DEPARTMENT OF THE ARMY
HEADQUARTERS, EIGHTH ARMY
UNIT #15236
APO AP 96205-5236

REPLY TO
ATTENTION OF:

EACG

16 JAN 2014

MEMORANDUM FOR All Eighth Army Assigned Soldiers

SUBJECT: Eighth Army Command Policy Letter #19, Physical Readiness Training

1. References:

a. Eighth Army "Fitness Forum," http://8tharmy.korea.army.mil/fitness.asp

b. Field Manual (FM) 7-22 Army Physical Readiness Training, 3 May 2013

c. Army Regulation 600-9, The Army Body Composition Program, 27 July 2013

d. "Building The Soldier Athlete" Profile PT Fitness

e. US Army Physical Fitness School, https://wwwjackson.army/mil/sites/tssd/pages/284

2. Purpose: To provide guidance and to establish policy for combat focused physical readiness fitness for Soldiers assigned or attached to Eighth Army and all separate organizations.

3. Discussion: Each of us is the strength of Eighth Army (8A). Regardless of the remarkable advances in technology, the human dimension will always dominate the battlefield. Our ability to fight and win depends largely on our physical, emotional, and mental strength, fitness, and stamina. In order to fight and win in the Korean Theater of Operations (KTO) Soldiers must maintain a high level of endurance, strength, and mobility.

a. The goals of our Physical Readiness Training (PRT) programs are to build combat fitness and measure our effectiveness as teams in terms of endurance, strength, and mobility. The Army Physical Fitness Test (APFT) measures individual fitness, our PRT programs will improve combat fitness. Units will establish cross-functional PRT programs tailored to each unit's combat mission, and the Soldiers ability to close with and defeat a hostile enemy in a chaotic, physically, emotionally, and mentally demanding environment. In the end, every unit must accomplish their mission in combat and demonstrate this capability during the most physically demanding tasks while training.

b. Our PRT programs will include rigor and cross-functional fitness principles. It is essential that all unit PRT programs focus on small unit leader development; structured well-balanced training; initial integration fitness for new Soldiers; and injury prevention and rehabilitation for recovering Soldiers. To get the most out of our combat fitness readiness, we must think and act like Soldier Athlete Warriors. I believe the most important part of our duty day, individually and collectively, is how we start the day, with combat focused PRT.

c. PRT training will focus on small unit combat fitness. Soldiers may pursue individual fitness goals at other times, but not during PRT hours. Combat focused fitness remains a central pillar of Comprehensive Soldier Fitness and Soldier readiness in 8A. All Soldiers will remain physically fit and capable of performing any mission under the stressful and adverse conditions we will face in North and South Korea. Unit readiness begins with the combat fitness of Soldiers, and the Non-Commissioned Officers (NCOs), and the Officers who lead them. Leaders at all levels will participate and supervise their Soldiers in the conduct of PRT each day. NCOs and officer leaders' presence and supervision will ensure standards are met, and the training is progressive and safe.

4. Guidance:

a. Commanders and senior leaders will establish fitness training programs consistent with unit combat mission requirements using the FM 7-22, Army Physical Readiness Training (APRT), and the Soldier Athlete Warrior (SAW) training concept provided on the 8A "Fitness Forum" webpage at (http://8tharmy.korea.army.mil /fitness.asp). The leader of each PRT session will incorporate the eight principles of exercise: progression, regularity, overload, variety, recovery, balance, specificity, and precision. Commanders will utilize their Master Fitness Trainers in the implementation of a written program to complement the Army PRT program and may include other Hybrid-Fitness programs such as Cross Fit for Functional Movement Training, Ground Base for Full Body Stabilization Training, TRX for Core Strength Training, Advanced Tactical Training and Conditioning (ATTAC) program for full body health plans, and other strength and conditioning programs focused on combat readiness. Each Thursday we will focus on tactical PRT and will include (but not limited to) tactical foot marching, fire-and-movement skills, and modern Army combatives in conjunction with Sergeants Time Training.

b. All 8A Soldiers and leaders will conduct combat focused PRT when in garrison from 0630 to 0800 hours. PRT sessions will start with the PRT accountability formation, uniform inspection, and PRT training brief. Battalion Commanders are the approving authority for any PRT sessions starting earlier than 0630 including conditioning or tactical foot marches. Battalion Commanders may extend PRT hours beyond 90 minutes, but must allow 1 hour for adequate recovery time, including personal hygiene and proper nutrition, for Soldiers before the start of any appointments, training, meetings, or duty day formation. Daily PRT will consist of a PRT brief for the day with four required components and one Leader Development task: After the PRT Task & Purpose brief,

PRT starts with movement preparation (10 to 15 min), the main conditioning session (30 to 45 min), the recovery session (10 to 15 min), and end with proper nutrition briefing and AAR of the PRT session (10 min) at the completion of PRT Soldiers or Junior NCOs will lead in a task (I.E. perform drill & ceremony, conduct police-call of unit area, brief unit standards or history, ...) (5 min). Proper nutrition intake should take place NLT 45 min after the PRT AAR in accordance with Soldier Athlete Warrior development.

c. Units and individuals will not schedule appointments or unit activities during unit PRT sessions. Commanders will enforce PRT as a mandatory military training event. If unit duties (shift work) prevent Soldiers from conducting PRT during 0630 to 0800 hours, commanders will establish 90 minute PRT periods at an alternate time during the duty day to the same standards. Soldiers using gyms during unit PRT hours will do so as a unit or group in accordance with a combat fitness program and supervised by unit leaders. Sports events are not authorized during PRT. Commanders will incorporate PRT into the training schedule during all field or live fire training events in order to maintain combat readiness and a progressive warrior fitness focus.

d. Weekly training meetings will include planning, coordination, and confirmation of unit PRT sessions. Training meetings using the 8 step training model checklist to standardize the preparation, execution, and assessing of each PRT training session. Young NCO leaders and Soldiers will lead and are evaluated during PRT sessions.

e. Units will establish a Supplemental PRT program focused on progressing combat physical fitness conducted in a designated area that allows for proper supervision and part of the unit PRT program. Battalion Commanders or first O5 supervisor will approve supplemental training. Trained NCOs will supervise supplemental training. Profile PRT is not an individual event. Soldiers with temporary or permanent physical limitations will remain combat ready and fit using techniques in the PRT manual or hybrid-fitness methods to prevent further injury while building their aerobic and anaerobic capacity. Conduct special conditioning programs in accordance with Chapter 6 of FM 7-22 and the "Build the Soldier Athlete" manual in the 8A Fitness Forum. Commander and health care personnel will provide special aid to Soldiers assigned to reconditioning PRT for one or more of the following medical conditions: injury, illness, or surgery. Chapter 6, Special Conditioning Programs, provides more information on reconditioning. Commanders have a responsibility to ensure resource of time, adequate facilities, appropriate instruction, and oversight are available to accommodate the fitness needs of physically limited Soldiers.

f. Supplemental PRT is required when Soldiers are not in compliance with applicable weight limits as specified in Tables 3-1 and 3-2 of AR 600-9. Soldiers in this category require weekly education on diet and exercise with the unit Master Fitness Trainer using Chapter 6, FM 7-22, AR 600-9, and the Nutrition Guide in the 8A Fitness Forum. The focus of supplemental PRT session for overweight Soldiers is on a progressive low-

impact activities with full-body movement, core development, resistance training to achieve caloric expenditure, build lean muscle mass, and promote optimal fat loss.

g. Units are responsible to monitor and control Pregnancy and Postpartum Physical Training Programs (PPPTP). Installations will conduct the program at the direction of the Senior Responsible Officer (SRO). Women will meet their needs in the various stages of pregnancy and recovery through the PPPTP. The purpose of the PPPTP is to provide the senior commander with a standardized PRT, provide an education program for pregnant and postpartum Soldiers, and train local personnel in pregnancy and postpartum fitness. The PPPTP is a daily activity executed during PRT times. Enrollment is mandatory once Soldiers are cleared through the normal pregnancy profiling system. Any unit, Battalion and above with the possibility of pregnant Soldiers will appoint certified exercise primary and alternate trainers on additional duty orders to conduct PPPTP. These trainers will rotate as installation program trainers as directed by the installation commander via official duty roster, DA Form 6. It's important to remember that pregnant Soldiers are not trying to "get over". Our PPPTP's focus is on the mother and the unborn child's health and well being.

h. During unit designated PRT hours, Soldiers will wear the Improved Physical Fitness Uniform (IPFU) or Army Combat Uniform (ACU) in running shoes or boots. Civilian attire during PRT hours (0630 to 0800) is not authorized. The Army Reflective Belt (ARB) is not a standard part of the IPFU or ACU during PRT. The ARB is a safety mitigation tool to improve visibility for vehicle traffic by placing the ARB on a front and rear road guard when the unit movement (running, walking, foot marching, etc.) is on an active roadway. Leaders, team level and above, will decide when the ARB is appropriate using the Composite Risk Mitigation and will not enforce mass wear.

i. Commanders or leaders in charge of PRT will prescribe the specific uniform requirements for each PRT/military training session for uniformity in order to have the best possible affects on unit combat readiness with warrior fitness.

j. IAW AR 670-1 and AR 385-10; When conducting PRT outdoors Soldiers and leaders are not authorized to wear ear buds, headsets, MP3 players, cell phones or any other type of music players while wearing the Army IPFU, ACU, or ASU uniforms. Indoor use is authorized during PRT.

k. During PRT personal cell phones are not authorized. The senior leader of a group may carry one cell phone for emergency use only. The cell phone is not visible.

l. Units will not conduct organized intramural athletics sports during PRT hours (0630 to 0800). Sport events are planned and coordinated during normal duty hours and approved by the Company level Commander. Organized intramural sport events are no smaller than Squad/Section and are in conjunction with Base/Post MWR programs to build unit cohesion and camaraderie. Leaders will supervise all organized intramural

sports to avoid injuries, and conduct at a frequency to avoid negative impacts on Soldiers' individual combat readiness. The conduct of organized athletics must ensure the participation of all unit members not involved in reconditioning PRT, and result in activities that build cardiovascular stamina and strength.

m. Thursday PRT is designated for tactically focused combat fitness. Thursday Tactical PRT will concentrate on team level conditioning and training and combat readiness (Unit, MOS, and Branch immaterial). Training such as, but not limited to;

(1) Tactical Foot March training, as a collective training event, conducted under the conditions and mind-set to progress Soldier and Team capability and to physically prepare to close with and defeat any hostile enemy force. All Tactical Foot March training will include tactical movement techniques, weapons security readiness, communicating with hand and arms signals, and build Soldiers' sensor awareness, with the pace of 2.4 MPH (IAW FM 21-8 Foot Marches) carrying individual and crew-serve weapons with all mission essential equipment in the Tactical Training Uniform (described below). There is no planned running when carrying a load barring equipment and/or rucksack on a Foot March.

(2) Team level Battle Drill fitness focused on individual and collective "Fire and Movement" techniques, application and rates of fires, noise and light discipline, team fire and movement, and success in Battle Drill 2 React to Contact in the Tactical Training uniform (described below).

(3) Combative Fitness training conducted in sterile ACU uniform, focused on physical fitness development in coordination, warrior strength, flexibility, and core balance (NOT fighting hand-to-hand each training session). Also includes hard and arduous physical and mental training that builds personal courage, self-confidence, self-discipline, and esprit de corps.

(4) Tactical Training Uniform The Tactical Training Uniform will consist of the ACU uniform (*min: US Army tap, Name tap, rank, IR flag, unit patch, no pin-on rank or badges*), Tan belt, Army Combat Helmet (ACH),Tactical Boots (*IAW ALARACT Message 140/2007*), Tactical Gloves(*IAW Army Combat Glove-Approved Products List (ACG-APL)*), Improved Outer Tactical Vest (IOTV) with front and back Enhanced Small Arms Protective Insert (ESAPI) plates (*No additional IOTV components/attachments required*), Fighting Load items attached to the IOTV (*min: IFAK, water source, weapon magazine pouch, light source*), if no attachments on the IOTV the Fighting Load Carrier (FLC) Vest is worn over the IOTV, and assigned weapon.

NOTE:

(1.a.) The Assault pack will carry the additional Personal Protection Equipment (PPE) items: Tactical Knee Pads, Hearing Protection, Ballistic Eyewear (APEL) protection, M40 Protective Mask (with carrier), and Night Vision capability (when applicable).

(1.b.) The Army Reflective Belt (ARB) is not part of the Tactical Training or Live Fire Exercise (LFX) Uniform. ARB is worn by a front and rear road guard when the Leaders Risk Assessment requires improved visibility to vehicle traffic during dismounted movement on active road ways. No mass wear of the ARB.

5. As we revitalize our physical readiness training program, we recognize the faithful and honorable service of generations of Eighth Army Soldiers who defended freedom on the Korean Peninsula for more than 60 years. Their perseverance and strength in the face of seemingly insurmountable challenges and the most austere conditions have left an indelible legacy for us all. As leaders and Soldiers of Eighth Army, each of us is charged to uphold the reputation and honor they forged in both conflict and armistice. We must be physically, morally, emotionally and spiritually strong enough to do what they were called to do. Well-planned, progressively challenging and combat-focused physical readiness training is one means of preparing us for the rigors of what we are called to do. Not only does it make us stronger as individuals, but it makes us stronger as a team.

Eighth Army is strong ... and getting stronger!

6. Proponent: The proponent for this policy is Eighth Army ACofS G-3/5/7/9. Contact the proponent at commercial at 011-822-7913-6616 or DSN 315-723-6616 and 8AG3TREXTOB@korea.army.mil.

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