DEPARTMENT OF THE ARMY
DEPUTY COMMANDING GENERAL (INITIAL ENTRY TRAINING)/
COMMANDING GENERAL, UNITD STATES ARMY ACCESSIONS COMMAND
90 INGALLS ROAD, BUILDING 100
FORT MONROE, VIRGINIA 23651-1065

ATAL-O

FEB 2 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Implementation of TRADOC Standardized Physical Training (PT) for Initial Entry Training (IET).

1. This memorandum implements the TRADOC Standardized PT Program. The IET Guides supplement FM 21-20, Physical Fitness Training, September 1992.

2. The TRADOC Standardized PT Guides support TRADOC's physical training policies for Basic Combat Training (BCT), Advanced Individual Training, and One Station Unit Training (OSUT) in support of IET. The Guides establish a systematic approach to IET PT that enable all Soldiers to meet the standards on the current Army Physical Fitness Test (APFT) while reducing injuries. Since 2001, three research studies have examined the effects of a standardized PT program during IET. Each study examined fitness and injury outcomes during specially designed PT programs. Each study demonstrated that a standardized approach to PT reduced overuse injuries and allowed a higher success rate on the APFT.

3. Implementation began with instructors teaching this program at the Drill Sergeant School in January 2004 and was followed by the U.S. Army Physical Fitness School (USAPFS) conducting the Standardized PT Leader's Course 26-30 January 2004 at Fort Jackson, SC. Next, the USAPFS will coordinate with the BCT proponent, Fort Benning, to update the Training Support Plans that support the POIs not later than 19 March 2004. Initial implementation of the Standardized PT Program at all IET locations is 1 April 2004 for all new starts.

4. Every IET unit will have certified all instructors prior to the TRADOC-wide implementation date of 1 April 2004. Units shall make use of personnel trained at the Standardized PT Leader's Course to train additional personnel. DIV(IT)s should begin coordination with their aligned Army Training Center to establish procedures for certifying DS for Annual Training 2004.

5. Commanders will conduct PT IAW the TRADOC Standardized PT Guides. Make note of the two critical phases in implementing the Standardized PT Program. Phase 1 begins

on 1 April 2004 at all IET sites for all new starts. Phase 2 begins with the execution of the Pre-BCT PT Program conducted by USAREC and MEPS at a date and time to be determined in the summer of 2004.

a. Phase 1.

1) From 1 April 2004 until the introduction of the Pre-BCT Program in the summer of 2004, the reception battalions will continue to conduct an initial assessment.

2) Conduct a timed one-mile run on Day 2 of BCT/OSUT to determine assignments to running ability groups.

3) In weeks three and five of BCT/OSUT, units will conduct a diagnostic APFT.

4) Conduct End of Cycle (EOC) APFTs as directed in the appropriate IET POIs.

b. Phase 2.

1) Once the Pre-BCT Program is fully implemented, the reception battalions will no longer administer an initial assessment.

2) Conduct a timed one-mile run on Day 2 of BCT/OSUT to determine assignments to running ability groups.

3) In weeks three and five of BCT/OSUT, units will conduct a diagnostic APFT.

4) Conduct EOC APFTs as directed in the respective IET POIs.

6. If funding is not available to purchase sufficient pull-up bars for full implementation, Commandants must ensure that this requirement is included in their response to the FY04 TRADOC Budget Guidance (ATBG) so that it can be prioritized and considered at the mid-year funding review. If pull-up bars are not available at an IET site, the affected units will conduct Conditioning Drill 2, minus Exercise 3, The Straight Arm Pull; Exercise 4, The Pull-up; and Exercise 5, The Leg Tuck.

7. HQ USAAC in conjunction with USAPFS, will validate, and make adjustments to this program as required. The USAAC G3 will include discussion of this program at the March 2004 IET Brigade Commander/CSM Conference.

8. This memorandum is effective immediately.

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