ABILITY GROUP RUN 1/4-MILE SPLIT TIMES					
Pace/Mile	1/4-Mile Split	Pace/Mile	1/4-Mile Split	Pace/Mile	1/4-Mile Split
6:00	1:30	8:15	2:03	10:30	2:38
6:15	1:34	8:30	2:07	10:45	2:42
6:30	1:37	8:45	2:11	11:00	2:45
6:45	1:42	9:00	2:15	11:15	2:49
7:00	1:45	9:15	2:19	11:30	2:53
7:15	1:48	9:30	2:23	11:45	2:57
7:30	1:52	9:45	2:27	12:00	3:00
7:45	1:56	10:00	2:30	12:15	3:04
8:00	2:00	10:15	2:34	12:30	3:07

RUNNING, ENDURANCE AND MOBILITY ACTIVITIES					
ACTIVITIES	Toughening Phase (BCT/OSUT)	Sustaining Phase (AIT/OSUT)	Sustaining Phase ARFORGEN (Reset)	Sustaining Phase ARFORGEN (Train/Ready)	Sustaining Phase ARFORGEN (Available)
Military Movement Drill 1	1 rep	1 rep	1 rep	1 rep	1 rep
Military Movement Drill 2	N/A	1 rep	1 rep	1 rep	1 rep
30:60s	6-8 reps	6-10 reps w or w/o load	6-10 reps w or w/o load	10-15 reps w or w/o load	10-15 reps w or w/o load
60:120s	6-10 reps	6-10 reps	6-10 reps	6-10 reps	6-10 reps
300-yd Shuttle Run	1 rep	1-2 reps w or w/o load	1-2 reps	1-2 reps w or w/o load	1-2 reps w or w/o load
Hill Repeats	N/A	6-8 reps up or downhill	6-10 reps up or downhill	6-10 reps up or downhill	6-10 reps up or downhill
Ability Group Run	10-30 min	20-30 min	20-30 min	20-30 min	20-30 min
Unit Formation Run	20-30 min	20-30 min	30 min	30 min	30 min
Release Run	20-30 min	20-30 min	30 min	30 min	30 min
Terrain Run	N/A	20 min	20-30 min	20-30 min	20-30 min
Foot March	2-15 Km	2-15 Km	10 Km or less	10-30 Km	10-30 Km

GTA 07-08-003
April 2010

Physical Readiness Training Quick Reference Card

Ref: TC 3-22.20, Army Physical Readiness Training

U.S. ARMY

ARMY STRONG®

Proponent: US Army Physical Fitness School
https://www.us.army.mil/suite/page/346316

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PREPARATION DRILL
1. Bend and Reach (4-count, SLOW)
2. Rear Lunge (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Rower (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Prone Row (4-count, SLOW)
9. Bent-Leg Body Twist (4-count, SLOW)
10. Push-Up (4-count, MODERATE)

HIP STABILITY DRILL
1. Lateral Leg Raise (4-count, SLOW)
2. Medial Leg Raise (4-count, SLOW)
3. Bent-Leg Lateral Raise (4-count, SLOW)
4. Single-Leg Tuck (4-count, SLOW)
5. Single-Leg Over (20-30 seconds)

MILITARY MOVEMENT DRILL 1
1. Verticals (1 rep = 2 x 25 yards)
2. Laterals (1 rep = 2 x 25 yards)
3. Shuttle Sprint (1 rep = 3 x 25 yards)

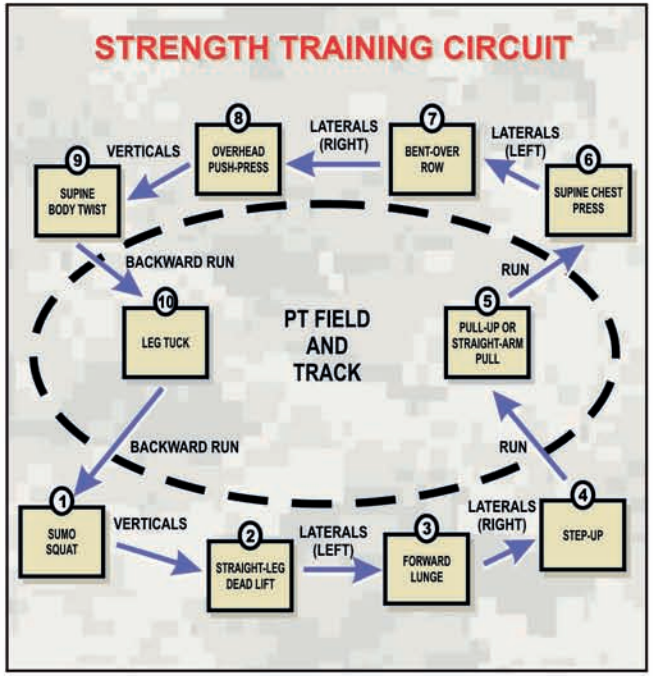
MILITARY MOVEMENT DRILL 2
1. Power Skip (1 rep = 2 x 25 yards)
2. Crossovers (1 rep = 2 x 25 yards)
3. Crouch Run (1 rep = 3 x 25 yards)

RECOVERY DRILL
1. Overhead Arm Pull (20-30 seconds)
2. Rear Lunge (20-30 seconds)
3. Extend and Flex (20-30 seconds)
4. Thigh Stretch (20-30 seconds)
5. Single-Leg Over (20-30 seconds)

PREPARATION DRILL
1. Bend and Reach (4-count, SLOW)
2. Rear Lunge (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Rower (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Prone Row (4-count, SLOW)
9. Bent-Leg Body Twist (4-count, SLOW)
10. Push-Up (4-count, MODERATE)

4 FOR THE CORE
1. Bent-Leg Raise (60 seconds)
2. Side Bridge (60 seconds)
3. Back Bridge (60 seconds)
4. Quadraplex (60 seconds)

STRENGTH AND MOBILITY ACTIVITIES					
ACTIVITIES	Toughening Phase (BCT/OSUT)	Sustaining Phase (AIT/OSUT)	Sustaining Phase ARFORGEN (Reset)	Sustaining Phase ARFORGEN (Train/Ready)	Sustaining Phase ARFORGEN (Available)
Conditioning Drill 1	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Conditioning Drill 2	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Conditioning Drill 3	N/A	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Push-Up & Sit-Up Drill	2 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds
Climbing Drill 1	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Climbing Drill 2	N/A	5-10 reps w load	5-10 reps w load	5-10 reps w load	5-10 reps w load
Strength Tng Circuit	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations
Guerilla Drill	N/A	1-3 reps	1-3 reps	1-3 reps	1-3 reps

CONDITIONING DRILL 1
1. Power Jump (4-count, MODERATE)
2. V-Up (4-count, MODERATE)
3. Mountain Climber (4-count, MODERATE)
4. Leg-Tuck and Twist (4-count, MODERATE)
5. Single-Leg Push-Up (4-count, MODERATE)
CONDITIONING DRILL 2
1. Turn and Lunge (4-count, SLOW)
2. Supine Bicycle (4-count, SLOW)
3. Half Jack (4-count, MODERATE)
4. Swimmer (4-count, SLOW)
5. 8-Count Push-Up (8-count, MODERATE)
CONDITIONING DRILL 3
1. "Y" Squat (4-count, SLOW)
2. Single-Leg Dead Lift (4-count, SLOW)
3. Side-To-Side Knee Lifts (4-count, MODERATE)
4. Front Kick Alternate Toe Touch (4-count, MODERATE)
5. Tuck Jump (4-count, SLOW)
6. Straddle-Run Forward and Backward (8-count, MODERATE)
7. Half-Squat Laterals (4-count, MODERATE)
8. Frog Jumps Forward and Backward (4-count, MODERATE)
9. Alternate 1/4 Turn Jump (4-count, MODERATE)
10. Alternate-Staggered Squat Jump (4-count, SLOW)

CLIMBING DRILL 1
1. Straight-Arm Pull (2-count, MODERATE)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)
CLIMBING DRILL 2
1. Flexed-Arm Hang (5 seconds)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)
GUERRILLA DRILL
1. Shoulder Roll (1 rep = 2 x 25 yards)
2. Lunge Walk (1 rep = 2 x 25 yards)
3. Soldier Carry (1 rep = 2 x 25 yards)
RECOVERY DRILL
1. Overhead Arm Pull (20-30 seconds)
2. Rear Lunge (20-30 seconds)
3. Extend and Flex (20-30 seconds)
4. Thigh Stretch (20-30 seconds)
5. Single-Leg Over (20-30 seconds)