



SAMPLE SCHEDULE (SUSTAINING PHASE)

In accordance with AR 350-1, Army Training and Leader Development, PRT should be conducted four to five days per week. Below is an example of activity sequencing and session purpose for an operating unit within the Sustaining Phase. Such a well-rounded schedule develops all of the components of physical readiness equally, allows for adequate rest periods and avoids overtraining.

MONDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- Ability Group Run or Release Run or Hill Repeats or Terrain Run
- Recovery Drill

TUESDAY

Strength &
Mobility Day

- Preparation Drill
- Guerilla Drill
- Conditioning Drill 1 and Conditioning Drill 2 and Climbing Drill 2
- or
- Strength Training Circuit and Push-Up & Sit-Up Drill
- Recovery Drill

WEDNESDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- 60:120s
- 300-yard Shuttle Run
- Recovery Drill

THURSDAY

Strength &
Mobility Day

- Preparation Drill
- Guerilla Drill
- Conditioning Drill 3 and Climbing Drill 1 and Climbing Drill 2
- or
- Strength Training Circuit and Push-Up & Sit-Up Drill
- Recovery Drill

FRIDAY

Endurance &
Mobility Day

- Preparation Drill
- Military Movement Drill 1
- Military Movement Drill 2
- Ability Group Run or Release Run or Hill Repeats or Terrain Run or 10 km Foot March
- Recovery Drill

Army Prt Deployment Schedule

U.S. Department of the Army



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