (aml) _____

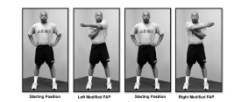
Recovery: RD _____

RECOVERY DRILL

(20-30SEC / SIDE)
OVERHEAD ARM PULL



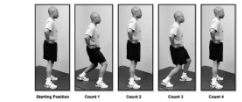
MODIFIED OVERHEAD ARM PULL



REAR LUNGE



MODIFIED REAR LUNGE



EXTEND & FLEX



MODIFIED EXTEND & FLEX



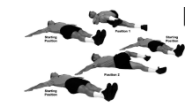
THIGH STRETCH



MODIFIED THIGH STRETCH



SINGLE LEG OVER



MODIFIED SINGLE LEG OVER



PREPARATION DRILL (CONT)

(10REPS)
WINDMILL



MODIFIED WINDMILL



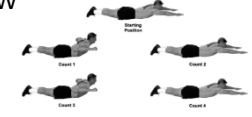
FORWARD LUNGE



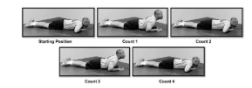
MODIFIED FORWARD LUNGE



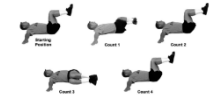
PRONE ROW



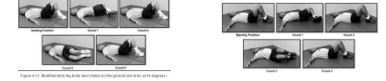
MODIFIED PRONE ROW



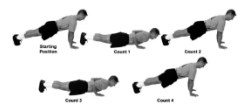
BENT LEG BODY TWIST



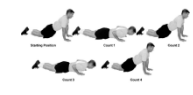
MODIFIED BENT LEG BODY TWIST



PUSH UP



MODIFIED PUSH UP



PREPARATION DRILL

(10REPS)
BEND AND REACH



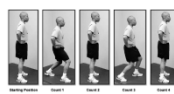
MODIFIED BEND AND REACH



REAR LUNGE



MODIFIED REAR LUNGE



HIGH JUMPER



MODIFIED HIGH JUMPER



ROWER



MODIFIED ROWER



SQUAT BENDER



MODIFIED SQUAT BENDER



MILITARY MOVEMENT DRILL 1

(PERFORMED @ 25YDS / 1-3SETS)

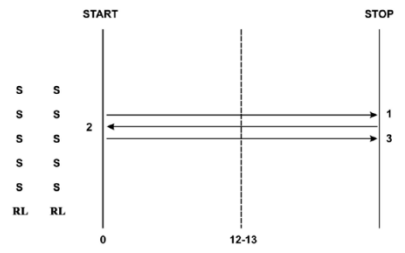
VERTICALS



LATERALS



SHUTTLE SPRINTS



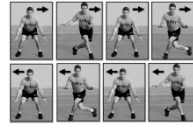
MILITARY MOVEMENT DRILL 2

(PERFORMED @ 25YDS / 1-3SETS)

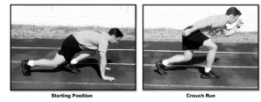
POWER SKIP



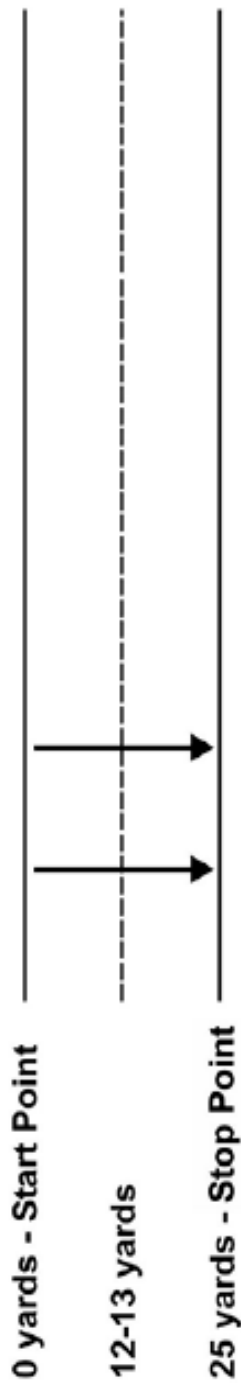
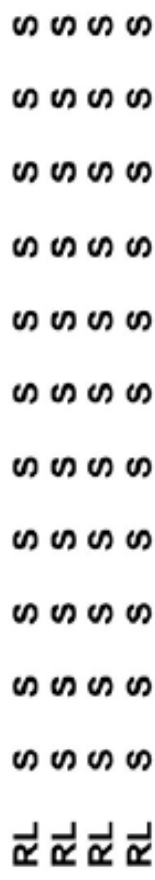
CROSSOVERS



CROUCH RUN



Extended Rectangular Formation (covered)



Reform at the 25-yard stop point in the same ranks and perform the same exercise to the start point. This is one repetition.

NOTE: RL - Rank Leader S-Soldier

HILL REPEATS (HR)

SAFETY: HILL REPEATS SHOULD NOT BE CONDUCTED UNDER LOAD.

UPHILL REPEATS

15-20 SECONDS SPRINTING UP, 40-60 YARDS AND 60-90 SECONDS WALKING BACK DOWN FOR 6-10 REPETITIONS.

DOWNHILL REPEATS

PERFORMED AT HIGH INTENSITY OF 15-20 SECONDS OF DOWNHILL SPRINTING (NEAR MAXIMAL EFFORT WITH REST INTERVALS CONSISTING OF WALKING BACK UP THE HILL FOR 60-90 SECONDS FOR 6-10 REPETITIONS. IT IS IMPORTANT TO MAINTAIN GOOD RUNNING FORM WHEN CONDUCTING HILL REPEATS ESPECIALLY WHEN CONDUCTING DOWNHILL REPEATS.

TERRAIN RUN (TR)

TERRAIN RUN IS DESIGNED TO BE CONDUCTED WITH SMALL UNIT INTEGRITY. THIS TYPE OF RUNNING IS BEST PERFORMED BY SQUADS AND SECTIONS. DISTANCES SHOULD BE GENERALLY BE ONE MILE FOR DENSELY WOODED AREAS AND UP TO TWO MILES ON TANK TRAILS AND OPEN FIELDS. INTENSITY IS RELATIVE TO THE TERRAIN. TR SHOULD BE CONDUCTED IN ACU'S AND WELL FITTING BOOTS.

10K FOOT MARCH (FM)

FOOT MARCHING HELPS TO AVOID THE CUMULATIVE EFFECTS OF LOWER INJURY TRAUMA AND PREPARES SOLDIERS TO SUCCESSFULLY MOVE UNDER LOAD. FM SHOULD BE CONDUCTED IAW FM 21-18.