PHYSICAL TRAINING PLANNING GUIDE

For use of this form, see mopsnmoes.com; the proponent agency is MOPs & MOEs.

Date: 30 Nov 2023

PART I - ADMINISTRATIVE DATA

Preparer:		**Reviewer:** *(H2F, MFT, Commander, or other based on local policy.)*	
Name *(Last, First, MI)*	Alex Morrow	Name *(Last, First, MI)*	Drew Hammond
Organization/Position	Squad Leader	Organization/Position	H2F S&C Coach

Commander's Intent: *(Physically demanding METL tasks, training goals, and other guidelines.)*

Focus on preparation for E3B testing (EPFA & ruck), but ensure that we're incorporating combatives 1-2 times per month.

Planning Dates: *(Field exercises, deployments, etc.)*

Block Leave 16-31 DEC 23
E3B 5-16 FEB 24

PART II - TRAINING MODALITIES AND FREQUENCIES

Mode: *(see instructions for examples and guidelines.)*	**Freq:**	**Mode:**	**Freq:**	**Mode:** *(additional mission/goal specific modalities e.g. rucking, swimming)*	**Freq:**
Hinge	/	Brace	//	Rucking	/
Squat	/	Twist	//	Combatives	/
Lunge	/	Aerobic	//		
Push	/	Anaerobic	/		
Pull	/	Agility			
Carry	/	Explosiveness	//		
Drag	/	Balance			

PART III - WEEKLY SCHEDULE

MON	TUE	WED	THU	FRI
Location: COF Dynamic warm up Explosiveness: 6x 50yd sprint E2MOM 30min zone 2 run Core: 3 rounds of 10x dead bug, 1min plank, 1 min rest	Location: gym-in-a-box Warm up: 400m jog, dynamic warm up Strength: deadlift 3x5-8, pull up 3x5-8, front squat 3x5-8, (all RPE 8) Sled drag: 4x50m rest as needed to maintain speed Core: 3x10 KB windmill Cool down: ruck back to COF, stretching	Location: track 400m light jog + running focused dynamic warm up 4x 800m, rest 1:1 (more advanced runners can add 1-2 reps if others are still working) Cool down: 400m light jog, stretching	Location: COF/ combatives gym Warm up: ruck to combatives gym, shrimping, inch worms Drills: Shoulder roll Arm trap and roll Passing the guard Sparring Cool down: ruck back to COF, stretching	Location: gym Warm up: 3min ETM of choice Explosiveness: broad jumps 5x3 90sec rest Strength: overhead press 3x5-8, barbell lunge 3x5-8, barbell row 3x5-8 (RPE 8) Farmers carry 3x100m Cool down: 20min zone 2 ETM of choice

PART IV - PROGRESSION PLAN

Zone 2 progression will rely on gradually increasing volume while monitoring what pace individuals can maintain.

Several events can serve as benchmarks for tracking progress: broad jumps for power (record best single distance), barbell movement weight/reps, 800m time (as long as they stay consistent)

Combatives will be progressed by adding additional technique drills

PART V - OTHER CONSIDERATIONS

Assessment: *(Describe assessment/reassessment plan for measuring progress.)*

The company did a diagnostic EPFA that serves as a baseline assessment during preparation for E3B. This will be reassessed in late January to validate preparation ahead of testing.

A 6mi ruck assessment will be conducted as part of the training week following block leave. This will be used to plan ruck progressions heading into E3B.

Facilities/Equipment: *(Describe the facilities and equipment available and/or limitations due to unavailability.)*

GIB use rotates between platoons, each getting access 1-2 times per week. PT at the gym is authorized 1x per week.

Combatives gym has been reserved for Thursday.

Scheduling: *(Identify times and locations for training. Include justification for non-standard scheduling.)*

Brigade policy requires Thursday to be "combat focused PT." While this is typically a ruck, we're just rucking to the combatives gym (still combat focused). Evidence suggests rucking performance is optimized with minimal injury risk at once every 7-10 days. Actual conditioning rucks will be every other week. This frequency may increase closer to E3B testing.

Non-Physical Considerations and Other Resources: *(Identify holistic considerations and outside support available to enhance training.)*

Requesting athletic trainer coverage for combatives.

Requesting cognitive performance coaching for E3B tasks after block leave.

Requesting S&C and nutrition classes on how to maintain fitness over block leave.

PART VI - AFTER ACTION REVIEW (AAR)

Cold weather negatively impacts training at the GIB. Company policy only allows 1x per week use of the gym. Request exception to policy for winter months, or shift training emphasis.

The current plan focuses on explosiveness, but neglects agility and balance. Future training cycles should rotate this focus.

INSTRUCTIONS

Part I: The administrative data identifies the Preparer (should be a leader at the echelon at which this training will be conducted) and the Approver. There is no particular authority required to approve a physical training plan, and leaders are free to establish this process locally. Units with embedded human performance staff should consider integrating them into PT plan development and approval.

AR 350-1 paragraph F-5 g. (1) states that "Physical readiness tests will not form the foundation of unit or individual PRT programs." Commanders should develop and communicate their intent for mission-focused physical readiness training that accounts for Warrior Tasks and Battle Drills (WTBDs), High Physical Demand Tasks (HPDTs), physically demanding Mission Essential Task List (METL) tasks, and other sources of anticipated physical demands. Planning dates ensure that physical training accounts for upcoming disruptive or physically demanding events.

Part II: This template relies on breaking down resistance training into "foundational movement patterns" and conditioning into "modalities." These frameworks serve as checklists to ensure well rounded physical training. These definitions are simplifications of complex concepts, and additional information can be found in FM 7-22 and from external exercise science resources.

Definitions	Examples
Foundational Movement Patterns	
Hinge: Flexion of the hips while maintaining stability in both the trunk and lower body	**Hinge**: Deadlift, Hip Thrust, Kettlebell Swing
Squat: Coordinating flexion of the hips and knees to lower the hips towards the ground	**Squat**: Back Squat, Front Squat, Goblet Squat
Lunge: Staggered stance lower body movements that place demands on ankle, knee, and hip stability	**Lunge**: Reverse Lunge, Walking Lunge, Side Lunge
Push: Pressing away with the arms, emphasizing the chest, shoulders, and triceps (includes horizontal and vertical)	**Push**: Overhead Press, Bench Press, Push Up
Pull: Bringing the arms into the trunk, emphasizing the back and biceps (includes horizontal and vertical)	**Pull**: Pull Up, Inverted Row, Barbell Row
Carry: Locomotion while compensating for any of a variety of external loading patterns	**Carry**: Farmers Carry, Front Rack Carry, Atlas Carry
Drag: Pushing or pulling an object along the ground against friction	**Drag**: Sled Push, Sled Pull, Sandbag Drag
Brace: Resisting external forces attempting to cause flexion or rotation of the spine	**Brace**: Plank, Pallof Press, Copenhagen Plank
Twist: Actively flexing or rotating the spine against resistance	**Twist**: Russian Twist, Kettlebell Windmill, Woodchopper
Conditioning Modalities	
Aerobic: Light-to-moderate intensity activities that can be sustained for extended periods of time	**Aerobic**: Steady state running, biking, rowing
Anaerobic: Bursts of physical activity above sustainable intensity	**Anaerobic**: Repeat intervals, 30/60s, 60/120s
Agility: Includes both the ability to change direction quickly and the ability to rapidly respond to external stimulus	**Agility**: Change of direction drills, reaction drills
Explosiveness: Rapid force development that includes both power and speed, should place a significant emphasis on movement mechanics	**Explosiveness**: Maximal sprinting, throwing, jumping
Balance: The ability to maintain postural stability within a base of support, both statically and dynamically, with and without external stimulus	**Balance**: Single leg balancing, balance obstacles

Frequency Guidelines: Use this section to track weekly frequencies of each training type. The frequency of different training modalities should be driven by three factors: (1) their importance to the training objective(s) (2) training residuals, meaning how quickly that physical adaptation degrades with detraining and (3) volume tolerance for that type of training without injury. Each movement pattern should be incorporated in resistance training *at least* weekly. Aerobic training should be included 2-3 times weekly. Anaerobic training should be included at least weekly. Agility, explosiveness, and balance adaptations degrade quickly, so they should be trained frequently (at least twice a week) if included. They can be incorporated in small doses at the beginning of training sessions before other modalities in order to be incorporated frequently. **Note: frequency doesn't account for volume.**

Part III: The weekly schedule should incorporate movement patterns and conditioning modalities at appropriate frequencies to support the overall training objectives established in the Commander's Intent. It should also account for recovery between similar training sessions. Avoid running/rucking on adjacent days and seek to minimize the amount that fatigue negatively impacts subsequent workouts. Include warm ups/cool downs.

Part IV: Progression is difficult to predict and will vary between individuals, but physical training leaders should have a general plan for how they will progress different modalities. Resistance training can be progressed through increased intensity (weight), volume, or through the incorporation of more advanced movements. Conditioning can be progressed through intensity (pace), volume, or by adding additional frequency across the week. In both cases progression decisions should be driven by performance improvements, fatigue levels, and monitoring for signs of overuse injuries.

Part V: Determining the effectiveness of a physical training program requires measuring progress towards the goal. This can include a standalone assessment, or it can be built into training sessions. Facilities/equipment considerations might include utilizing gyms, scheduling the use of unit equipment, or leveraging available military equipment (Skedco sleds, water cans, etc.). AR 350-1 paragraph F-5 i. states "Commanders are encouraged to structure the duty day so they can conduct physical readiness training at a time and location that is most effective in eliciting the desired fitness outcomes." Planning should consider what time(s) are most suitable based on training goals and other mission requirements. Physical fitness is inextricable from holistic fitness and wellness. To maximize performance outcomes, leaders should look for strategies to optimize other domains, including nutrition, sleep, etc. Whether through embedded human performance professionals, Armed Forces Wellness Centers, or other support services, integrating these resources supports health and performance outcomes. These can include mission-specific considerations like preparing for hot weather operations, mitigating the consequences of shift work, etc.

Part VI: An effective physical training program requires constant reevaluation. The AAR should include leadership factors, logistics, any identified trends in performance and/or injuries, and how the training plan accounts for planned and unplanned disruptions. Records of AARs should be used to support future physical training plan development. This section can also be used to track individual Soldier performance benchmarks.