

Army Prt Schedule Example

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PRT should be conducted four to five days per week according to AR 350-1. Unlike the toughening phase schedule, activities will vary from week to week in order to train more PRT activities and specifically train for the physical requirements in support of C- and/or D-METL performance.

Sustaining Phase PRT Schedules

Physical readiness training should be conducted five to six days per week depending on the POI and course training schedule. When following this schedule, all PRT sessions occur in order, regardless of the off day(s). Each day's PRT activities also occur in the order listed. Not every toughening phase activity is listed in this schedule.

TOUGHENING PHASE PRT SCHEDULE - Fort Benning

Army Prt Schedule Example Physical readiness training should be conducted five to six days per week depending on the POI and course training schedule. When following this schedule, all PRT sessions occur in order, regardless of the off day(s). Each day's PRT activities also occur in the order listed. Not every toughening phase activity is listed

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TOUGHENING PHASE PRT SCHEDULE. The toughening phase PRT schedule is used in BCT and OSUT (R/W/B phases). The BOLC A leaders can use this schedule as a guide for developing PRT in their course program of instruction (POI). Physical readiness training should be conducted five to six days per week depending on the POI and course training schedule.

Toughening Phase PRT Schedule

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