

PHYSICAL TRAINING PLANNING GUIDE

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Date

PART I - ADMINISTRATIVE DATA

Preparer:		Reviewer: <i>(H2F, MFT, Commander, or other based on local policy.)</i>	
Name <i>(Last, First, MI)</i>		Name <i>(Last, First, MI)</i>	
Organization/Position		Organization/Position	
Commander's Intent: <i>(Physically demanding METL tasks, training goals, and other guidelines.)</i>		Planning Dates: <i>(Field exercises, deployments, etc.)</i>	

PART II - TRAINING MODALITIES AND FREQUENCIES

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

PART III - WEEKLY SCHEDULE

MON	TUE	WED	THU	FRI

PART IV - PROGRESSION PLAN

PART V - OTHER CONSIDERATIONS

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

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

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

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

PART VI - AFTER ACTION REVIEW (AAR)

INSTRUCTIONS

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

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

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

Definitions

Foundational Movement Patterns

Hinge: Flexion of the hips while maintaining stability in both the trunk and lower body
Squat: Coordinating flexion of the hips and knees to lower the hips towards the ground
Lunge: Staggered stance lower body movements that place demands on ankle, knee, and hip stability
Push: Pressing away with the arms, emphasizing the chest, shoulders, and triceps (includes horizontal and vertical)
Pull: Bringing the arms into the trunk, emphasizing the back and biceps (includes horizontal and vertical)
Carry: Locomotion while compensating for any of a variety of external loading patterns
Drag: Pushing or pulling an object along the ground against friction
Brace: Resisting external forces attempting to cause flexion or rotation of the spine
Twist: Actively flexing or rotating the spine against resistance

Conditioning Modalities

Aerobic: Light-to-moderate intensity activities that can be sustained for extended periods of time
Anaerobic: Bursts of physical activity above sustainable intensity
Agility: Includes both the ability to change direction quickly and the ability to rapidly respond to external stimulus
Explosiveness: Rapid force development that includes both power and speed, should place a significant emphasis on movement mechanics
Balance: The ability to maintain postural stability within a base of support, both statically and dynamically, with and without external stimulus

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

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

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

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

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

Examples

Hinge: Deadlift, Hip Thrust, Kettlebell Swing
Squat: Back Squat, Front Squat, Goblet Squat
Lunge: Reverse Lunge, Walking Lunge, Side Lunge
Push: Overhead Press, Bench Press, Push Up
Pull: Pull Up, Inverted Row, Barbell Row
Carry: Farmers Carry, Front Rack Carry, Atlas Carry
Drag: Sled Push, Sled Pull, Sandbag Drag
Brace: Plank, Pallof Press, Copenhagen Plank
Twist: Russian Twist, Kettlebell Windmill, Woodchopper

Aerobic: Steady state running, biking, rowing

Anaerobic: Repeat intervals, 30/60s, 60/120s
Agility: Change of direction drills, reaction drills

Explosiveness: Maximal sprinting, throwing, jumping

Balance: Single leg balancing, balance obstacles