



PT PLAYBOOK

Physical Training Manual for Recruit Training
MCRD Parris Island, SC
Version 4.0 (070713)



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Introduction

The physical training program for recruits at Marine Corps Recruit Depot, Parris Island, serves as an introduction to strenuous physical activity for many young men and women. It has as its goals not only the physical adaptations that take place as measured by the USMC PFT (cardiovascular endurance, muscular strength, and muscular endurance), but also the physical skills necessary to excel in a modern military environment. These include movement skills similar to any physically challenging environment:

- Locomotion – walking, running, crawling
- Pushing and Pulling – lifting from the deck to overhead, grappling, climbing
- Changing Level – moving from upright to prone, kneeling, sitting
- Rotation – throwing, hitting, “bucket lines”

These movements are essential to the mission of the United States Marine Corps, and their practice and use should continue through all levels of training beginning at Parris Island and continuing throughout a Marine’s career.

Traditional concepts of fitness focus on health benefits of exercise, and while this may be sufficient for a sedentary general population, the physical demands of life as a United States Marine require that we expand our definition of fitness to include several different terms:

Fitness components

Health Related	Performance Related
<ul style="list-style-type: none"> • Body composition • Cardiovascular endurance • Muscular strength • Muscular endurance [i.e. stamina] • Flexibility 	<ul style="list-style-type: none"> • Power • Speed & quickness • Agility • Balance • Motor skill [i.e., coordination & accuracy]

The addition of the performance-related concepts of fitness illuminates the fact that a physical training program for recruits MUST include a variety of motions, speeds, and durations to best prepare our future Marines for a successful tenure in the Corps. The combat environment places unique demands on the body; movements will be performed at high intensities for unknown times and distances, and with unknown rest periods. Any physical conditioning program for Marines must prepare the individual for the unknown. Furthermore, these skills must be viewed as ongoing concerns that must be constantly practiced and honed.

This manual presents a comprehensive reference for the Physical Training Program for Recruits at Parris Island, South Carolina. Each individual PT session is outlined with intent, session descriptions, uniform, equipment, and coaching points for use by Drill Instructors in conduct of the session. Guidance is also provided for each distinct course, as well as supplemental exercise programs for use in hazardous conditions or for recruits requiring further strength development. Finally, PT field maps are provided with track distances annotated in order to aid in the planning and execution of individual PT sessions.

Injury Mitigation

Physical training at Parris Island focuses not only on increasing a recruit's strength, but also on increasing the control of the recruit's body. Increased control combined with increased strength leads to greater improvements in performance, but just as important is the impact that increased control can have on injury prevention. The use of high intensity efforts, multi-joint compound movements, and movements that challenge the nervous system leads to a better ability to control unwanted movements of the body. For example, exercises that involve balancing on one leg will lead to increased strength and control around the hip, knee, and ankle, which can lead to increased stability during activities such as the confidence course, or running. Exercises that focus on strength and stability of the trunk increase the stability of the pelvis and shoulder, leading to more power as well as less chance for injury. The use of proper form is an absolute must to achieve the highest level possible of both of the goals of physical training; Performance Enhancement and Injury Prevention. Drill Instructors play an active role in this process by:

- Ensuring all recruits maintain proper form during each exercise session
- Ensuring each recruit has the opportunity to properly warm up before an exercise session
- Ensuring that each recruit has the opportunity to properly cool down following each exercises session. Research has shown that static stretches to increase range of motion are most effective in a cool down portion of a workout, or as an individual session at another time of day. Extra stretching for recruits may be used as another injury mitigation strategy at the Senior Drill Instructor's discretion.
- Requiring that recruits maintain the proper focus during an exercise session. This means that a recruit's focus will be on the exercises being performed at the present time, rather than on proper alignment of their fingers and thumb, or keeping their head and eyes on the instructor. Time spent forming in to columns to move between exercises is wasted time that allows a recruit's heart rate to drop, lessening the physical impact of the exercise session.

Should an injury occur, fast intervention can greatly reduce the amount of time that will be needed for the injury to heal. Placing ice on an acute sprain, strain, or contusion within 15 minutes of the injury can reduce the healing time significantly. Most musculoskeletal injuries can benefit from the application of ice for 20 minutes out of an hour, as often as is possible. **Heat should never be applied except at the direction of medical personnel.** A recruit that is injured during a scheduled PT session should be sent to the covering Corpsman for treatment and disposition. If an injury occurs at a time when medical coverage is not available and does not require an ambulance, application of the RICE principle should be used, and the recruit sent for medical evaluation at the first opportunity.

- **R** Rest – recruits should avoid activities that could worsen the injury
- **I** Ice – ice 20 minutes out of an hour, as often as possible. Many recruits will return from medical evaluation with "ice" on their sick call chit. This should be viewed as a medical prescription, and must be made available.
- **C** Compression – an ace-wrap or compression sleeve will help reduce swelling. Care must be taken that the bandage is not so tight that it adversely effects blood flow (this can be assessed by pressing on a finger or toe nail below the injury – it should return to pink color within a few seconds).
- **E** Elevation – the injured limb should be elevated above the level of the heart as soon as possible, and this position should be maintained whenever possible. This position speeds the body's removal of swelling and cellular debris from an injured area.

Overtraining

From "Overtraining: the Challenge of Prevention", a consensus statement of the Second Annual USOC/ACSM Human Performance Summit

Overload – A planned, systematic and progressive increase in training with the goal of improving performance.

Overreaching – Unplanned, excessive overload with inadequate rest. Poor performance is observed in training and competition. Successful recovery should result from short-term (i.e., a few days up to one or two weeks) interventions.

Overtraining Syndrome – Untreated overreaching that results in chronic decreases in performance and impaired ability to train. Other problems may result and may require medical attention.

Other stressors that may contribute to overtraining:

- Frequent Competition
- Monotonous Training
- Pre-existing Medical Conditions
- Poor Diet
- Environmental Stress Factors
- Heavy Travel Schedules
- Psycho-social Stressors have also been implicated

In summary, the failure to adapt to overload training is the primary cause of overtraining syndrome, but a variety of other factors may compound this stress.

What to Recognize? The primary feature of the overtraining syndrome is an unexpected drop in performance in practice or competition that cannot be attributed to factors such as illness or injury.

Preventing Overtraining Syndrome- The risk of overtraining syndrome can be reduced if not eliminated through careful periodization of training. Adequate rest and recovery, especially during the heaviest training periods, is crucial. Proper nutrition and hydration is also especially important during peak training.

Treatment –

Overreaching-Rest is the primary treatment

Overtraining Syndrome-If illness or other factors can be ruled out, then an up to two week training break may be necessary.

Critical Recovery Days – Several Critical Recovery Days have been identified in the recruit physical training program. These days were identified by two criteria – (1) the amount of physical training that has taken place in the prior week, or (2) critical physical tasks that are upcoming in recruit training.

Critical Recovery days are:

- S1
- TD10
- TD18
- TD34
- TD46
- S10

Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

W K P	MON	TUES	WED MCRD Parris	THUR Island PT Playbook	FRI	SAT	SUN	
	RECEIVING				P1	P2	P3 IST PICK-UP	F1
1	F2	PHASE I T1 Fund of MCMAP	T2 1.5 mi Formation Run MCMAP - Punches	T3 Circuit Crs / Sprints L MCMAP - Bayonet Tech	T4 880yd + CbtCond x 2 F	T5 880 yds+CbtCond X 2 L CrtCrs/Sprints F	S1 Critical Recovery Day	
2	T6 MCMAP - Pugil Sticks 1 - Lwr Bdy Strks	T7 2.0mi I/E Run/Bases F 440yd + CbtCond x 5 L MCMAP - Upper Bdy Strks	T8	T9 440yd + CbtCond x 5 F 2.0mi I/E Run/Bases L MCMAP - Falls - Leg Sweep L	T10 Critical Recovery Day	T11 3.0 mi Hike MCMAP - Falls - Leg Sweep F	S2 Rope Class	
3	T12 O' Course I MCMAP - Wpns of Op - Knife Tech - Armed Manip	T13 MCMAP - Pugil Sticks 2 - Ctr Choke/Hold	T14 Circuit Crs / Sprints / Tug-O-War[U & Boots] MCMAP - Ctr Strikes - Chokes	T15 MCMAP Endrs I F Confidence Crs I L	T16 MCMAP EndCrs I L Confidence Crs I F	T17 5.0 mi Hike	S3 Rope Class	
4	T18 Critical Recovery Day MCMAP - Unarm Manip	T19 SWIM WEEK	T20 SWIM WEEK PT2.5mi/E / Bases L MCMAP - Remediation L	T21 SWIM WEEK O'Course II F MCMAP - Remediation F	T22 SWIM WEEK MCMAP Test L/F	T23 O'Course II L PT2.5mi/E / BasesF MCMAP - Pugil Sticks 3	S4	
5	T24	T25	T26 3.0 I/E Run / PUComp L	T27 3.0 I/E Run / PUComp F	T28	T29 6.0 mi Hike	S5	
6	PHASE II T30 GRASS 880yd + CbtCond x 3	T31 GRASS	T32 GRASS	T33 GRASS PT MCMAP End Crs II	T34 GRASS Critical Recovery Day	T35 INITIAL PFT	S6 Rope Class	
7	T36 FIRE	T37 FIRE 440yd + CbtCond x 6	T38 FIRE O' Course III PT3.0mi Form	T39 FIRE	T40 FIRE	T41 PT1.5mi+ CbtCond +1.5mi	S7 Rope Class	
8	T42 TEAM WEEK	T43 TEAM WEEK O' Course IV / Sprints L	T44 TEAM WEEK O' Course IV / Sprints F	T45 TEAM WEEK	T46 TEAM WEEK Critical Recovery Day	T47 7.5 mi Hike	S8	
9	PHASE III T48 BWT/A-LINE	T49 BWT/A-LINE	T50 BWT/A-LINE	T51 BWT/A-LINE	T52 BWT/A-LINE	T53 Cmbt Edr Crs	S9 Rope Class	
10	T54 AT-4/SAW	T55 AT-4/SAW	T56 CbtCond Eval (O'CrS)L PT 3.0miFormation F	T57 CbtCond Eval (O'CrS)F PT 3.0miFormation L	T58 Field Meet Confidence Crs II L	T59 Confidence Crs II F	S10 Critical Recovery Day	
11	T60 Final PFT Written Testing	T61 Prac App Testing	T62 Final Drill	T63 CRUCIBLE 6.0 mi Hike 5.0 mi Night Hike	T64 CRUCIBLE	T65 CRUCIBLE 9.0 mi Hike	S11	
12	T66	T67	T68	T69 MOT RUN	T70 GRADUATION	Outpost	Outpost Updated: 070713	

PROCESSING DAY 3 SATURDAY

Intent:

- The intent of this PT session is to assess the fitness level of incoming recruits, using the exercises of the Marine Corps Physical Fitness Test with altered performance goals.

Session:

- IST

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- None

FORMING DAY **2** MONDAY

Developmental Exercises: DE1

- PU IST Low(<8) Max + Grn Assist 2 Sets
- PU IST High(>8) Max + Pur Assist 2 Sets
- Crunches, Untimed 50 reps X 2 sets
- Push ups 20 X 1
- Core Strength Series 20 sec X 1 set

TRAINING DAY **2** WEDNESDAY

Intent:

- The intent of this PT session is to introduce recruits to running in general and formation running in particular. Single leg squats are also introduced, beginning balance and leg strength training.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 1.5 mile formation run, no faster than 13:30 (9 minute mile pace)
- 3 Rounds
 - Pull Ups, Max repetitions
 - Push Ups, 20 repetitions
 - Deep Single Leg Squats, 10 repetitions each leg
- Crunches, 1 minute X 4 sets
- Daily 16 Workout/Cool Down – Exercise Card 2, Stretch Card A, 1X10

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- Formation Run
 - Recruits must learn to call out obstacles to runners behind them in order to avoid injury
- Single Leg Squats
 - Unsupported leg should be extended forward. Arms should be extended forward to aid in the shift of the center of gravity
 - Recruits should squat as low as possible
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

TRAINING DAY **3**[LEAD] THURSDAY **5**[FOLLOW] SATURDAY

Intent:

- The intent of this PT session is to introduce recruits to the Circuit Course. Stations are **INDIVIDUAL EFFORT** for time. This session is also the introduction of sprints.

Session:

- Daily 16 Warm Up Warm Up Card + Exercise Card 2, 1X5
- 2 rounds of:
 - Circuit Course, 30 seconds at each station (Ref. 4-1)
- 40 yard sprints, 6 repetitions
 - @1 minute rest between repetitions
- Daily 16 Workout/Cool Down– Exercise Card 1, Stretch Card B, 1X5

Uniform:

- PT gear

Equipment:

- Circuit Course, Stopwatch, Whistle

Coaching Points:

- Circuit Course
 - Stations are to be performed at individual maximum effort – no cadence
 - Movement between stations should be at a run. Time wasted forming a group into columns will allow unwanted heart rate recovery
 - Pull Ups may be rotated, one recruit on the bar, one recovering, for sets of 5
 - Thrusters
 - If the heels rise, the stance is too narrow
 - Feet should be rotated slightly outward
 - Knees track over the feet
 - Maintain the lower back arch throughout the exercise. Hips out, chest up
- 40 yard sprints
 - Relaxed upper body, high knee drive, strong arm swing

TRAINING DAY **4**[FOLLOW] FRIDAY **5**[LEAD] SATURDAY

Intent:

- The intent of this PT session is to introduce recruits to PT involving interval runs mixed with strength exercise stations, maximizing cardiovascular impact. This session is also the introduction of air squats.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up Warm Up Card + Exercise Card 1, 1X5
- 2 rounds of:
 - 880yd run
 - 15 dips (Alternate Exercise Push-ups)
 - 15 rope jump heaves
 - 35 air squats
 - 15 barbell high pull
- 3 Rounds
 - Pull Ups, Max repetitions
 - Push Ups, 20 repetitions
 - Deep Single Leg Squats, 10 repetitions each leg
- Crunches, 1 minute X 4 sets
- Daily 16 Cool Down – Stretch Card A, 1X5

Uniform:

- PT Gear

Equipment:

- Ropes, dip bars, barbells, pull up bars

Coaching Points:

- Recruits should be grouped into ability groups for the start of interval PT sessions. After the first group begins the run, allow a 45 second gap between the second and all subsequent groups to minimize bunching. Groups will not maintain cohesiveness due to the nature of individual effort PT
- Dips
 - Elbows must lock out at the top
 - Jumping Dips may be substituted based on recruit strength
- Rope Jump Heaves
 - Pull the elbows down to the sides
 - Control the descent, do not drop
- Air Squats
 - If the heels rise, the stance is too narrow
 - Feet should be rotated slightly outward
 - Knees track over the feet
 - Maintain the lower back arch throughout the exercise. Hips out, chest up

SUNDAY **I SUNDAY**

CRITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **7**[FOLLOW] TUESDAY **9**[LEAD] THURSDAY

Intent:

- The intent of this PT session is to introduce recruits to individual effort runs, as well as introduce skills needed for basic movement tasks through the BASES program. BASES also begins the training of muscles in explosive application of strength.

Session:

- Daily 16 Warm Up Warm Up Card + Exercise Card 2, 1X5
- 2 mile individual effort run – target time 18:15
- BASES (One Round) (Ref. 4-2)
- 3 Rounds
 - Pull Ups, Max repetitions
 - Push Ups, 30 repetitions
 - Deep Single Leg Squats, 10 repetitions each leg
- Crunches, 90 Seconds X 3 sets
- Daily 16 Workout/Cool Down – Exercise Card 1, Stretch Card C, 1X15

Uniform:

- PT Gear

Equipment:

- About 30 cones (X2 for Hot SOP)
- Dyna-Discs
- Signs designating 10 station circuit on PT field
- Stop watch, whistle

Coaching Points:

- The exercises in the BASES program are designed to challenge not only the strength and balance of recruits, but the nervous system and brain as well. Proper performance of the exercises is mandatory to achieve the goals of this session. Clumsiness and uncoordinated movement should be expected, but not accepted.
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

TRAINING DAY 9 [FOLLOW] THURSDAY 7 [LEAD] TUESDAY

Intent:

- The intent of this PT session is to increase both anaerobic and aerobic capacity across a broad range of work types.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 5 rounds of
 - 440yd
 - 20 Cobra back extensions
 - 20 V-Ups
 - 20 steps of walking lunges (each foot contact is 1 repetition)
- 3 Rounds
 - Pull Ups, Max repetitions
 - Thrusters, 20 repetitions
- Crunches, 2 minute X 2 sets
- Daily 16 Workout/Cool Down – Exercise Card 2, Stretch Card A, 1X15

Uniform:

- PT Gear

Equipment:

- Barbells for Thrusters

Coaching Points:

- Recruits should be grouped into ability groups for the start of interval PT sessions. After the first group begins the run, allow a 45 second gap between the second and all subsequent groups to minimize bunching. Groups will not maintain cohesiveness due to the nature of individual effort PT.
- Walking Lunges
 - Forward knee should not extend over the end of the foot
 - Rear knee should approach the ground without making contact
 - Torso should remain upright. Do not bend forward at the waist
- Thrusters
 - If the heels rise, the stance is too narrow
 - Feet should be rotated slightly outward
 - Knees track over the feet
 - Maintain the lower back arch throughout the exercise. Hips out, chest up
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

TRAINING DAY 10 FRIDAY

CRITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **II** SATURDAY

Intent:

- The intent of this session is to introduce recruits to the military road march under load.

Session:

- 3 mile conditioning hike
 - 40 pound load - Hot SOP
 - 45 pound load – Cold SOP

Uniform:

- Utilities, Boots

Equipment:

- MOLLE

Coaching Points:

- Proper use of Hip Belts allow the shoulders to carry less of the load, delaying fatigue
- Heavy equipment should be placed in the pack so that it rests against the mid back or above. Heavy equipment placed low in the pack will cause a person to flex at the waist and speed fatigue

Developmental Exercises: DE2

- PU IST Low(<8) Max + Grn Assist 2 Sets
- PU IST High(>8) Max + Pur Assist 2 Sets
- Crunches, Untimed 50 reps X 2 sets
- Push ups 20 X 1
- Core Strength Series 20 sec X 1 set

TRAINING DAY **12** MONDAY

Intent:

- The intent of this PT session is to provide recruits with functional movements challenging not only muscular strength and endurance, but movement skills as well.

Session:

- Daily 16 Warm Up Warm Up Card + Exercise Card 1, 1X5
- Obstacle Course I (Ref. 4-5)
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 1X15

Uniform:

- Utilities and Boots

Equipment:

- None

Coaching Points:

- Technique and Safety take precedence over speed

Developmental Exercises: **DE3 (FOLLOW)**

- PU IST Low(<6) 1, 2, 2, 2, 1
- PU IST High(>6) 2, 3, 4, 3, 2
- Crunches, Timed 15, 15, 30, 30, 15, 15
- Push ups 15 X 2
- PU IST Low(<6) **Gravitrone** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

DE4 (LEAD)

- PU IST Low(<8) Max + Grn Assist 2 Sets
- PU IST High(>8) Max + Pur Assist 2 Sets
- Crunches, Untimed 55 reps X 2 sets
- Push ups 15 X 2
- PU IST Low(<6) **Gravitrone** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **14** WEDNESDAY

Intent:

- The intent of this PT session is to increase both anaerobic and aerobic capacity across a broad range of work types. Intra-platoon Tug of war focuses on pulling strength, allows competition.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up -Warm Up Card + Exercise Card 2, 1X5
- 2 rounds of:
 - Circuit Course, 30 seconds at each station (Ref. 4-1)
- 40 yard sprints, 8 repetitions
 - @1 minute rest between repetitions
- Intra-platoon **squad** round robin Tug of war, to victory or whoever is winning at 60 seconds
 - 1 v 2, 3 v 4, 1 v 4, 2 v 3, 1 v 3, 2 v 4
- Daily 16 Workout/Cool Down– Exercise Card 1, Stretch Card B, 1X10

Uniform:

- Utilities and Boots

Equipment:

- Circuit Course, stopwatch, whistle, Tug of War ropes

Coaching Points:

- Weighted Lunges
 - Barbell should be racked on the front of the shoulders
 - Forward knee should not extend over the end of the foot
 - Rear knee should approach the ground without making contact
 - Torso should remain upright. Do not bend forward at the waist
- Thrusters
 - If the heels rise, the stance is too narrow
 - Feet should be rotated slightly outward
 - Knees track over the feet
 - Maintain the lower back arch throughout the exercise. Hips out, chest up

Developmental Exercises:

DE3 (LEAD)

- PU IST Low(<6) 1, 2, 2, 2, 1
- PU IST High(>6) 2, 3, 4, 3, 2
- Crunches, Timed 15, 15, 30, 30, 15, 15
- Push ups 15 X 2
- PU IST Low(<6) **Gravitrone** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

DE4 (FOLLOW)

- PU IST Low(<8) Max + Grn Assist 2 Sets
- PU IST High(>8) Max + Pur Assist 2 Sets
- Crunches, Untimed 55 reps X 2 sets
- Push ups 15 X 2
- PU IST Low(<6) **Gravitrone** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **15** [FOLLOW] THURSDAY **16** [LEAD] FRIDAY

Intent:

- The intent of this PT session is to provide recruits with opportunity to practice MCMAP skills while challenging the cardiovascular system.

Session:

- MCMAP Endurance Course I (Ref. 4-3)

Uniform:

- Utilities (Trousers and Blouse) and Boots

Equipment:

- None

Coaching Points:

- Focus on proper MCMAP technique rather than speed at exercise stations

Developmental Exercises: DE5 (LEAD)

- PU IST Low(<6) 1, 2, 3, 2, 1
- PU IST High(>6) 2, 3, 4, 4, 3, 2
- Crunches, Timed 2 min X 1 set
- PU IST Low(<6) **Gravitrone** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **16** [FOLLOW] FRIDAY **15** [LEAD] THURSDAY

Intent:

- The intent of this PT session is to provide recruits with opportunity to challenge their confidence in themselves and their strength.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 2, 1X5
- Confidence Course I (Ref. Regt O 1513.14B)
- Daily 16 Cool Down – Stretch Card B, 1X15

Uniform:

- Utilities and Boots

Equipment:

- None

Coaching Points:

- Practice MCMAP techniques between stations if flag condition allows

Developmental Exercises: DE5 (FOLLOW)

- PU IST Low(<6) 1, 2, 3, 2, 1
- PU IST High(>6) 2, 3, 4, 4, 3, 2
- Crunches, Timed 2 min X 1 set
- PU IST Low(<6) **Gravitron** 2 Max @ 20%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **17** SATURDAY

Intent:

- The intent of this session is to continue recruits' conditioning to the military road march under load.

Session:

- 5 mile conditioning hike
 - 50 pound load - Hot SOP
 - 55 pound load – Cold SOP

Uniform:

- Utilities, Boots

Equipment:

- MOLLE

Coaching Points:

- Proper use of Hip Belts allow the shoulders to carry less of the load, delaying fatigue
- Heavy equipment should be placed in the pack so that it rests against the mid back or above. Heavy equipment placed low in the pack will cause a person to flex at the waist and speed fatigue.
- Proper foot care is important as hikes increase in distance.

SUNDAY **3** SUNDAY

Developmental Exercises: DE6

- PU IST Low(<8) Grn Max 2 Sets
- PU IST High(>8) Pur Max 2 Sets
- Crunches, Timed 1 min X 3 sets
- Walking Lunge 40 yds X 1
- Single Leg Hops 20 reps per leg X 1
- PU IST Low(<6) **Gravitron** 2 Max @ 30%
- Core Strength Series 20 sec X 1 set

TRAINING DAY 18 MONDAY

CRITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **19** TUESDAY

Developmental Exercises: DE7

- PU IST Low(<8) Grn Max 2 Sets
- PU IST High(>8) Pur Max 2 Sets
- Crunches, Untimed 60 reps X 2 sets
- Push ups 20 X 2
- PU IST Low(<6) **Gravitron** 2 Max @ 30%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **20** [LEAD] WEDNESDAY **23** [FOLLOW] SATURDAY

Intent:

- The intent of this PT session is to continue aerobic endurance training, and to introduce recruits to time-dependant PT, requiring them to pace themselves in order to be able to continue effort for a prescribed time.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 2, 1X5
- 2.5 mile individual effort run (23:00 or faster target completion time)
- BASES, 2 rounds (Ref. 4-2)
- Pull Ups
- Crunches
- Daily 16 Workout/Cool Down– Exercise Card 1, Stretch Card B, 2X20

Uniform:

- PT Gear

Equipment:

- Stopwatch, whistle

Coaching Points:

- This session should be split, with one series completing the 2.5 mile run followed by the BASES course, the other completing the BASES course followed by the 2.5 mile run
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising
-

Developmental Exercises: DE8 (TD21 – Lead & Follow)

- PU IST Low(<6) 2, 3, 3, 3, 2
- PU IST High(>6) 3, 4, 5, 4, 3
- Crunches, Timed 15, 30, 45, 30, 15
- Push ups 20 X 2
- Walking Lunges 40 yds X 1
- Single Leg Hops 20 reps per leg X 1
- PU IST Low(<6) **Gravitrone** 2 Max @ 30%
- Core Strength Series 20 sec X 1 set

TRAINING DAY **21** [FOLLOW] THURSDAY **23** [LEAD] SATURDAY

Intent:

- The intent of this PT session is to provide recruits with functional movements challenging not only muscular strength and endurance, but movement skills as well.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- Obstacle Course II (Ref. 4-5)
- Daily 16 Workout/Cool Down- Exercise Card 2, Stretch Card A, 2X10

Uniform:

- Utilities and Boots

Equipment:

- None

Coaching Points:

Technique and Safety take precedence over speed

Developmental Exercises: DE9

- PU IST Low(<8) Max + Grn Assist 2 Sets
- PU IST High(>8) Max + Pur Assist 2 Sets
- Crunches, Untimed 65 reps X 2 sets
- Push ups 20 X 2
- Heel Hooks 7 reps X 2
- PU IST Low(<6) **Gravitron** 2 Max @ 40%
- Core Strength Series 30 sec X 1 set

TRAINING DAY **24** MONDAY

Developmental Exercises: DE10

- PU IST Low(<8) Max + Grn Assist 3 Sets
- PU IST High(>8) Max + Pur Assist 3 Sets
- Crunches, Timed 2 Min X 2
- Push ups 20 X 2
- PU IST Low(<6) **Gravitron** 2 Max @ 40%
- Core Strength Series 30 sec X 1 set

TRAINING DAY **26** [LEAD] WEDNESDAY **27** [FOLLOW] THURSDAY

Intent:

- This PT session is the first exposure of recruits to a full 3 mile run. A pull up competition is also featured, allowing platoon competition.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 3.0 mile individual effort run
- Inter-platoon Pull Up competition
 - Each platoon simultaneously using 4 pull up bars
 - As many pull ups as possible in 10 minutes
- Crunches
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 2X10

Uniform:

- PT Gear

Equipment:

- 4 pull up bars per platoon for competition

Coaching Points:

- 3 mile run
 - This is the first exposure of a run of this distance in recruit training. This is a good opportunity to introduce recruits to PFT strategies, such as running a negative split (first 1.5 miles slower than second)
- Pull Up competition
 - Recruits will have to manage fatigue in order to complete the highest number. Completing sets to failure is not an efficient strategy
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

Developmental Exercises: DE11 (TD26 Lead & Follow)

- PU IST Low(<6) 1, 2, 3, 3, 2, 1
- PU IST High(>6) 2, 3, 4, 5, 4, 3, 2
- Crunches, Timed 15, 15, 30, 45, 30, 15, 15
- Single Leg Hops 20 reps per leg X 2
- PU IST Low(<6) **Gravitron 2 Max @ 40%**
- Core Strength Series 30 sec X 1 set

TRAINING DAY **28** FRIDAY

Developmental Exercises: DE12

- PU IST Low(<8) Grn Max 3 Sets
- PU IST High(>8) Pur Max 3 Sets
- Crunches, Timed 15, 30, 45, 30, 15
- Walking Lunge 40 yds X 2
- PU IST Low(<6) **Gravitron** 3 Max @ 10%
- Core Strength Series 30 sec X 1 set

TRAINING DAY **29** SATURDAY

Intent:

- The intent of this session is to continue recruits' conditioning to the military road march under load.

Session:

- 6 mile conditioning hike
 - 50 pound load - Hot SOP
 - 55 pound load - Cold SOP

Uniform:

- Utilities, Boots

Equipment:

- MOLLE

Coaching Points:

- Proper use of Hip Belts allow the shoulders to carry less of the load, delaying fatigue
- Heavy equipment should be placed in the pack so that it rests against the mid back or above. Heavy equipment placed low in the pack will cause a person to flex at the waist and speed fatigue.
- Proper foot care is important as hikes increase in distance.

TRAINING DAY **30** MONDAY

Intent:

- The intent of this PT session is to increase both anaerobic and aerobic capacity across a broad range of work types.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 2, 1X5
- 3 rounds of
 - 880yd
 - 50 push ups
 - 60 air squats
 - 70 crunches
- Daily 16 Cool Down – Stretch Card C, 2X10

Uniform:

- PT Gear

Equipment:

- none

Coaching Points:

- Recruits should be grouped into ability groups for the start of interval PT sessions. After the first group begins the run, allow a 45 second gap between the second and all subsequent groups to minimize bunching. Groups will not maintain cohesiveness due to the nature of individual effort PT.
- Air Squats
 - If the heels rise, the stance is too narrow
 - Feet should be rotated slightly outward
 - Knees track over the feet
 - Maintain the lower back arch throughout the exercise. Hips out, chest up
- Crunches
 - Knees elevated, un-assisted crunches

Developmental Exercises: DE13

- PU IST Low(<8) Grn Max 1 Sets
- PU IST High(>8) Pur Max 1 Sets
- Push ups 25 X 1
- PU IST Low(<6) **Gravitron** 2 Max @ 10%

TRAINING DAY **31** TUESDAY

Developmental Exercises: DE14

- Crunches, Timed 2 min X 2 sets
- Core Strength Series 30 sec X 1 set

TRAINING DAY **32** TUESDAY

Developmental Exercises: DE15

- PU PFT Lo (<10) 2, 3, 4, 4, 3, 2
- PU PFT Hi (>10) 2, 3, 4, 5, 5, 4, 3, 2
- Push ups 25 X 2
- Core Strength Series 30 sec X 1 set

TRAINING DAY **33** THURSDAY

Intent:

- The intent of this PT session is to provide recruits with opportunity to practice MCMAP skills while challenging the cardiovascular system.

Session:

- MCMAP Endurance Course II (Ref. 4-3)

Uniform:

- Utilities (Trousers and Blouse) and Boots

Equipment:

- None

Coaching Points:

- Focus on proper MCMAP technique rather than speed at exercise stations

Developmental Exercises: DE16

- Crunches, Timed 15, 30, 45, 60, 30, 15
- Core Strength Series 30 sec X 1 set

TRAINING DAY 34 FRIDAY

CRITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **35** SATURDAY

Intent:

- This is the initial assessment of the Marine Corps Physical Fitness Test

Session:

- USMC PFT

Uniform:

- PT Gear

Equipment:

- Stopwatch, whistle

Coaching Points:

- Failures should continue through rifle qualification prior to assignment to STC

TRAINING DAY **36** MONDAY

Developmental Exercises: DE17

- PU PFT Lo (<10) Max + Grn Assist 3 Sets
- PU PFT Hi (>10) Max + Pur Assist 3 Sets
- Crunches, Untimed 75 X 2
- Core Strength Series 30 sec X 1 set

TRAINING DAY **37** TUESDAY

Intent:

- The intent of this PT session is to increase both anaerobic and aerobic capacity across a broad range of work types.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 6 rounds of
 - 440yd
 - 15 burpees
 - 30 steps of walking lunges
- Pull Ups, Max repetitions for 3 sets
- Crunches, 2 minutes X 2 sets
- Daily 16 Cool Down – Stretch Card C, 2X10

Uniform:

- PT Gear

Equipment:

- none

Coaching Points:

- Recruits should be grouped into ability groups for the start of interval PT sessions. After the first group begins the run, allow a 45 second gap between the second and all subsequent groups to minimize bunching. Groups will not maintain cohesiveness due to the nature of individual effort PT.
- Walking Lunges
 - Forward knee should not extend over the end of the foot.
 - Rear knee should approach the ground without making contact
 - Torso should remain upright. Do not bend forward at the waist
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

TRAINING DAY **38** WEDNESDAY

Intent:

- The intent of this PT session is to provide recruits with functional movements challenging not only muscular strength and endurance, but movement skills as well.

Primary Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- Obstacle Course III (Ref. 4-5)
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 2X15

Alternate Session: (If Obstacle Course is unavailable)

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 3.0 mile formation run, no faster than 28:00
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 2X15

Uniform:

- Obstacle Course in Utilities and Boots
- 3.0 mile run in PT gear

Equipment:

- None

Coaching Points:

- For Obstacle Course, Technique and Safety take precedence over speed
- ***NOTE* - IF HAZARDOUS WEATHER CAUSES CANCELLATION OF THIS PT SESSION, THE HAZARDOUS CONDITIONS PT PLAN SHOULD NOT BE USED!**

TRAINING DAY **41** SATURDAY

Intent:

- The intent of this PT session is to increase both anaerobic and aerobic capacity across a broad range of work types.
- This session is an **INDIVIDUAL EFFORT** PT session.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 1.5 mile individual effort run
- 50 push ups
- 50 crunches
- 50 air squats
- 1.5 mile individual effort run
- Daily 16 Cool Down – Stretch Card C, 2X10

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- Ensure proper pre- and post hydration

Developmental Exercises: DE18

- Crunches, Untimed 75 X 2
- Single Leg Bridge 60 secs X 1
- Side Trunk Raise 60 secs X 1
- Heel Hooks 8 reps X 2 sets

TRAINING DAY **43**[LEAD] TUESDAY **44**[FOLLOW] WEDNESDAY

Intent:

- This session will require recruits to use movement skills that they have obtained through training, as well as teamwork and problem-solving skills. The running of the Obstacle Course in combat gear brings many more real-world problems to the front, requiring teamwork to complete the course.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- Obstacle Course IV (Ref. 4-5)
 - Run in fighting load
 - Run in pairs. Recruits must assist and be assisted to complete the course
- 50 yard sprints X 8 repetitions
- Pull Ups
- Crunches
- Daily 16 Cool Down – Stretch Card B, 2X10

Uniform:

- Utilities and Boots
- Fighting Load

Equipment:

- None

Coaching Points:

- Technique and Safety take precedence over speed
- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

Developmental Exercises: DE19 (TD43 Lead & Follow)

- Crunches, Untimed 75 X 2
- Single Leg Bridge 60 secs X 1
- Side Trunk Raise 60 secs X 1
- Core Strength Series 45 sec X 1 set

TRAINING DAY **45** THURSDAY

Developmental Exercises: DE20

- PU PFT Lo (<10) Max + Grn Assist 3 Sets
- PU PFT Hi (>10) Max + Pur Assist 3 Sets
- Crunches, Timed 2 Min X 2 sets
- Push ups 25 X 2
- Core Strength Series 45 sec X 1 set

TRAINING DAY 46 FRIDAY

CRITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **47** SATURDAY

Intent:

- The intent of this session is to continue recruits' conditioning to the military road march under load.

Session:

- 7.5 mile conditioning hike
 - 60 pound load - Hot SOP
 - 65 pound load - Cold SOP

Uniform:

- Utilities, Boots

Equipment:

- MOLLE

Coaching Points:

- Proper use of Hip Belts allow the shoulders to carry less of the load, delaying fatigue
- Heavy equipment should be placed in the pack so that it rests against the mid back or above. Heavy equipment placed low in the pack will cause a person to flex at the waist and speed fatigue.
- Proper foot care is important as hikes increase in distance.

Developmental Exercises: DE21

- PU PFT Lo (<10) Max + Grn Assist 3 Sets
- PU PFT Hi (>10) Max + Pur Assist 3 Sets
- Crunches, Untimed 80 X 2
- Push Ups 20 X 3
- Core Strength Series 45 sec X 1 set

TRAINING DAY **48** MONDAY

Developmental Exercises: DE22

- PU PFT Lo (<10) Grn Max 3 Sets
- PU PFT Hi (>10) Pur Max 3 Sets
- Crunches, Timed 1 Min X 5
- Push ups 20 X 3
- Single Leg Hops 20 reps per leg X 2
- Core Strength Series 45 sec X 1 set

TRAINING DAY **50** WEDNESDAY

Developmental Exercises: DE23

- PU PFT Lo (<8) 3, 4, 5, 4, 3, 2
- PU PFT Hi (>8) 4, 5, 6, 5, 4, 3
- Crunches, Timed 15, 30, 60, 60, 30, 15
- Core Strength Series 45 sec X 1 set

TRAINING DAY **52** FRIDAY

Developmental Exercises: DE24

- PU PFT Lo (<10) Max + Grn Assist 3 Sets
- PU PFT Hi (>10) Max + Pur Assist 3 Sets
- Crunches, Untimed 85 X 2
- Push ups 30 X 2
- Single Leg Hop 20 reps per leg X 1
- Core Strength Series 60 sec X 1 set

TRAINING DAY **53** SATURDAY

Intent:

- The intent of this PT session is to provide recruits with challenges not only to muscular strength and endurance, but movement skill as well.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- Combat Endurance Course
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 2X10

Uniform:

- Utilities and boots

Equipment:

- None

Coaching Points:

TRAINING DAY **54** MONDAY

Developmental Exercises: DE25

- PU PFT Low(<8) 2, 3, 4, 5, 4, 3, 2
- PU PFT High(>8) 2, 3, 4, 5, 6, 5, 4, 3, 2
- Crunches, Timed 2 Min X 2, 1 Min X 2
- Walking Lunges 40 yds X 2
- Heel Hooks 10 reps X 2
- PU PFT Low(<8) **Gravitrone** 3 Max @ 20%
- Core Strength Series 60 sec X 1 set

TRAINING DAY **56** [LEAD] WEDNESDAY **57** [FOLLOW] THURSDAY

Intent:

- Combat Conditioning Evaluation

Session:

- Obstacle Course Evaluation

Uniform:

- Boots and Utes

Equipment:

- None

Coaching Points:

- Ensure proper pre- and post hydration

Developmental Exercises: DE26

- PU PFT Lo (<10) Grn Max 3 Sets
- PU PFT Hi (>10) Pur Max 3 Sets
- Crunches, Timed 15, 15, 30, 30, 45, 30, 30, 15, 15
- Push ups 30 X 2
- PU PFT Low(<8) **Gravitron** 3 Max @ 20%
- Core Strength Series 60 sec X 1 set

TRAINING DAY **57** [LEAD] WEDNESDAY **56** [FOLLOW] THURSDAY

Intent:

- The intent of this PT session is to provide recruits with practice for the upcoming graduation run

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 3.0 mile formation run, no faster than 28:00
- Pull Ups
- Crunches
- Daily 16 Workout/Cool Down– Exercise Card 2, Stretch Card A, 2X10

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- Crunches
 - Alternate recruits – 1 holding feet, 1 exercising

TRAINING DAY **58** FRIDAY

Intent:

- The intent of this PT session is to provide recruits with competition challenging not only muscular strength and endurance, but movement skills as well.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 2, 1X5
- Field Meet (Ref. 4-9)
- Daily 16 Workout/Cool Down– Exercise Card 1, Stretch Card B, 2X10

Uniform:

- Utilities and boots

Equipment:

- Tug of war rope

Coaching Points:

-

Developmental Exercises: DE27

- PU PFT Lo (<10) Max + Grn Assist 3 Sets
- PU PFT Hi (>10) Max + Pur Assist 3 Sets
- Crunches, Untimed 90 X 2
- Heel Hooks 10 reps X 3
- Push ups 25 X 3
- Single Leg Hop 20 reps per leg X 2
- PU PFT Lo (<8) **Gravitron** 2 Max @ 30%
- Core Strength Series 60 sec X 1 set

TRAINING DAY **58** [LEAD] FRIDAY **59** [FOLLOW] SATURDAY

Intent:

- The intent of this PT session is to provide recruits with opportunity to challenge their confidence in themselves and their strength.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 2, 1X5
- Confidence Course II (Ref. Regt O 1513.14B)
- Daily 16 Cool Down – Stretch Card C, 2X10

Uniform:

- Utilities and Boots

Equipment:

- None

Coaching Points:

- Practice MCMAP techniques between stations if flag conditions allows

SUNDAY 10 SUNDAY

CITICAL RECOVERY DAY

- Physical activity should be kept to a minimum on these days in order to allow recruit's bodies as much recovery as possible.

TRAINING DAY **60** MONDAY

Intent:

- This is the final, for record assessment of the Marine Corps Physical Fitness Test

Session:

- USMC PFT

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- Failures are to be recycled or assigned to STC
- Weight control/body composition standards must be met by this training day

TRAINING DAY **69** THURSDAY

Intent:

- The Graduation run is an opportunity for recruits to exhibit the pride, strength, and discipline that they have gained while at Parris Island.

Session:

- Daily 16 Warm Up- Warm Up Card + Exercise Card 1, 1X5
- 3.5 Mile Graduation Run
- Daily 16 Cool Down Card B, 2X10

Uniform:

- PT Gear

Equipment:

- None

Coaching Points:

- Safety and communication are high priority during formation runs

DAILY 16 WARM UP/ WORKOUT/ COOL DOWN

Evidence continues to pile up giving more strength to the importance of a proper warm-up and cool down which includes light activity, mobility exercises, and flexibility training. This is well described in the Semper Fit guide, REDUCING INJURIES DURING PHYSICAL TRAINING (Technical Document 97-2B), produced by the Naval Health Research Center (NHRC).

"The warm-up allows a gradual redistribution of blood flow to the muscles, preparing both the cardiovascular and musculoskeletal systems for the exercise session. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissues, which is believed to reduce injury risks. The warm-up should (a) last a minimum of 10 to 15 minutes, (b) use large muscle groups, and (c) gradually progress to the target activity."

"The cool-down allows the body to gradually return to the resting state. The cool-down should (a) last a minimum of 10 to 15 minutes; (b) use the same large muscles groups, in a similar activity pattern, as used in the preceding exercise session; (c) gradually decrease in intensity; and (d) finish with stretching exercises targeting all major muscle groups."

The Daily 16 is a comprehensive warm-up, cool down, and conditioning exercise program. The Daily 16 also incorporates safe calisthenics exercises identified in the NHRC Technical Document 95-5E.

There are three different ways the Daily 16 will be utilized during recruit training; The **Daily 16 Warm Up (D16WU)** would be used at the beginning of every PT session including before the Confidence Course, PFT, MCMAP, etc. The **Daily 16 Workout (D16WO)** would be used at the end of most PT sessions. This would be the PT sessions at which there is no other conditioning workout activity such as the Circuit Course. The **Daily 16 Cool Down (D16CD)** would be used at the end of the remaining PT sessions. Any PT session which does have another conditioning activity (strength and endurance course, rifle PT, circuit course, Confidence course, PFT, and MCMAP) wouldn't need the conditioning portion of the Daily 16 Workout.

Daily 16 Warm Up

Warm Up and Dynamic Stretches

Warm up Conditioning Exercises (5 repetitions)

Daily 16 Workout (which is really a workout followed by a cool down)

Conditioning exercises (5, 10, 15, 20 repetitions)

Static Stretches (30 seconds)

Daily 16 Cool Down

Static Stretches (30 seconds)

Example PT Session would be as follows:

Training Day 2

D16WU ⇒ 1.5 mile formation run ⇒ Pull Ups, Crunches, Single Leg Squats ⇒ D16WO/CD

Training Day 19

D16WU ⇒ 3.0 Individual Effort Run ⇒ Inter-Platoon Pull Up Competition ⇒ Crunches ⇒ D16WO/CD

DAILY 16 WARM-UP

"Good Morning _____ Company (or _____ series). We will start today's physical training session with a warm-up. Begin heel-to-toe rocking."

Warm up and Dynamic Stretches (1 to 2 minutes total time)

"Partial squats"

"Double-time in place"

"Trunk flexion and extension"

"Punch to the front"

"Trunk lateral flexion"

"Punch to the sky"

"Neck flexion and extension"

"Arm circles" "Other direction"

"Neck lateral flexion and extension"

Note: begin to explain today's PT session. I.E." Today's PT session will be a 3 mile individual effort run followed by a squad pull up competition".

Conditioning leader counts the cadence, recruits count repetition, last repetition shout "MARINE CORPS!". Use five (5) four-count repetitions, 4 - 6 minutes.

"Standby, Push-ups, exercise"

"Standby, Dirty-Dogs, left, exercise", "change-over, exercise"

"Standby, Crunches, exercise"

"Standby, Dive-Bombers, exercise"

"Standby, Donkey Kicks, left, exercise", "change-over, exercise"

"Standby, Side Crunches, left, exercise", "change-over, exercise"

"Standby, Lunges, exercise"

"Standby, Steam Engines, exercise"

Form for PT

"Senior Drill Instructors, form your platoon ..."

DAILY 16 WORKOUT

"We will conclude today's physical training session with conditioning exercises and cool down stretching. Today we will do 10 repetitions of the exercises."

Conditioning leader counts the cadence, recruits count repetition, last repetition shout "MARINE CORPS!". Use ten (10) four-count repetitions, 8 - 12 minutes total time.

"Standby, Push-ups, exercise"

"Standby, Dirty-Dogs, left, exercise", "change-over, exercise"

"Standby, Crunches, exercise"

"Standby, Dive-Bombers, exercise"

"Standby, Donkey Kicks, left, exercise", "change-over, exercise"

"Standby, Side Crunches, left, exercise", "change-over, exercise"

"Standby, Lunges, exercise"

"Standby, Steam Engines, exercise"

Stretching leader counting to him/herself, for 30 seconds minimum, 10 min, leader talks the benefits of a good warm-up and cool down, including performance effects, injury effects, etc.

"Standby, triceps stretch, left side, and stretch", "changeover, and stretch"

"Standby, upper back stretch, and stretch"

"Standby, chest stretch, and stretch"

"Standby, ITB stretch, left, and stretch", change-over, and stretch"

"Standby, calf stretch, left, and stretch", "change-over, and stretch"

"Standby, hip and back stretch left, and stretch", "change-over, and stretch"

"Standby, hurdler stretch, left, and stretch", "change-over, and stretch"

"Standby, groin stretch, and stretch"

Note: begin to emphasize the importance of physical conditioning to individual Marines and the Marine Corps.

Plan of the day.

"Senior Drill Instructors, take charge of your platoon and carry out the plan of the day."

DAILY 16 COOL DOWN

"We will conclude today's physical training session with cool down exercises and stretching. Today we will use 5 repetitions for the exercises."

Stretching leader counting to him/herself, for 30 seconds minimum, 10 min, leader talks the benefits of a good warm-up and cool down, including performance effects, injury effects, etc.

"Standby, triceps stretch, left side, and stretch", "changeover, and stretch"

"Standby, upper back stretch, and stretch"

"Standby, chest stretch, and stretch"

"Standby, ITB stretch, left, and stretch", change-over, and stretch"

"Standby, calf stretch, left, and stretch", "change-over, and stretch"

"Standby, hip and back stretch left, and stretch", "change-over, and stretch"

"Standby, hurdler stretch, left, and stretch", "change-over, and stretch"

"Standby, groin stretch, and stretch"

Note: begin to emphasize the importance of physical conditioning to individual Marines and the Marine Corps.

Plan of the day.

"Senior Drill Instructors, take charge of your platoon and carry out the plan of the day."

DAILY 16 DO'S AND DON'TS

1. Individuals need to be relaxed while stretching; therefore, do not have recruits "sound off" during stretching.
2. Realize that individuals have varying levels of flexibility; therefore, do not have recruits stretch beyond a painful range of motion.
3. Monitor the speed of some of the exercises. Do not perform crunches and lunges too quickly.
4. The exercise leader should not make any group corrections during the Daily 16. This is not efficient use of the exercise session time. Use group instruction before or after a Daily 16 session that will correct any improper exercise form.
5. Drill Instructors should make individual corrections during the Daily 16. These corrections should only relate to proper exercise or stretching technique. There should not be any corrections that aren't related to the exercise. Examples of two inappropriate corrections might be (1) telling recruits to keep their "eyes on the table" which may not be appropriate for some exercise and stretch positions or (2) during a stretch telling recruits to keep their fingers "joined and aligned" when doing so doesn't have any affect on the stretch but may make the recruits lose concentration on stretching.
6. As the exercise leader, you should memorize the exercise card prior to the PT session. Trying to read a card for the next exercise wastes time between exercises.
7. Always have someone from within the company critique each Daily 16 session using the critique forms.

DAILY 16 EXERCISE CARDS

STRETCHING CARD A

CHEST STRETCH
TRICEPS STRETCH
POSTERIOR SHOULDER STRETCH
ILIOTIBIAL BAND (ITB) STRETCH
MODIFIED HURDLER STRETCH
HIP AND BACK STRETCH
QUADRICEPS STRETCH
LOW BACK STRETCH
ABDOMINAL STRETCH

STRETCHING CARD B

UPPER BACK STRETCH
CHEST STRETCH
SHOULDER AND NECK STRETCH
TRICEPS STRETCH
POSTERIOR SHOULDER
STRETCH
LYING DOWN ILIOTIBIAL BAND
(ITB) STRETCH
MODIFIED HURDLER STRETCH
GROIN STRETCH
CALF STRETCH

STRETCHING CARD C

ACTIVE HAMSTRING STRETCH
GROIN STRETCH
HIP FLEXOR STRETCH
LOW BACK STRETCH
ITB STRETCH
CALF STRETCH
NECK STRETCH
UPPER BACK STRETCH
CHEST STRETCH

EXERCISE CARD 1

WIDE PUSH-UPS
DONKEY KICKS
CRUNCHES
DIVE BOMBER PUSH UPS
DIRTY DOGS
SIDE CRUNCHES
BACK EXTENSIONS
LUNGES
SIDE STRADDLE HOPS

EXERCISE CARD 2

PUSH-UPS
CRUNCHES
SIDE LEG RAISES
DIAMOND PUSH UPS
ELBOW-TO-KNEE CRUNCHES
PRONE FLUTTER KICKS
HIP ADDUCTION
LUNGES
STEAM ENGINES

WARM UP & DYNAMIC STRETCHES CARD

TOE-HEEL ROCKING
PARTIAL SQUATS
BUTT KICKS
TRUNK BENDS
NECK BENDS
RUN IN PLACE
PUNCH TO THE FRONT
PUNCH TO THE SKY
ARM CIRCLES

DAILY 16 CRITIQUE SHEET

- Double-time executed properly
- Length appropriate (2 minutes)
- Dynamic Flexibility exercises properly executed
- Warm-up commands correct
 - Standby "...."
 - Other direction
- Warm-up transition fluid
- Used correct number of repetitions for conditioning exercises
- Exercises properly executed
- All exercises on card used
- Exercise commands correct
 - Standby "....."
 - Changeover
- Exercises transition fluid
- Transition from warm up to PT session

- Transition from PT session to conditioning
- Used correct number of repetitions for conditioning exercises
- Exercises properly executed
- All exercises used
- Exercise commands correct
 - Standby "...."
 - Changeover
- Exercises transition fluid
- Stretches held for at least 30 seconds
- Stretches properly executed
- All stretches used
- Stretch commands correct
 - Standby "....."
 - Changeover
- Stretches transition fluid

HAZARDOUS CONDITIONS PHYSICAL TRAINING

In cases of hazardous weather, a scheduled PT session may be replaced with the following indoor physical training session. The session consists of two exercise periods:

Interval Squats.

Action will be air squats, performing as many repetitions as possible in the prescribed time period. The recruits will alternate between squats and recovery, at a 20 second to 10 second work to rest ratio. There will be two minutes of recovery/ stretching between sets.

Reps	Work (squats)	Recovery	
1	20 seconds	10 seconds	One Set
2	20 seconds	10 seconds	
3	20 seconds	10 seconds	
4	20 seconds	10 seconds	
5	20 seconds	10 seconds	
6	20 seconds	10 seconds	
7	20 seconds	10 seconds	
8	20 seconds	10 seconds	
Recover/ Stretch for two minutes.			

Indoor Workout.

Maintain the following sequence. 30 second intervals for each exercise, allow two minutes of recovery between sets.

1.	Assault Pack Thrusters (30 pounds total weight)
2.	Side Bridge – right side
3.	Side Bridge – left side
4.	Push-ups
5.	Squat-High Pull (assault pack, 30 pound total weight)
6.	Single Leg Bridge – left leg
7.	Single Leg Bridge – right leg
8.	Bicycle Crunches
9.	Cobra
Recover/ Stretch for two minutes	

Weeks 1 through 3. (Approximately 17 minutes)

Interval squats times 1 sets

Indoor workout times 2 sets

Weeks 4 through 6. (Approximately 30 minutes)

Interval squats times 1 sets

Indoor workout times 3 sets

Interval squats times 1 sets

Weeks 7 through 11. (Approximately 35 minutes)

Interval squats times 1 sets

Indoor workout times 2 sets

Interval squats times 1 sets

Indoor workout times 2 sets

DEVELOPMENTAL EXERCISE PROGRAM (DE's)

The Developmental Exercise Program (DEs) is a supplemental program of exercises tied directly to the overall physical fitness program for recruit training. It allows flexibility in application while still ensuring adequate rest and recovery time for recruits. DEs will be conducted only on days outlined in the PT schedule, but may be conducted as part of the regular PT session **OR** may be conducted as time permits any time during the training day that they are scheduled for. Rope Climbing classes are also included in the DE schedule. These classes take place on Sundays, and are for technique instruction and practice only. Due to the lack of medical coverage of these classes, recruits **MUST NOT** climb to the point of fatigue. Recruits should not climb higher than ½ the total distance of the rope and focus will be on technique **ONLY**.

- DEs will not be linked to incentive training and will not be done to correct recruits. Only authorized exercises will be used during a DE session.
- The Senior Drill Instructor (SDI) will supervise and/or administer DE sessions. If not administering DEs, the SDI will be actively involved in the supervising of drill instructors when they are administering DEs.
- DEs are optional, but every effort should be made to conduct the exercises. A SDI may eliminate DEs or decrease repetitions/sets, or may break up the DE exercises into multiple sessions. Only the total number of exercises scheduled for that day may be executed. SDIs may not require more DEs than the schedule allows.
- Opportunities are placed on the PT schedule to use a Sunday to do a single max set of pull-ups and crunches in two minutes as a gauge of the recruit's progress through recruit training. SDIs will not be required to track individual recruit's progress, but are encouraged to do so.

Core Strength Series

The Core Strength Series is a series of exercises designed to increase the strength in the muscles of the trunk. These muscles serve as the line of communication between the upper and lower extremity. Any weakness in these muscles will lead to a decrease in the level of force than can be delivered or absorbed by a recruit. The exercises in the series focus on isometric stabilization of the trunk in several directions. Each position will be held for the specified amount of time, per the DE schedule below, and at no time will the recruit touch his torso to the deck from start to finish. The recruit must maintain a straight torso in order to gain the desired effect.

1. Front Plank – This position will begin from the Front Leaning Rest position. The Rct will begin on the elbows while keeping the upper arm perpendicular to the torso creating a 90 degree angle. Once in this position, the Rct will tighten the abdomen and keep the back straight. The hips will remain up and in alignment with the shoulders and the head will be in a neutral position.
2. Right Plank – This position will begin from the Front Plank position. To begin this exercise, the Rct will turn on his right side while only making two points of contact with his forearm and foot. The upper arm will remain perpendicular with the ground. The head will remain neutral while the hips will be up away from the deck forward while in alignment with the shoulders. The shoulders will be rolled back and the position will resemble that a modified position of attention.
3. Left Plank - This position will begin from the Right Plank position. To begin this exercise, the Rct will turn on his left side while only making two points of contact with his forearm and foot. The upper arm will remain perpendicular with the ground. The head will remain neutral while the hips will be up away from the deck forward while in alignment with the shoulders. The shoulders will be rolled back and the position will resemble that a modified position of attention.
4. Front Plank – This position will begin from the Left Plank position. The Rct will begin on the elbows while keeping the upper arm perpendicular to the torso creating a 90 degree angle. Once in this position, the Rct will tighten the abdomen and keep the back straight. The hips will remain up and in alignment with the shoulders and the head will be in a neutral position.

Developmental Exercise Schedule

DE 1 (FD 2)

PU IST Low(8) Max + Grn Assist 2 Sets
 PU IST High(>8) Max + Pur Assist 2 Sets
 Crunches, Untimed 50 reps X 2 sets
 Push ups 20 X 1
 Core Strength Series 20 sec X 1 set

DE 2 (TD 11)

PU IST Low(8) Max + Grn Assist 2 Sets
 PU IST High(>8) Max + Pur Assist 2 Sets
 Crunches, Untimed 50 reps X 2 sets
 Push ups 20 X 1
 Core Strength Series 20 sec X 1 set

DE 3 (TD 12)

PU IST Low(6) 1, 2, 2, 2, 1
 PU IST High(>6) 2, 3, 4, 3, 2
 Crunches, Timed 15, 15, 30, 30, 15, 15
 Push ups 15 X 2
 PU IST Low(6) **Gravitron 2 Max @ 20%**
 Core Strength Series 20 sec X 1 set

DE 4 (TD 14)

PU IST Low(8) Max + Grn Assist 2 Sets
 PU IST High(>8) Max + Pur Assist 2 Sets
 Crunches, Untimed 55 reps X 2 sets
 Push ups 15 X 2
 PU IST Low(6) **Gravitron 2 Max @ 20%**
 Core Strength Series 20 sec X 1 set

DE 5 (TD 16)

PU IST Low(6) 1, 2, 3, 2, 1
 PU IST High(>6) 2, 3, 4, 4, 3, 2
 Crunches, Timed 2 min X 1 set
 PU IST Low(6) **Gravitron 2 Max @ 20%**
 Core Strength Series 20 sec X 1 set

DE 6 (S 3)

PU IST Low(8) Grn Max 2 Sets
 PU IST High(>8) Pur Max 2 Sets
 Crunches, Timed 1 min X 3 sets
 Walking Lunge 40 yds X 1
 Single Leg Hops 20 reps per leg X 1
 PU IST Low(6) **Gravitron 2 Max @ 30%**
 Core Strength Series 20 sec X 1 set

DE 7 (TD 19)

PU IST Low(8) Grn Max 2 Sets
 PU IST High(>8) Pur Max 2 Sets
 Crunches, Untimed 60 reps X 2 sets
 Push ups 20 X 2
 PU IST Low(6) **Gravitron 2 Max @ 30%**
 Core Strength Series 20 sec X 1 set

DE 8 (TD 21)

PU IST Low(6) 2, 3, 3, 3, 2
 PU IST High(>6) 3, 4, 5, 4, 3
 Crunches, Timed 15, 30, 45, 30, 15
 Push ups 20 X 2
 Walking Lunges 40 yds X 1
 Single Leg Hops 20 reps per leg X 1
 PU IST Low(6) **Gravitron 2 Max @ 30%**
 Core Strength Series 20 sec X 1 set

DE 9 (TD 23)

PU IST Low(8) Max + Grn Assist 2 Sets
 PU IST High(>8) Max + Pur Assist 2 Sets
 Crunches, Untimed 65 reps X 2 sets
 Push ups 20 X 2
 Heel Hooks 7 reps X 2
 PU IST Low(6) **Gravitron 2 Max @ 40%**
 Core Strength Series 30 sec X 1 set

DE 10 (TD 24)

PU IST Low(8) Max + Grn Assist 3 Sets
 PU IST High(>8) Max + Pur Assist 3 Sets
 Crunches, Timed 2 Min X 2
 Push ups 20 X 2
 PU IST Low(6) **Gravitron 2 Max @ 40%**
 Core Strength Series 30 sec X 1 set

DE 11 (TD 26)

PU IST Low(6) 1, 2, 3, 3, 2, 1
 PU IST High(>6) 2, 3, 4, 5, 4, 3, 2
 Crunches, Timed 15, 15, 30, 45, 30, 15, 15
 Single Leg Hops 20 reps per leg X 2
 PU IST Low(6) **Gravitron 2 Max @ 40%**
 Core Strength Series 30 sec X 1 set

DE 12 (TD 28)

PU IST Low(8) Grn Max 3 Sets
 PU IST High(>8) Pur Max 3 Sets
 Crunches, Timed 15, 30, 45, 30, 15
 Walking Lunge 40 yds X 2
 PU IST Low(6) **Gravitrn 3 Max @ 10%**
 Core Strength Series 30 sec X 1 set

DE 13 (TD 30)

PU IST Low(8) Grn Max 1 Sets
 PU IST High(>8) Pur Max 1 Sets
 Push ups 25 X 1
 PU IST Low(6) **Gravitrn 2 Max @ 10%**

DE 14 (TD 31)

Crunches, Timed 2 min X 2 sets
 Core Strength Series 30 sec X 1 set

DE 15 (TD 32)

PU PFT Lo (10) 2, 3, 4, 4, 3, 2
 PU PFT Hi (>10) 2, 3, 4, 5, 5, 4, 3, 2
 Push Ups 25 X 2
 Core Strength Series 30 sec X 1 set

DE 16 (TD 33)

Crunches, Timed 15, 30, 45, 60, 30, 15
 Core Strength Series 30 sec X 1 set

DE 17 (TD 36)

PU PFT Lo (10) Max + Grn Assist 3 Sets
 PU PFT Hi (>10) Max + Pur Assist 3 Sets
 Crunches untimed 75X2
 Core Strength Series 30 sec X 1 set

DE 18 (TD 41)

Crunches, Untimed 75 X 2
 Single Leg Bridge 60 secs X 1
 Side Trunk Raise 60 secs X 1
 Heel Hooks 8 reps X 2 sets

DE 19 (TD 43)

Single Leg Bridge 60 sec X 1
 Side Trunk Raise 60 sec X 1
 Crunches untimed 75 X 2
 Core Strength Series 45 sec X 1 set

DE 20 (TD 45)

PU PFT Lo (10) Max + Grn Assist 3 Sets
 PU PFT Hi (>10) Max + Pur Assist 3 Sets
 Crunches, Timed 2 Min X 2 sets
 Push ups 25 X 2
 Core Strength Series 45 sec X 1 set

DE 21 (TD 47)

PU PFT Lo (10) Max + Grn Assist 3 Sets
 PU PFT Hi (>10) Max + Pur Assist 3 Sets
 Crunches, Untimed 80 X 2
 Push Ups 20 X 3
 Core Strength Series 45 sec X 1 set

DE 22 (TD 48)

PU PFT Lo (10) Grn Max 3 Sets
 PU PFT Hi (>10) Pur Max 3 Sets
 Crunches, Timed 1 Min X 5
 Push ups 20 X 3
 Single Leg Hops 20 reps per leg X 2
 Core Strength Series 45 sec X 1 set

DE 23 (TD 50)

PU PFT Lo (8) 3, 4, 5, 4, 3, 2
 PU PFT Hi (>8) 4, 5, 6, 5, 4, 3
 Crunches, Timed 15, 30, 60, 60, 30, 15
 Core Strength Series 45 sec X 1 set

DE 24 (TD 52)

PU PFT Lo (10) Max + Grn Assist 3 Sets
 PU PFT Hi (>10) Max + Pur Assist 3 Sets
 Crunches, Untimed 85 X 2
 Push ups 30 X 2
 Single Leg Hop 20 reps per leg X 1
 Core Strength Series 60 sec X 1 set

DE 25 (TD 54)

PU PFT Low() 2, 3, 4, 5, 4, 3, 2
 PU PFT High(>8) 2, 3, 4, 5, 6, 5, 4, 3, 2
 Crunches, Timed 2 Min X 2, 1 Min X 2
 Walking Lunges 40 yds X 2
 Heel Hooks 10 reps X 2
 PU PFT Low(8) **Gravitron 3 Max @ 20%**
 Core Strength Series 60 sec X 1 set

DE 26 (TD 56)

PU PFT Lo (10) Grn Max 3 Sets
 PU PFT Hi (>10) Pur Max 3 Sets
 Crunches, Timed 15, 15, 30, 30, 45, 30, 30, 15, 15
 Push ups 30 X 2
 PU PFT Low(8) **Gravitron 3 Max @ 20%**
 Core Strength Series 60 sec X 1 set

DE 27 (TD 58)

PU PFT Lo (10) Max + Grn Assist 3 Sets
 PU PFT Hi (>10) Max + Pur Assist 3 Sets
 Crunches, Untimed 90 X 2
 Heel Hooks 10 reps X 3
 Push ups 25 X 3
 Single Leg Hop 20 reps per leg X 2
 PU PFT Lo (8) **Gravitron 2 Max @ 30%**
 Core Strength Series 60 sec X 1 set

CIRCUIT COURSE GUIDANCE

Intent:

A strength circuit consists of a series of stations where small groups of individuals exercise vigorously for a set amount of time and then move (on signal) to the next station where a new exercise is performed. This rotation continues until all groups have performed all stations. The exercises are done at individual pace, but rapid, steady, and continuous work is required of each recruit. Vigorous strength exercises cause adaptation of the nervous system, increase the stimulation of muscles and allow greater functional use of strength, otherwise known as POWER. Each recruit's nervous and muscular system will react differently to timed, vigorous exercise. There can be wide variance in the number of repetitions completed in the time permitted. The intent of a circuit course session is not primarily aerobic conditioning, but rather the anaerobic use of large muscle groups. The short change-over period facilitates the metabolic impact of a session.

It is the Drill Instructors job to ensure safety, correct exercise form, and maximum effort. Counting cadence during an exercise session is counter-productive to the purpose of an exercise interval. Proper exercise form is extremely important due to the fatigue of the nervous system and musculature that this type of exercise induces, which can lead to an increased chance of injury, either by failure to control an apparatus (barbell) or by failure to control the body (fall, trip).

Conduct of Session:

The circuit course consists of 10 stations (there may be slight differences at individual Training Battalions):

- Rope Jump Heaves
- Hanging knee lifts
- Push Ups
- Pull ups
- Step ups
- Decline sit ups
- Weighted lunges
- Dips
- Back extensions
- Thrusters

Stations will be performed in 30 second intervals with the number of total rounds increasing with training. * *The pull up station will be split, with one half of the recruits assisting the other for one half of the interval. There will be no extra time for this station, so change over must be swift.** Time for change-over will be as little as needed for each group to reach the next station and prepare for exercise. Recruits should assume the "ready" position for each exercise as soon as they arrive at the station, but exercises should not begin until a signal from the Series Gunnery Sergeant. Intervals will be controlled by a Series Gunnery Sergeant, signaled by a whistle. If necessary, recruits should move the barbells to the appropriate position prior to beginning the PT session.

B.A.S.E.S. GUIDANCE (Balance, Agility, Speed, Explosive Strength)

Intent:

BASES is intended to introduce recruits to motor skills necessary to accelerate, decelerate, change direction, and re-accelerate the body. It is not primarily intended to be a metabolic conditioning session, but rather a skill focused session. It consists of 10 stations, 13 exercises which will challenge the recruits Balance, Agility, Speed, and Explosive Strength.

It is the Drill Instructors job to ensure safety, correct exercise form, and maximum effort. Counting cadence during an exercise session is counter-productive to the purpose of an exercise interval. Proper exercise form is extremely important due to the fatigue of the nervous system and musculature that this type of exercise induces, which can lead to an increased chance of injury.

Conduct of Session:

The Bases course consists of 10 stations:

- Single Leg Squats/Plyometric Push Ups
- Prone to Sprint/Split Squat Jumps
- Heel Hooks
- Box Drill
- Skip-Explode/High Knees
- Balance Drill
- Shuttle
- Side Trunk Raise
- Cutting Drill
- Single Leg Bridge

Equipment:

- Pull up bars
- About 30 cones (x2 for hot SOP)
- Dyna Discs
- PT field in a ten station circuit.

Procedures:

- Break series of recruits into squads.
- One squad per Drill Instructor.
- Move one squad to each station.
- Shotgun start.
- Two minutes at each station, Series GySgt keeps time. Stations with two exercises are split into 1 minute intervals
- Total time about 20 minutes

Considerations:

- Wet or worn out grass simply requires a recruit to slow down earlier before change of direction. DI should remind them of this fact.
- For Large numbers, box drill and cutting drill can be doubled, and dyna-discs can be omitted. On stations 2, 5, & 7 the number of columns should be enough to allow all recruits to go through at least twice. 4-6 is a starting point.
- Series GySgt runs the clock.
- DI's must be familiar with all stations prior to BASES session.
- BASES is not intended to be a cardiovascular workout. Intensity levels should be high, and recovery (in lines, for example) is necessary.

MCMAP ENDURANCE COURSE GUIDANCE

Intent:

The MCMAP Endurance Course provides recruits the opportunity to practice the skills needed for a MCMAP tan belt. Additionally the course is designed to promote teamwork and esprit de corps while introducing combat conditioning.

The proposed PT session would be as follows...

- MCMAP Endurance Course Warm-up
- Technique Demo
- MCMAP Endurance Course
- Cool-down stretches, in squads

Notes...

- The alternate stations 2 and 5 will be used if the class for Counters to Chokes and Holds has been given.
- Recruits will receive a demonstration of the course prior to execution.
- This PT session will have an all company staff requirement.
- Would require two MAIs (which may be from within the company).
- Recruits will progress through the course in even sized squads.
- Recruits will be paired up with other recruits of similar size and weight.
- Each station will be spaced by at least twenty meters.
- Punch bags are needed at stations 1, 4, 7, 8, 9, and 10.
- Location would need to be a large grassy open field (WFTBn PT fields).
- End of course debrief during Daily 16. Series Gunnery Sergeant will debrief his / her series with a discussion of the responsible use of force ensuring recruits understand their roles and responsibilities as modern day warriors.
- Focus on proper MCMAP technique rather than speed at exercise stations

Warm up

Arm circles, 10 – 15 seconds each direction

Partial Squats, 10 reps

Lead punch, 5 reps

Rear punch, 5 reps

Hook, 5 reps

Uppercut, 5 reps

Run in place, 30 seconds

Cool Down Stretches, 30 seconds each

Modified Hurdler

Groin

Low Back

Quadriceps

Shoulder

Events

Station 1: Punches

Lead hand X 20

Rear hand X 20

Hook X 20

Uppercut X 20

Movement: Walking lunges

Station 2: Falls

Front Break-Fall X 3

Back Break-Fall X 3

Forward Shoulder Roll X 6 (3 out, 3 back)

Movement: Bear Crawl

Alternate Station 2: Counters Chokes / Holds

Counter to the rear choke X 3

Counter to the bear-hug X 3

Counter to the rear headlock X 3

Station 3: Counters to Strikes

Counter to the rear hand strike x 3

Counter to the rear leg kick X 3

Movement: 0.25 mile squad run

Station 4: Standing Elbows x 1 minute

Movement: Fireman's Carry

Station 5: Falls

Right Side Break-Fall X 3

Left Side Break-Fall X 3

Forward Shoulder Roll X 6 (3 out, 3 back)

Movement: Fireman's Carry

Alternate Station 5: Falls

Right Side Break-Fall X 3

Left Side Break-Fall X 3

Front Break-Fall X 3

Back Break-Fall X 3

Forward Shoulder Roll X 6 (3 out, 3 back)

Stations 6: Throws

Leg Sweep x 3

Turning Throw X 3

Movement: 0.25 mile squad run

Station 7: Ground Elbows x 1 minute

Movement: Buddy Drag

Station 8: Round Kick Drill x 1 minute

Movement: Buddy Drag

Station 9: Ground Knees x 1 minute

30 seconds one side, roll over, 30 seconds other side

Movement: High Crawl

Station 10: Standing knees x 1 minute

30 seconds one knee, 30 seconds other knee

Movement: 0.25 mile squad run

OBSTACLE COURSE GUIDANCE

Intent:

The Obstacle Course consists of 10 separate obstacles designed to test recruits strength, stamina, balance, and coordination. Recruits will be instructed on the preferred method for negotiation of each obstacle, as well as alternative methods that may require less strength, but will lead to an increase in the total time it takes to complete the course. If a recruit falls from an obstacle, subsequent attempts must be made from the beginning of the failed obstacle. For example, if a recruit falls from the parallel log section of the combination obstacle, they must return to the parallel bars to begin another attempt.

Each obstacle should be explained and demonstrated to recruits, and spotters must be in place at each spot where recruits are required to jump from an obstacle. Each Battalion is responsible for the maintenance and police of their respective Obstacle Course.

A five minute warm up period of stretching and limbering exercises will be conducted prior to running the course.

Responsibilities:

- **Company/ Series Commander**
 - An officer must be present at the obstacle course during all periods of instruction. The officer will oversee the instruction and ensure that the obstacles are negotiated in a safe manner.
 - The Company/ Series Commander is responsible for inspecting the entire course area for the safety and serviceability of each obstacle. Prior to the recruits beginning the course, an officer will negotiate each obstacle. If any obstacle is unsafe, the officer will place the obstacle off-limits and notify the Battalion S-3 office, who will in turn notify the RTR S-3.
 - The Company/ Series Commander is responsible for ensuring the presence of an emergency vehicle.
 - The Company/ Series Commander will continually monitor the course when recruits are negotiating the obstacles in order to ensure proper conduct and safe negotiation. Any recruit appearing to be nearing exhaustion and unable to complete the course should be removed.
 - Ensure that all personnel running the obstacle course are in boots.
 - Ensure that landing surface media (sawdust, chipped rubber) is loosened prior to usage.
- **Series Gunnery Sergeant**
 - Ensure that telephone or other communication system is working prior to recruits running the course.
 - Prior to each period of instruction, inform the recruits of the following:
 - Recruits in a no duty or light duty status will not run the course.
 - Recruits who have had a broken bone or concussion within the last six months will not run the course until cleared by a Corpsman.
- **Drill Instructors**
 - Prior to arrival at the Obstacle Course, Drill Instructors will ensure that:
 - All Male recruits are wearing an athletic supporter.
 - All recruits glasses are secured with a headband.
 - All recruits have empty pockets.
 - Prior to negotiating any obstacle on the course, all belt buckles are turned to one side of the trousers.

Obstacles:

Low Hurdle

PRIMARY METHOD – Leap or hurdle over the obstacle

ALTERNATE METHODS:

- (1) Vaulting- Run up to the hurdle, place both hands on the log and vault, swinging both legs simultaneously over the log. Hit the deck with both feet and continue running.
- (2) Stepping Through- Place both hands on the log and step up onto the log with one foot. Step over the log with the second foot and continue running.

High Single Bar

PRIMARY METHOD - Kip- Reach or jump up and grasp the bar and execute a pull up. Continue to pull yourself up until the bar is across your abdomen. Throw your head back and legs forward, rolling over the bar feet first. Once you have rolled over the bar, drop to the deck and continue running.

ALTERNATE METHOD – College Boy Roll – Reach or jump up and grasp the bar. Executing a pull up, hook one elbow over the bar, locking the arm in place by pulling up until the top of the bar is underneath the armpit. Then depress the elbow on the far side of the bar (this is referred to as a “chicken wing”). Draw the leg which is closest to the bar up as far toward the abdomen as possible. Hook the opposite leg over the bar. Swing up and over the bar in a rolling motion, using the trailing leg as a pendulum to generate momentum.

Combination Obstacle

Balance log –

Using the flat of the foot, step up onto the log and gain temporary balance before reaching or jumping for the horizontal bar on the next part of the obstacle.

Hand Over Hand Pipe and Log Walk –

PRIMARY METHOD – Reach up and grasp one pipe, swinging your legs up and over the bar, locking them over the bar. Walk down the bar with your hands until you reach the logs. You may lock an elbow over the bar and slide. Pull yourself up and walk down one log, proceeding to the high roll over the log.

ALTERNATE METHOD – Grasp two parallel pipes simultaneously. Swing both legs up and over two parallel pipes. “Walk” with your hands down the pipes until you reach the logs. Place each foot on two different parallel logs, walk down to the high roll-over log.

Up and Over Log –

This obstacle may be executed like a hurdle, either using the primary method (vaulting) or the alternate method (stepping through). After negotiating the obstacle, continue running.

Wall

PRIMARY METHOD – Run up to the wall, jump up and grasp the top plank. Execute a pull up; continuing to push yourself up until the top plank is across your abdomen. Throw your head forward and your knees upward, rolling over the plank. Drop to the deck and continue running.

ALTERNATE METHOD - Run up to the wall, jump up and grasp the top plank. You may kick your forward foot on the wall to help you up. Hook one elbow over the wall, locking the arm in place by pulling up until the top plank is underneath your armpit. Depress your elbow on the far side of the wall. Draw the leg closest to the wall up as far toward the abdomen as possible, then swing the opposite leg over the wall. Follow with your trailing leg and roll over the wall. Release and continue running.

Low Roll-Over Log

This obstacle may be executed like a hurdle, either using the primary method (vaulting) or the alternate method (stepping through). After negotiating the obstacle, continue running.

Four Vault Log Sequence

PRIMARY METHOD – Place your hands on each log and vault over them in succession.

ALTERNATE METHOD – Execute a series of step-throughs as was described earlier. You may also roll over the logs, keeping your body as close to the logs as possible.

Low Hurdle

PRIMARY METHOD – Leap or hurdle over the obstacle

ALTERNATE METHODS:

- (1) Vaulting- Run up to the hurdle, place both hands on the log and vault, swinging both legs simultaneously over the log. Hit the deck with both feet and continue running.
- (2) Stepping Through- Place both hands on the log and step up onto the log with one foot. Step over the log with the second foot and continue running.

Double Bar

PRIMARY METHOD – Pull up to the lower bar with both hands. Continuing to pull yourself up, reach up with one hand at a time to the top bar. Draw up your legs and bend them at the knee, resting your knees on the lower bar. Reach over the top bar one hand at a time and grasp the lower bar, palms facing the rope climb. THE PROPER GRIP IS CRUCIAL TO AVOID INJURY. Roll over the bar, coming to a hang. Release your grip and continue to run.

ALTERNATE METHOD – Reach up to the bottom bar. Grasping the lower bar, hook one elbow over the bar, locking it in place by pulling yourself up until the bar rests in your armpit. Draw the leg closest to the bar up towards your abdomen as far as possible. Using the other leg, swing up until you are on top of the bottom bar. Reach up using one hand at a time and grasp the top bar. Reach over the top bar and grasp the bottom bar with one hand, maintaining your grip on the top bar with the other hand. Move one leg at a time over the top bar. Once your body is over the top bar, push vigorously out and jump away from the bar. Hit the deck and continue running.

Low Hurdle

PRIMARY METHOD – Leap or hurdle over the obstacle

ALTERNATE METHODS:

- (1) Vaulting- Run up to the hurdle, place both hands on the log and vault, swinging both legs simultaneously over the log. Hit the deck with both feet and continue running.
- (2) Stepping Through- Place both hands on the log and step up onto the log with one foot. Step over the log with the second foot and continue running.

Rope Climb

The rope climb consists of a twenty foot high climb on 1" diameter rope. There are three methods which can be applied to climbing the rope. In all methods the feet must be capable of executing a "positive lock" on the rope throughout the climb.

PRIMARY METHOD – WRAP AROUND TECHNIQUE

Wrap one leg outside and around the rope such that the tail of the rope rests on the instep of the boot. Reach up and grasp the rope. Use your other foot to step on the rope, wedging it between the bottom of the second and the top of the first boot. "Walk" up the rope by drawing the knees close to the abdomen; clamping down with the feet, then straightening the legs. This method will take the strain off of your upper body. Descend hand under hand in a controlled manner.

ALTERNATE METHOD – STIRRUP TECHNIQUE

Lay the rope over the instep of one boot. Reach up and grasp the rope. Place the second boot over the top of the first, wedging the rope between the boots. Proceed to "walk up" the rope, drawing the knees up with the rope slack, and then straightening out the legs with the rope wedged between the feet. Descend hand under hand in a controlled manner.

2ND ALTERNATE METHOD – COMMANDO TECHNIQUE

Let the rope hang between both legs, then cross the legs so that the rope is being held between the boots and the knees. Reach up and grasp the rope. Lean back with your head and shoulders and at the same time curl your legs up as close to the abdomen as possible. Once you have brought your legs up next to your abdomen, lock the rope with your knees and ankles. At this time straighten your legs and stand up. "Walk" yourself up the rope in this manner. Descend hand under hand in a controlled manner.

FIELD MEET GUIDANCE

Field Meet events are at Company discretion. The following guidance is intended as an example of methods for organization and planning of individual Training Companies' Field Meets.

FIELD MEET EVENTS

HALF MILE RELAY

Each platoon will have a team consisting of six members. The uniform will be Utilities and Boots with M16A2 service rifle. Each member will race ONE LAP carrying a rifle, which will be passed to the next runner. The runner must be behind the relay line when receiving the rifle. If the rifle is dropped, only the runner receiving the rifle can pick it up, and must execute 10 single count push-ups before continuing the run. The first team to cross the finish line will be declared the winner.

PULL-UP COMPETITION

The pull-up competition is a maximum effort event. Each platoon will have a team of 5 recruits. The total number of correct pull-ups for each team will be totaled and divided by 5. The team with the highest average will be declared the winner. Recruits from another Platoon will count the other Platoons' Pull-ups. (I.E. 1st Deck lead will count 1st deck follow and vice versa)

CRUNCH COMPETITION

The crunch competition will be a two-minute timed event. Each platoon will have a team of 5 recruits. Each team will pair with another for this event. The 1stSgt will start and stop the event. Each team's crunch count will be totaled and divided by 5. The team with the highest average will be declared the winner. Recruits from another Platoon will count the other Platoons' crunches. (I.E. 1st Deck lead will count 1st deck follow and vice versa)

PUSH-UP COMPETITION

The push-up competition will be a two-minute timed event. Each platoon will have a team of 5 recruits. The 1stSgt will start and stop the event. Each team's push-up count will be totaled and divided by 5. The team with the highest average will be declared the winner. Recruits from another Platoon will count the other Platoons' Push-ups. (I.E. 1st Deck lead will count 1st deck follow and vice versa) The recruit counting will lie on the deck with his fist on the deck and will ensure that the recruit conducting the exercise has his chest touch the other's fist and the recruit counting will not count until the exerciser has fully extended his arms in the up position.

TUG OF WAR

Each platoon will have a team consisting of 10 recruits (individual weight is no object). Water jugs will be used to mark a "no-man's-land" consisting of 5 yards of ground between the two teams. The team members will lie down on their stomachs, opposite the rope, with their boots still in contact with the rope. When the 1stSgt gives the command "PUSH-UP", the members of both teams will assume the push-up position. The next command will be "PULL", at which time both teams will grab the rope and begin pulling. The rope will NOT be wrapped around any part of the body. (DI's will enforce this). The winning team is the first to pull the center marker on the rope beyond their cone.

GENERAL INSTRUCTIONS

1. Corpsman support should be assigned in accordance with HOTSOP/COLDSOP PT requirements.
2. Equipment support will include: 1 cooler of **sports drink** per platoon, 2 full water jugs per platoon, 1 rope for the tug of war, 6 M16A2 Service Rifles for the relay races, 08 water jugs, and a scoreboard/flipchart with easel and markers to display event placement and scores.
3. Team member size for the various events should be adjusted to ensure that all recruits in the company participate in at least one event. **NO one recruit will participate in more than one event.** If this rule is violated that team will automatically be put in last place and awarded the appropriate points for that place.
4. The uniform of the day for recruits will be camouflaged utilities with PT shorts underneath. Recruits will carry ALICE packs containing gear required for the events and running shoes. Company personnel will be in "boots-and-utes" with organization T-shirt/sweatshirts, **and will collectively set the tone for a motivational event.**
5. The Company will meet at the PT field, stage their gear by platoon, and proceed to the PT tables where the Series Gunnery Sergeants will conduct warm-up and stretching as per the PT program for recruits. Afterwards, the Company will assemble in a formation, where the Company 1st Sgt will officially begin the proceedings. Prior to the start of each event, the 1stSgt will briefly explain the rules of the event, and outline disqualification criteria. **SDI/DI's will not pull recruits from an on-going event to prepare for the next event, which should not be the case since NO one recruit can participate in more than one event.** Recruits in a duty status prohibiting their participation will provide a detail of gear watches. They will rotate the watch if sufficient numbers allow.
6. The scoring for a five-platoon company will be as follows:

First Place	10 points
Second Place	9 points
Third Place	7 points
Fourth Place	5 points
Fifth Place	3 points
Sixth Place	2 Point
Seventh Place	1 Point
7. Upon completion of the field meet, there will be a Company formation and the Company Commander will announce the winning platoon and award the spirit trophy (Not a consideration for the Company Honor Platoon.)

XXX COMPANY FIELD MEET
 EVENT PERSONNEL MATRIX
 PLATOON : _____

HALF MILE RELAY	PULL UP COMPETITION	PUSH UP COMPETITION
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6		
	CRUNCH COMPETITION	TUG OF WAR
	1	1
	2	2
	3	3
	4	4
	5	5
		6
		7
		8
		9
		10

Coordinating Instructions

1. Each platoon will provide the following:
 - two (2) water jugs with fresh water
 - one (1) cooler filled with sports drink

2. The following will be provided:
 - eight (08) water jugs
 - Dry erase board w/markers
 - rope for tug of war

3. After the close of the field meet, all platoons will go back to the barracks, wash up, head call and water the recruits, prior to going to chow.

RESULTS

HALF MILE RELAY	PULL UP COMP	PUSH UP COMP
PLACE	PLACE	PLACE
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
XXXX	XXXX	XXXX
	CRUNCH COMP	TUG OF WAR COMP
	PLACE	PLACE
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX
	XXXX	XXXX

FIELD MEET TIME LINE

0630	0700	R/F, STAGE GEAR, MOVE TO PT TABLE
0700	0730	WARM UP & STRETCH, TO THE TABLE
0730	0740	PREP FOR AND MOVE TO 1 st EVENT
0745	1000	FIELD MEET
1000	1015	TROPHY PRESENTATION BY THE COMPANY COMMANDER
1015	1030	RECOVERY
1030		CHOW

SEQUENCE OF EVENTS

1. Half-Mile Relay
2. Pull Up Competition
3. Crunch Competition
4. Push Up Competition
5. Tug of War Competition

FIELD MEET

HALF MILE RELAY		PUSH UP COMP	
UNIFORM	Boot & Utes	UNIFORM	Boot & Utes
TEAM	6 RCT PER PLT	TEAM	5 RCT PER PLT
TIME	N/A	TIME	2 MIN
EQUIPMENT	M16A2	EQUIPMENT	N/A
TIME KEEPER	N/A	TIME KEEPER	CO 1STSGT
PERSONNEL	SERGYSGT TO MONITOR THE EXCHANGE	PERSONNEL	RCTS TO MONITOR
TUG OF WAR		CRUNCH COMP	
UNIFORM	Boot & Utes	UNIFORM	Boot & Utes
TEAM	10 RCTS PER PLT	TEAM	5 RCT PER PLT
TIME	N/A	TIME	2 MIN
EQUIPMENT	Tug of War Rope	EQUIPMENT	N/A
TIME KEEPER	N/A	TIME KEEPER	CO 1STSGT
PERSONNEL	1 ST SGT TO MONITOR	PERSONNEL	RCTS TO MONITOR
		PULL UP COMP	
		UNIFORM	Boot & Utes
		TEAM	5 RCT PER PLT
		TIME	N/A
		EQUIPMENT	N/A
		TIME KEEPER	N/A
		PERSONNEL	RCTS TO MONITOR

CONDITIONING HIKE GUIDANCE

Foot movement is a critical physical requirement for Marines as a component of troop/equipment maneuver. A successful foot movement is measured by the arrival of all personnel at their destination physically able to execute their tactical mission.

Foot movement of recruits for the purpose of increasing physical capability (conditioning hike) is coordinated with the overall Physical Training schedule, as opposed to being "in addition to", in order to mitigate the risk of overuse injury due to lack of proper recovery or cumulative fatigue. Each individual recruit's performance will be impacted by several different factors, all of which should be considered by unit leadership. These factors include: load, rate of march, environment, terrain, and individual body structure. One important method that should be used to lessen the chance of overuse injury as well as increase control of the formation is to align recruits by height, with shorter recruits in front. This greatly impacts the ability of a formation to stay together, limiting the "yo-yo" effect, as well as reducing the overstriding necessary by shorter recruits to maintain contact with longer-legged recruits in front of them.

Loads listed in the enclosed packing lists are in compliance with DepO P1513.8 (Crucible Order) 18 Apr 2006.

Male 3.0 mile
conditioning hike
40 pound load
(HotSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
1	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Cleaning Gear	ButtStock	1.00
1	M16A2 Service Rifle	Body	7.78
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Day Pack	Body	1.80
1	Utilities	Day Pack	2.63
1	Foot Care Kit	Day Pack	0.20
1	Extra socks	Day Pack	0.38
1	Flashlight W/ Batteries	Day Pack	1.00
2	Canteen W/Cover, 1 Quart Filled	Day Pack	5.40
1	Canteen Cup	Day Pack	1.00
1	Poncho	Day Pack	1.70
1	GORE-TEX Top/Bottom	Day Pack	2.00
1	Hygeine Kit	Day Pack	0.50
1	Towel	Day Pack	1.00
1	Shower Shoes	Day Pack	0.25
1	Rifle Lock/Cable	Day Pack	1.00
TOTAL WEIGHT			18.86

Fighting Load	20.69
Combat Load	18.86
Total Load	39.55

Male 3.0 mile conditioning hike
45 pound load (ColdSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
1	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Cleaning Gear	ButtStock	1.00
1	M16A2 Service Rifle	Body	7.78
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Day Pack	Body	1.80
2	Utilities	Day Pack	5.26
1	Foot Care Kit	Day Pack	0.20
2	Extra socks	Day Pack	0.76
1	Flashlight W/ Batteries	Day Pack	1.00
2	Canteen W/Cover, 1 Quart Filled	Day Pack	5.40
1	Canteen Cup	Day Pack	1.00
1	Poncho	Day Pack	1.70
1	GORE-TEX Top/Bottom	Day Pack	2.00
1	Hygeine Kit	Day Pack	0.50
1	Towel	Day Pack	1.00
1	Shower Shoes	Day Pack	0.25
1	Poly Pro Top/Bottom	Day Pack	2.00
1	Rifle Lock/Cable	Day Pack	1.00
TOTAL WEIGHT			23.87

Fighting Load	20.69
Combat Load	23.87
Total Load	44.56

4-17

Male 5.0/6.0 mile conditioning hike
50 pound load (HotSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
2	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Service Rifle	Body	7.78
1	M16A2 Cleaning Gear	ButtStock	1.00
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	IBLE Pack	PACK	8.80
1	Flashlight w/ batteries	PACK	1.00
1	Canteen Cup	PACK	1.00
1	Foot Care Kit	PACK	0.20
1	Hygiene Kit	PACK	1.00
1	Skivvies w/ pair socks	PACK	0.38
1	Poncho	PACK	1.70
2	Utilities	PACK	5.26
2	Canteen W/Cover, 1 Quart Filled	PACK	5.40
2	Extra Socks	PACK	0.76
1	Towel	PACK	1.00
1	Shower Shoes	PACK	0.25
1	GORETEX Top/Bottom	PACK	1.00
1	Rifle Cable/Lock	PACK	1.00
TOTAL WEIGHT			28.75

Fighting Load	20.69
Combat Load	28.75
Total Load	49.44

Male 5.0/6.0 mile conditioning hike
55 pound load (ColdSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
2	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Service Rifle	Body	7.78
1	M16A2 Cleaning Gear	ButtStock	1.00
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	IBLE Pack	PACK	8.80
1	Flashlight w/ batteries	PACK	1.00
1	Canteen Cup	PACK	1.00
1	Foot Care Kit	PACK	0.20
1	Hygeine kit	PACK	1.00
1	Skivvies w/ pair socks	PACK	0.38
1	Poncho	PACK	1.70
2	Utilities	PACK	5.26
2	Canteen W/Cover, 1 Quart Filled	PACK	5.40
2	Extra Socks	PACK	0.76
1	Towel	PACK	1.00
1	Shower Shoes	PACK	0.25
1	Infantry Combat Boot	PACK	5.40
1	ISOMAT	PACK	1.00
1	Rifle Cable/Lock	PACK	1.00
TOTAL WEIGHT			34.15

Fighting Load	20.69
Combat Load	34.15
Total Load	54.84

Male 7.5 mile conditioning hike
60 pound load (HotSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
2	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Service Rifle	Body	7.78
1	M16A2 Cleaning Gear	ButtStock	1.00
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	IBLE Pack	PACK	8.80
1	Flashlight w/ batteries	PACK	1.00
1	Canteen Cup	PACK	1.00
1	Foot Care Kit	PACK	0.20
1	Hygeine kit	PACK	1.00
1	Infantry Combat Boot	PACK	5.40
2	Skivvies	PACK	0.50
1	Poncho	PACK	1.70
2	Utilities	PACK	5.26
2	Canteen W/Cover, 1 Quart Filled	PACK	5.40
2	Magazine Pouches W/3 Mag	PACK	2.38
2	Extra Socks	PACK	0.76
2	Towel	PACK	2.00
1	Shower Shoes	PACK	0.25
1	GORETEX Top/Bottom	PACK	2.00
1	ISOMAT	PACK	1.00
1	Rifle Cable/Lock	PACK	1.00
TOTAL WEIGHT			39.65

Fighting Load	20.69
Combat Load	39.65
Total Load	60.34

4-20

Male 7.5 mile conditioning hike
65 pound load (ColdSOP)

Fighting Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	Utilities w/ cover and belt	Body	3.23
2	Skivvies w/ pair socks	Body	0.38
1	Infantry Combat Boot	Body	5.40
1	M16A2 Service Rifle	Body	7.78
1	M16A2 Cleaning Gear	ButtStock	1.00
1	Kevlar Helmet	Body	2.90
TOTAL WEIGHT			20.69

Combat Load

QTY set or pair	ITEM (Combat Pack)	LOCATION	WEIGHT LBS
1	IBLE Pack	PACK	8.80
1	Flashlight w/ batteries	PACK	1.00
1	Canteen Cup	PACK	1.00
1	Foot Care Kit	PACK	0.20
1	Hygeine kit	PACK	1.00
1	Infantry Combat Boot	PACK	5.40
2	Skivvies	PACK	0.50
1	Poncho	PACK	1.70
2	Utilities	PACK	5.26
2	Canteen W/Cover, 1 Quart Filled	PACK	5.40
2	Magazine Pouches W/3 Mag	PACK	2.38
2	Extra Socks	PACK	0.76
2	Towel	PACK	2.00
1	Shower Shoes	PACK	0.25
1	GORETEX Top/Bottom	PACK	2.00
1	Sweat Top/Bottom	PACK	1.00
1	ISOMAT	PACK	1.00
1	Rifle Cable/Lock	PACK	1.00
1	Running Shoes	PACK	1.50
1	Poncho Liner	PACK	0.50
1	Poly Pro Top/Bottom	PACK	1.00
TOTAL WEIGHT			43.65

Fighting Load	20.69
Combat Load	43.65
Total Load	64.34

4-21

DYNAMIC WARM UP/ TABLE EXERCISES

The following warm ups/stretchers are utilized in the recruit combat conditioning physical training program.

1). HEEL TO TOE ROCKING

Rock back onto the heels, then forward onto the toes. Repeat ten to fifteen times.



2). PARTIAL SQUATS

Stand with feet shoulder width apart, arms at the sides. Keeping the heels on the deck, partially squat until hands are near mid calf. The knees should only bend to about 60 degrees. Repeat ten to fifteen times.



3). BUTT KICKS

Stand with feet shoulder width apart, hands on hips. Shift weight onto the right foot and quickly bend the left knee five times, bringing the left heel toward the buttocks. Repeat on other leg. Repeat the whole cycle two or three times, until a total of fifteen to twenty repetitions are done on each leg.

4). DOUBLE TIME IN PLACE

Begin slowly and gradually increase speed.



5). PUNCHES TO THE FRONT

Throw easy punches to the front of the body.



6). PUNCHES TO THE SKY

Throw easy punches straight up to the sky.



7). ARM CIRCLES

Begin small then large arm circles. Repeat in other direction.



8). NECK FLEXION AND EXTENSION

Stop double time in place. Flex the neck forward bringing the chin toward the chest. Extend the head back. Repeat for five to ten repetitions.

9). NECK LATERAL FLEXION

Tilt the head to the left side, bringing the left ear toward the left shoulder. Repeat to the right side. Repeat for five to ten repetitions.



10). TRUNK FLEXION AND EXTENSION

Flex the trunk forward to about a forty-five degree angle. Extend the trunk backward bringing a slight hyperextension of the trunk. Repeat for five to ten repetitions.



11). TRUNK LATERAL FLEXION

Bend the trunk to the left side, then to the right side. Repeat for five to ten repetitions. Move on to STRETCHING EXERCISES.



STATIC STRETCH GLOSSARY

CALF STRETCH

Place the left foot approximately two feet forward and slightly bend the right knee. Lean forward toward the left foot pointing the left toes up to the sky. If you can grab the left foot, a gentle pull can be given. The stretch should be felt over the left calf.

Repeat to the other side.



CHEST STRETCH

Clasp hands together behind the lower, palms up. Pull the arms up toward the head. The stretch should be felt in the front of the chest and shoulders.



GROIN STRETCH

Sit with the both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the deck. The stretch should be felt over the inside of both thighs.

HAMSTRING STRETCH

Lying with the back flat against the deck, bring the left knee toward the chest grasping the left leg just below the knee. Gently straighten the left knee and hold for the count. The right leg should remain on the deck. The stretch should be felt on the back of the left thigh.

Repeat to the other side.



HIP AND BACK STRETCH

Sit on the deck with the right leg extended straight and the left leg crossed over the right leg by bending the left knee and placing the left foot on the deck next to the right knee. Turn the upper torso to the left pushing the left knee to the right with the right elbow. The stretch should be felt over the low back and the left hip.

Repeat to the other side.



HIP FLEXOR STRETCH

Step the left foot forward three to four feet. Place the right knee on the deck. Gently move the left knee forward. The stretch should be felt over the front of the right thigh and hip.

Repeat to the other side.

ILIOTIBIAL BAND (ITB) STRETCH

Place the left foot behind and a few inches to the right of the right foot. Bring the left arm over the head. Place your bodyweight on the left leg and bend at the waist to the right. The stretch should be felt over the left hip.

Repeat to the other side.



LYING DOWN ITB STRETCH

Lying down on the deck, bring the left leg with the knee straight across the body. The stretch should be felt over the left hip. Repeat to the other side.



MODIFIED HURDLER STRETCH

From a sitting position, extend the left leg out while tucking the right leg in front of the hips with the knee pointing outward. Bend the torso forward toward the left knee. The stretching should be felt over the back of the left thigh.

Repeat to the other side.



POSTERIOR SHOULDER STRETCH

Bend the left elbow and bring the left arm across the chest. Give a gentle pull with the right hand. The stretch should be felt over the posterior left shoulder.

Repeat to the other side.



PRONE ABDOMINAL STRETCH

Lay on the stomach with the hands placed near the shoulders as if in the down position of a push-up. Slowly raise the upper body up, keeping the waist on the deck. The stretch should be felt over the abdomen.



QUADRICEPS STRETCH

Lying on the left side, bend the left hip and knee to 90 degrees. Grasp the right ankle with the right hand and pull the right knee straight back. Do not hyperextend the low back. The stretch should be felt over the front of the right thigh.

Repeat to the other side.

and upper back. The stretch should be felt over the upper back.

SHOULDER AND NECK STRETCH

Move both arms behind the back and grasp the left wrist with the right hand. Tilt the head to the right and pull the left arm to the right. The stretch should be felt over the left shoulder and left side of the neck.

Repeat to the other side.





SINGLE-LEG LOW BACK STRETCH

Lying with the back flat against the deck, bring the right knee toward the chest grasping the right knee. Gently pull the knee tight into the chest. The left leg should remain on the deck. The stretch should be felt along the low back to the right buttock.

Repeat to the other side.

TRICEPS STRETCH

Standing, bend the left elbow and bring the left arm up and back placing the left hand between the shoulder blades. Gently pull the left elbow with the right hand behind the head. The stretch should be felt over the back of the upper arm.

Repeat to the other side.



UPPER BACK STRETCH

Extend the arms and clasp the hands in front of the chest. Push the arms forward rounding the shoulders



EXERCISE GLOSSARY

The following exercises are utilized in the recruit combat conditioning physical training program.

Back Extensions

Recruits will lie on the back extension table with the feet underneath the bar. The edge of the table should be at the level of the waist. The upper body will be allowed to lower toward the ground, arms crossed over the chest. On the whistle, recruits will raise the upper body until it is just past parallel with the hips.

Balance Drill

Balance on one foot on a Dyna Disc.

Bicycle Crunches

Lie on back, hands touching sides of neck, legs off the ground, hips and knees bent to 90 degrees. Straighten the right leg, bringing the left knee toward the chest. Simultaneously, touch the right elbow to the left knee. Reverse the leg position, bringing the right knee to the chest, touching the left elbow to the right knee. Repeat rapidly.

Box Drill

With four pylons, make a 10 yard by 10 yard square. Place two more pylons in the middle of the square. Starting at one corner of the square, sprint forward around one of the center cones. Backpedal to the next corner cone, then forward to the third corner cone. Backpedal to the other center cone, then forward to the fourth corner cone. Finish by backpedaling to the first pylon.

Burpees

Begin in a standing position. Move to a deep squat shifting body weight onto the palms on the ground. Shoot the legs straight back, assuming a push up position. Perform one push up. Return the legs to the deep squat position. Extend up, jumping 6 to 12 inches off the ground. Land, returning to the starting position.

Cobra

Lie on stomach, arms stretched toward the front on the ground. Simultaneously raise the upper body and legs off the ground, bringing the arms back, bringing the shoulder blades together. Return to the starting position.

Cutting Drill

Place 12 pylons in a zigzag covering approximately 30 yards. Run forward from pylon to pylon, changing direction outside of the pylon. Emphasize body control when changing directions at the pylon, by lowering the center of gravity and pushing off with the outside foot.

Dips

Recruits will enter the dip chute, allowing enough space between recruits to allow the legs to bend and the upper body to lean slightly forward. On the whistle, recruits will bend at the knees and lower the body toward the ground. Recruits should lower the body until the shoulders approach the level of the hands. They will then press the body upward, reaching full elbow extension.

Hanging Knee Lifts

Recruits will enter the knee lift chute and grasp the overhead bar with an overhand grip, placing the lower back against the back board. On the whistle, recruits will curl the knees upward, bringing the knees to the chest. The pelvis should roll forward. After bringing the knees to the chest, they should be lowered in a controlled manner (no dropping).

Heel Hooks

Hang from pull up bar using a mixed grip. Bring the knees toward the chest, raising the heels above the pull up bar. Touch the heels together, and return to the starting position.

Incline Sit Ups

Recruits will place the feet underneath the straps of the decline boards. The knees should be bent to approximately 90 degrees. Arms should be crossed in front of the chest. On the whistle, recruits will curl the upper body upward first, and then flex the hips enough to allow the forearms to contact the thighs. The body will then be lowered until the shoulder blades have regained contact with the board.

Pack Thrusters

Back pack weighing 30 pounds. Stand, legs wider than shoulder width. Hold pack, hands at shoulder level. Squat down keeping chest up and dropping the butt low. Upon returning to the standing position, press the pack overhead.

Plyometric Push Ups

Kneel on the ground on both knees. In a continuous motion, fall forward onto the hands, perform a push up, returning to the starting position. The hips should not bend throughout the exercise.

Prone to Sprint

Lie on the ground. Perform four push ups. On the fourth push up, transition to a sprint.

Pull Ups

Recruits will address the bar, taking a grip shoulder width apart and pulling upward with no kipping motion. Elbows should be fully extended between repetitions. Recruits are allowed to change grip during this station. Recruits should be urged to pull the elbows down and in to the body, attempting to bring the bar near to the upper chest.

Pull Ups (Flex Bands)

Flex bands are used to assist recruits with pull ups. They may be used after a max set of un-assisted pull ups, or as assistance for a complete set. A flex band should be mounted to a pull up bar using a Lark's Head knot, and the recruit's FOOT should be placed in the lower loop. This will require the assistance of another recruit for safety.

Push Ups

Recruit will begin in the front-leaning rest position. The body will be lowered toward the ground, head up. Upon reaching the bottom position of the exercise, extend the arms until the elbows have reached full extension.

Quick Knees

Run in place, for a few moments, emphasizing a quick leg turnover rate. Transition from running in place to a forward sprint for 20 yards, continuing to emphasize the quick turnover rate.

Rope Jump Heaves

Recruits will stand at a rope, grasping the rope at a level above their heads which leaves a slight bend in the elbows. On the whistle to begin, recruits will jump upward while pulling their bodies upward with the arms. Hold the top position for a 1-count. The recruits will then lower themselves to the ground under control (no dropping) and repeat. Recruits should be urged to bring the elbows down and in to the body, bringing the chest close to the rope. The lowering of the body under control should also be emphasized.

Shuttle Run

Sprint forward 10 yards return to the starting position.

Side Bridge

Lie on the right side. Raise the trunk off the deck, with weight only supported by the right forearm and right foot. Hold position for required time.

Single Leg Bridge

Lie on the back, with the left knee bent and left foot flat on the ground. Right leg is straight. Pushing up with the left leg, raise the trunk and right leg off the ground. Body weight is supported only by the left foot and upper back / shoulder blades.

Single Leg Squats

Stand on one foot, with the opposite foot extend forward. Squat down, dropping the butt low, keeping the chest high. Return to the standing position.

Skip – Explode

Skip 20 yards, emphasizing an explosive upward jump.

Split Squat Jumps

Place one foot forward, as if performing a lunge. Squat down into a deep lunge position. Jump up switching foot positions, land, returning to a deep lunge.

Squats

Standing, feet slightly wider than shoulder width apart, slightly toed out. Cross arms across chest, fingertips touching opposite collarbone. Squat down dropping the butt down and back, keeping the chest elevated and heels on the ground. Return to the starting position.

Squat – High Pull

Back pack weighing 30 pounds. Stand, legs wider than shoulder width. Pack is on the ground, between the feet. Squat down, keeping the chest up, and dropping the butt low. Grasp the top handle of the pack with a narrow, overhand grip. Upon returning to the standing position, lift the pack off the ground, bringing the elbows high and raising the hands to chin level. This exercise is also performed using a barbell.

Step Ups

Recruits will pick up two ammo cans and face the steps. If numbers are large to allow two cans per recruit, one may be used, held in both hand with arms bent to allow leg movement. On the whistle, recruits will begin stepping up onto the step. Recruits should not step down until both feet have touched the upper step. Stepping down must remain under control.

Thrusters

Recruits will assume a stance with a barbell held in an overhand grip, held at shoulder height. Feet should be slightly wider than shoulder-width, toes facing outward slightly. On the whistle, recruits will squat down, bringing the hips slightly below the knees. The knee should not pass forward of the toes. Drill Instructors should ensure that recruits maintain a forward pelvis position. Recruits SHOULD NOT allow the pelvis to "tuck in". At the bottom of the squat, recruits will drive the hips upward. Once the legs are extended, the arms will extend, pressing the barbell overhead. The barbell will then be lowered back to shoulder height and another squat will begin. Body weight should remain on the heels. Recruits should be corrected if they are observed rising onto the toes during the squat.

V-Ups

Recruits lay on back with arms and legs extended upward. Action is to contract the abdominal muscles, extending the fingertips toward the toes. This exercise is done at a fast pace.

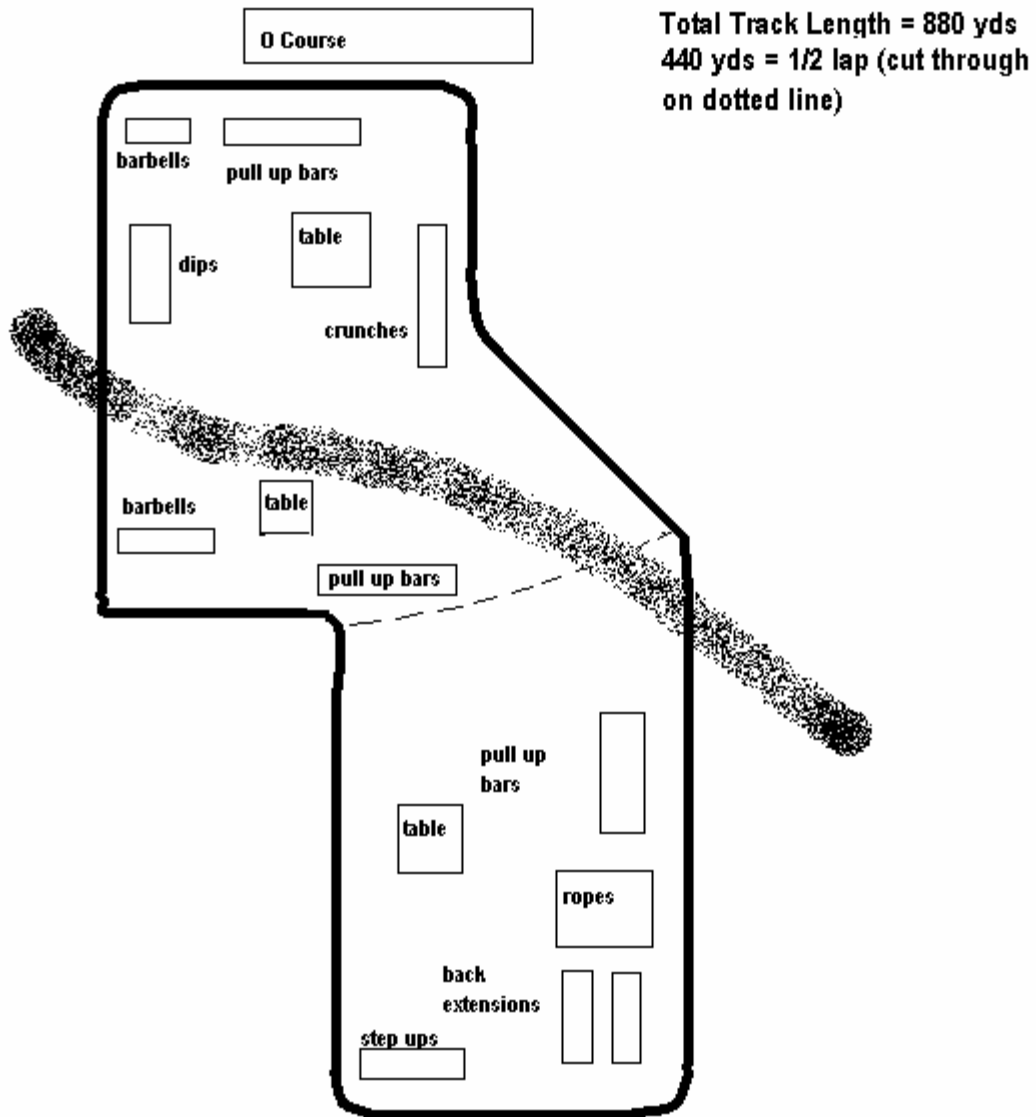
Walking Lunges

Lunge forward with one foot. Drop the opposite knee down, nearly touching the ground. Rise up on the forward foot, and step through with the opposite foot, performing the next lunge.

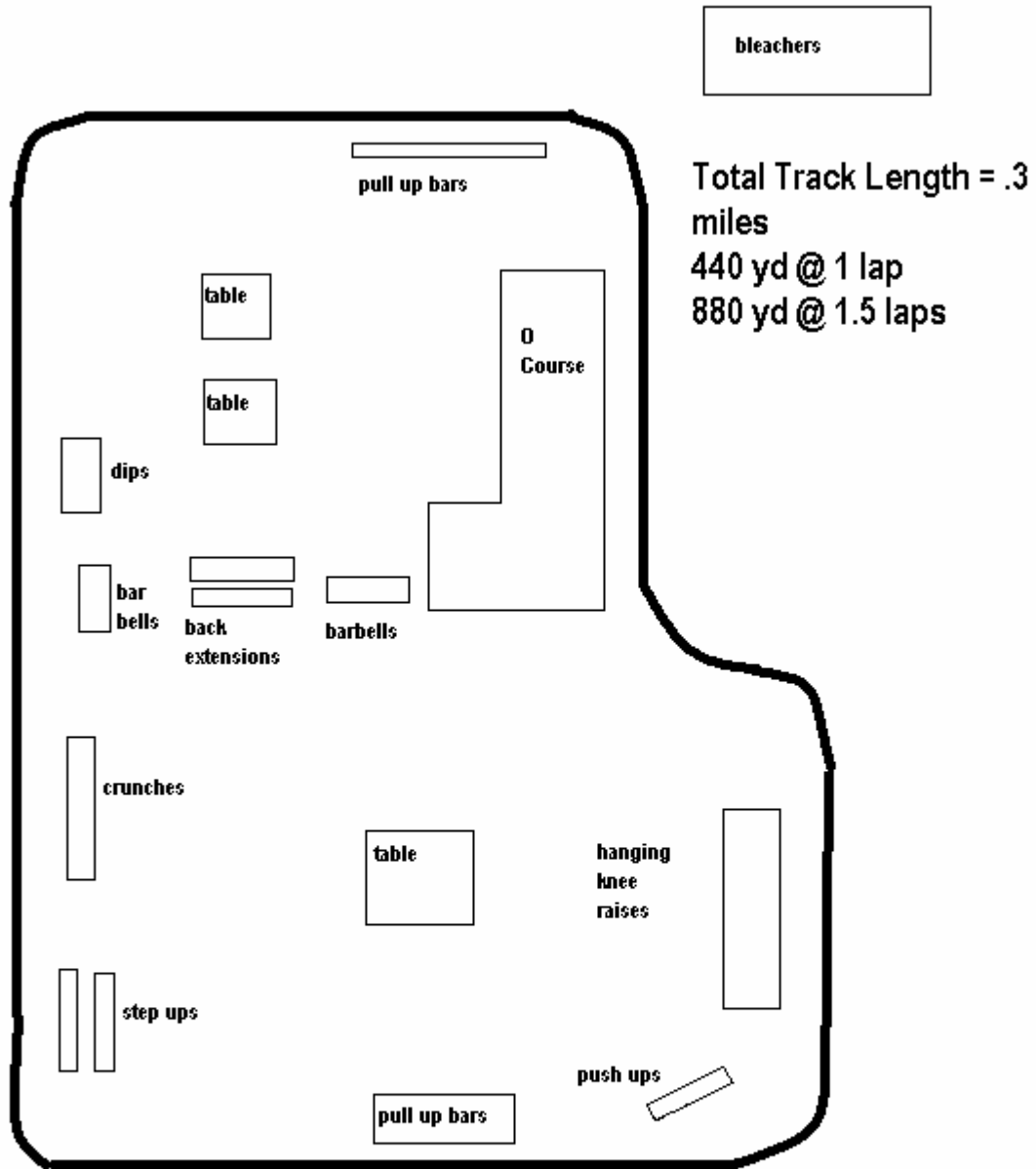
Weighted Lunges

Recruits will assume a shoulder width stance with a barbell held in an overhand grip at shoulder height. On the whistle, recruits will step forward with the left foot, bending the knee and lowering the body toward the ground. The right knee may touch the ground, but should not do so with any appreciable force. The recruit will then thrust the body upward, returning to the starting position. Forward legs will be alternated for each repetition. The forward knee should not pass the toes of the forward foot, and the foot should be aligned forward.

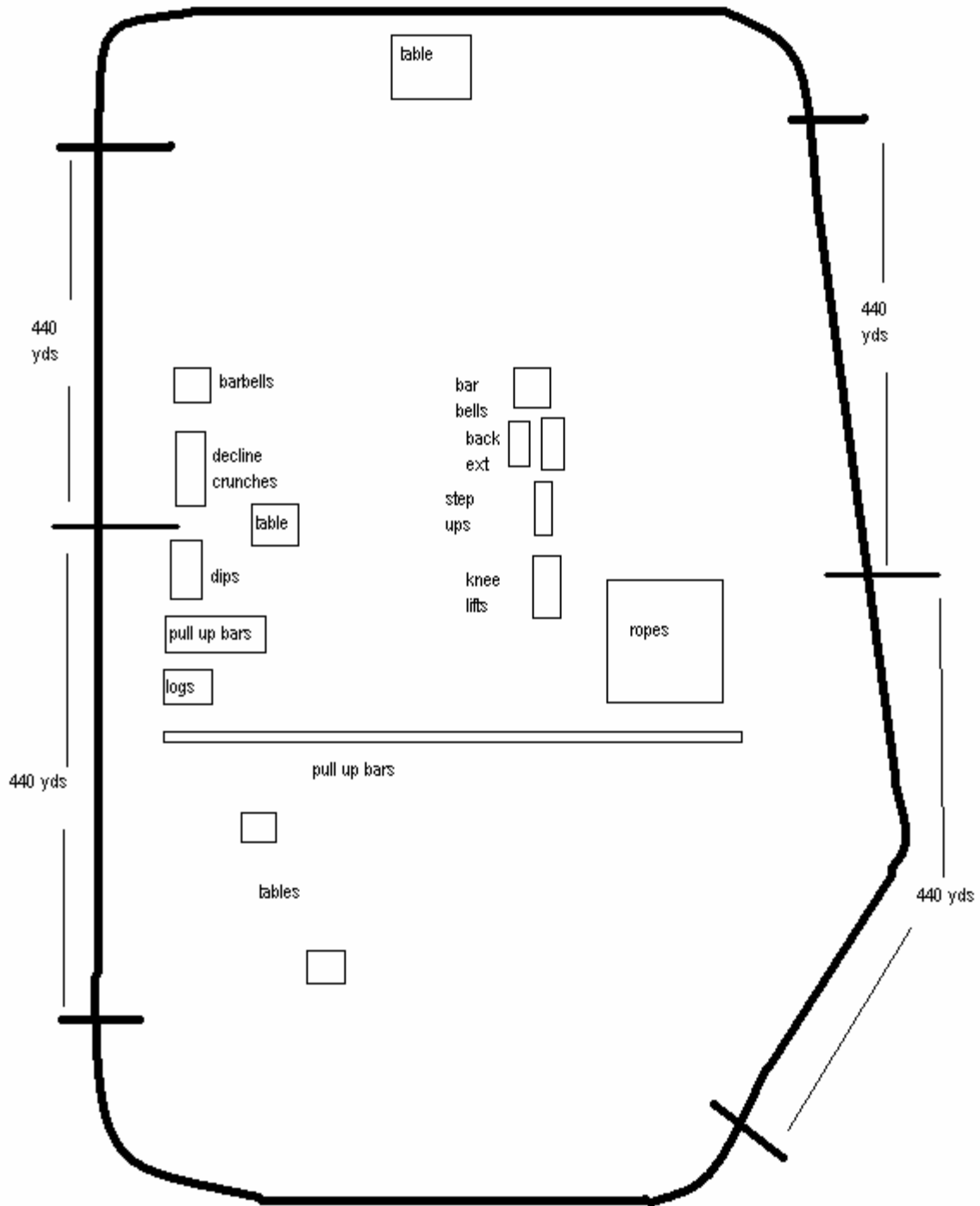
1st Battalion PT Field



2nd Battalion PT Field

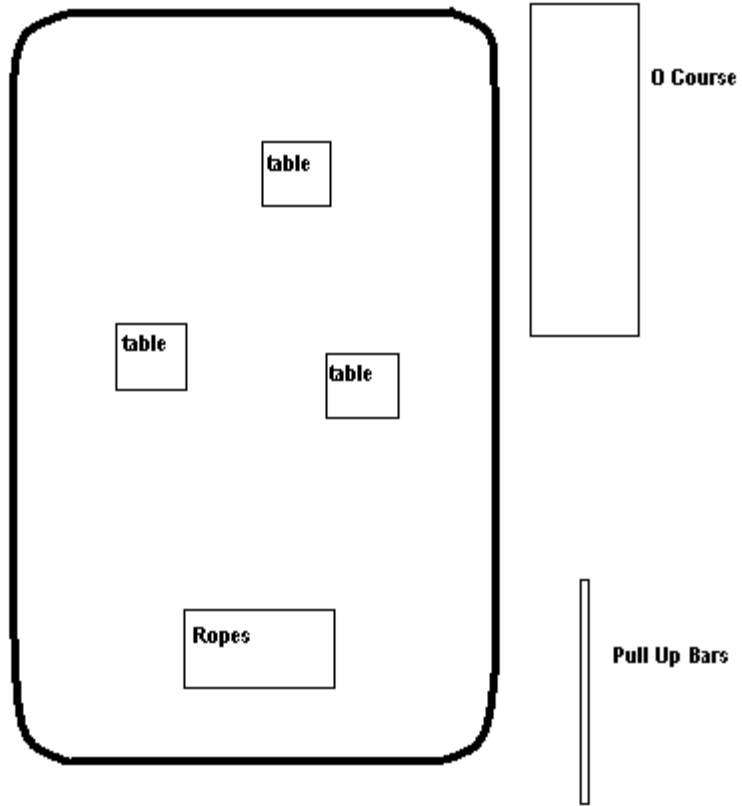


3rd Battalion PT Field



Support Battalion PT Field

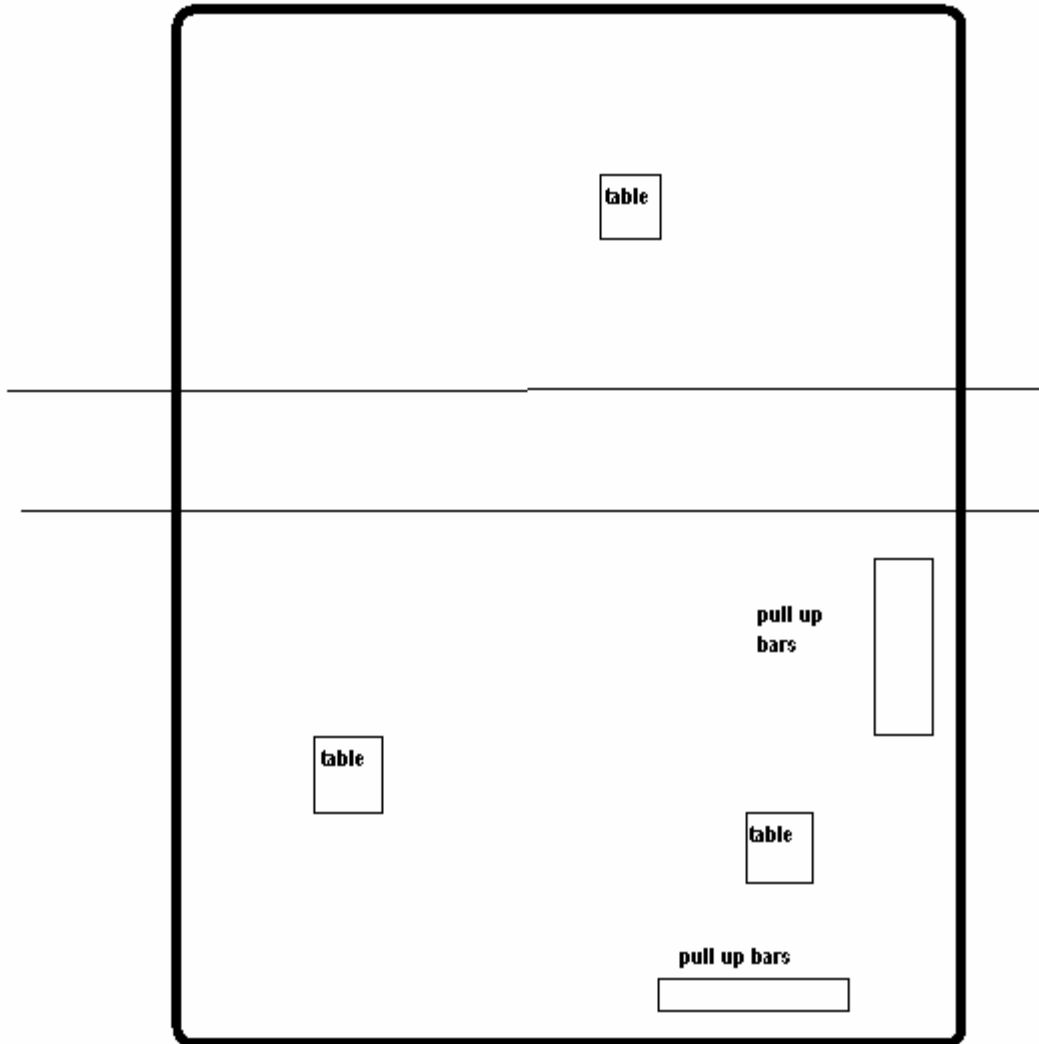
1 lap = 440 yds
2 laps = 880 yds



Weapons Battalion PT Field

Total track length = @ 630 yds

**1 lap using road cut-through
= @ 440 yds**



RESOURCES

RTR SOP for Recruit Training

Daily 16 Manual

RTR Policy Letter 1-04 (Developmental Exercise Program)

RTR Obstacle Course Instructor Guide – 2003 (PVTX.20.01e)

RTR SOP for Confidence Course (R.O. 1513.14B – 17SEP2001)

Marine Physical Readiness Training for Combat (MCRP 3-02A)

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