

# Physical Training: PT

Encl: (1) Stamina PT  
(2) PT Competition  
(3) PT Ideas  
(4) Food

Ref: FM 21-20

## 1. Purpose

- a. The purpose of PT is to build: (1) Stamina – PT is preparation for combat, and (2) Unit Cohesion – Well-run PT builds discipline and cohesion, morale and motivation.
- b. The purpose of PT is NOT to play. Organized Athletics is good training, but it is **not** PT. Unit competition is good for morale. Organized athletics should be scheduled separately from PT. Intramural sports are **not** PT.

## 2. Morning PT Routine. Sixty minutes of continuous motion. No “At ease” breaks. Unit starts together, finishes together to maximize positive peer pressure.

- a. General schedule: Warm-up Stretches, Run to five separate Calisthenics stations, Run a distance, Warm-down Stretches.
- b. Station One is warm-up Side Straddle Hops. Station Two is upper body calisthenics (pushups, body builders, chair-dips on bleachers). Station Three is lower body calisthenics (sit-ups, leg lifts, hello dollys, flutter kicks, stomach curls). Station Four is upper body again. Station Five is lower body again. All Hands run in place between calisthenics.
- c. Distance run is broken up with knee-highs, Indian files, and sprints.

## 3. PT Philosophies

- a. Be tough on Mondays. This discourages week-end benders.
- b. Company and Battalion level PT allows leaders to take PT with subordinates. This is leadership by example. Bn PT should be run no more than once a month. Co PT should be run no more than twice a month.
- c. Platoon and Squad PT allows subordinates to run their own PT. Issue “No earlier than” time for completion of PT.
- d. Schedule should include tough days, easy days and rest days.
- e. Daily PT has the entire unit meeting one mission statement. Everyone participates. No guard rotation. No sick call. Unit wears uniform PT attire.
- f. Never cancel PT due to weather.
- g. Always use proper formations and commands.
- h. Set Long-Term Goals for unit. Post specific time and distance standards for the unit. Announce these standards before running each standard event.

# Stamina PT

1. A Marine who does not tire easily maintains his ability to think and act even after long exertion. This is a key combat requirement. Stamina is endurance: the ability to resist pain, hardship, distress, or fatigue. Fortitude.
  - a. Aerobic exercise builds stamina. Running distances, especially under a load, alternated with calisthenics or other physical exertion is good stamina training.
  - b. The uniform for stamina PT should be a combat uniform: Boots, utility trousers, and 22lbs of deuce gear. Weapons can be carried.

2. **Speed March.** Every unit should have standard 8k, 16k, 24k, 32k and 40k routes on unimproved roads with minimum completion times as well as record-breaking times.

“Few physical fitness activities are as directly related to readiness for combat as foot marches under load.”

– FMFRP 0-1B Marine Physical Readiness for Combat

- a. Foot march training provides physical benefits – a focus on developing lower body strength, as well as unit benefits – unit integrity, small unit leadership, and morale.
  - b. A speed march of 8k on an unimproved road, should be completed by a rifle platoon with combat equipment, but no packs, in less than one hour.
  - c. An infantry battalion, carrying combat equipment, packs, and support weapons, should force march 40k in eight hours, an average of 5kph.
3. **Endurance Course.** Every unit should have a Endurance Course which requires one hour of continuous exertion..
    - a. A good course is 8 kilometers long, and takes over an hour to run: 72 minutes. The required time should require running during the entire course.
    - b. The running should be a mix of easy jogging, sprints, and resistance running uphill.
    - c. Obstacles should be found throughout the course: Crawling obstacles such as wire, tunnels, or low bars; Rolling obstacles; Balance obstacles such as logs; Jumping obstacles such as wire, bars, or elevated logs, and Climbing obstacles such as ropes, vertical walls, incline walls, and ladders
    - d. Fire teams should run the course together to build cohesion. Uniform is boots and utilities with deuce gear. If weapons are carried, finish the course with a live fire that requires six of ten rounds on target. This proves the weapon was kept clean during the run.
4. **Assault Course.** Every unit should have a standard Assault Course to simulate the actions needed for a combat assault.
    - a. Twelve obstacles over a 600 meter course should be run in five to seven minutes. Sprints are interspersed with rapid exercise.
    - b. To extend the course, start with a rope climb and finish with a 200 meter fireman’s carry. Do the assault course after a hike. Do the assault course twice in a row.

# PT Competition

1. **Field Meet.** Weapons skills, truck pull, relay race, assault course, fireman's carry. Team against team.
2. **5th Airborne Brigade, British Army "March and Shoot" Competition:**
  - a. Squad teams. Full combat uniform.
  - b. 16k speed march followed by 4k casualty evacuation.
  - c. "Gun Run" Target Shooting. 400m to 300m to 200m to 100m, firing at each distance for score.
  - d. Ammo resupply. Pull trailer of ammunition up steep hill.
3. **Escape and Evasion Competition.**
  - a. Fire Team size teams. Full combat uniform.
  - b. Four days. Team must check with series of checkpoints while avoiding capture.
  - c. Hunters on helicopters, vehicles, and motorcycles. Tracking dogs used.
4. **Biathlon.**
  - a. Squad teams. Full combat uniform.
  - b. Run loop for time.
  - c. Load and shoot offhand at 25m, untimed. Score hit or miss on white index cards.
  - d. Repeat loop run. Repeat shoot using prone or kneeling position.
  - e. Score is total run time divided by average rifle score.

## PT Ideas

1. **Bear Pit.** Team versus team in a circle or pit. Umpire throws in a rubber knife or length of hose. A 'knife' hit 'kills' an opponent. Teams wrestle for control of the knife as the umpire calls 'kills'. Variation is to 'kill' the team's leader.
2. **Stretcher Race.** Iron frame stretcher simulates weight of casualty. Use a standard stretcher with a water jug or a passenger.
3. **Standard Unit Run Routes,** especially hill routes, should be competitive. Post specific time and distance standards. Post record-setting times.
4. **Log Race.** If one man lets go, team finishes without him.
5. **Truck Pull.** Tie a rope to a five-ton truck and pull up a gentle grade.
6. **Orienteering.** Timed land navigation cross country.
7. **Fireman's Carry.** 200m in 90 seconds. Variation is to require competitors to lift 'unconscious' Marine.
8. **Fire Team or Squad 'Buddy' Run.** 4k in 24 minutes. Variation is unit run for 2k, then individual effort for remaining 2k. Boots and Utility trousers.
9. **Stamina Records.** In full combat uniform (without helmets or flak jackets):
  - a. Complete an 8k speed march in 40 minutes.
  - b. Complete a 16k speed march in 90 minutes.
  - c. Complete a 25k night navigation course, with eight major leg changes, in 8 hours.
  - d. With pack, march 65k cross country in 14 hours.

# Food

1. What are Carbohydrates? Carbohydrates are sugars, starches and celluloses which supply energy to the human body.

Simple Carbohydrates: Fruit and Natural Juices

Complex Carbohydrates: Pasta, Rice, Cereal, Bagels

2. **Before** any high energy event, such as a long march:

Eat a high carbohydrate meal the night before: Pasta, Cereal, Potato, Whole Bread  
DRINK WATER

Eat something light the next morning: Cereal, Fruit, Bagel  
DRINK WATER

3. **During** any high energy event, such as a long march:

Eat: Energy bars, Fruit, especially Bananas  
DRINK WATER

4. **Before** any high energy event, such as a long march: avoid foods that sap a body's strength and require much energy to digest:

Meat, Steak & Eggs