



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS AND HEADQUARTERS COMPANY
16TH SPECIAL TROOPS BATTALION
UNTI 27503
APO AE 09139

AETS-SBH-CO

R: 9 July 2012
1 October 2011

MEMORANDUM FOR Headquarters and Headquarters Company, 16th Special Troops Battalion

SUBJECT: Policy Letter # 6: Physical Readiness Training

1. **References**

TC 3-22.20. *Army Physical Readiness Training*, 20 August 2010
AR 350-1. *Army Training and Leader Development*
AER 350-1. *Training in the Army in Europe*, 13 October 2010

2. **General.** In accordance with AR 350-1, all Soldiers will participate in either collective or individual 60 to 90 minute daily PRT sessions four times per week.

a. All sessions will include the exercises, drills, and activities listed in the *sustaining* phase from TC 3-22.20.

b. Normal PRT time is 0630 to 0730.

c. Special Conditioning programs will be conducted IAW Chapter 6, TC 3-22.20. Soldiers on temporary or permanent physical profile will participate in the company reconditioning program. 1SG will coordinate with the reconditioning program leader (RPL) for all matters concerning Soldiers in the reconditioning program.

d. The APFT will be conducted IAW TC 3-22.20, Appendix A.

e. AR 600-9 is the standard for conduct of the Army Weight Control Program (AWCP).

3. **Schedules.** The Company will follow Chapter 5, TC 3-22.20, which contains a doctrinal template for the conduct of collective and individual PRT exercises, drills, and activities.

a. The *sustaining* phase of PRT supports the Army Force Generation (ARFORGEN) model using reset, train/ready, and available phases. The model is designed using a "structured progression of increased unit readiness over time."

b. This results in recurring periods of availability of trained, ready, and cohesive units prepared for operational deployment as specified in the Army Campaign Plan. The recurring structured progression of increasing unit readiness focuses on reset, train/ready, and available phases IAW the operational readiness cycles. The result is full mission readiness.

c. Structured progression also allows units time to prepare for an operational deployment cycle and surge capability.

d. As shown in AR 350-1, active Army forces plan for one deployment every three years, and can be called from the ready force pool for a surge to meet strategic requirements.

e. Soldiers must be prepared to move to any position along the ARFORGEN cycle. Core-METL (CMETL) or Directed-METL (D-METL) paths for units must prepare them to operate anywhere or anytime within the spectrum of conflict. With the potential to have shortened ARFORGEN cycles, Soldiers need to stay ready through PRT.

f. Uniforms. All Soldiers in the unit PRT formation will wear the same uniform. The Army physical fitness uniform (PFU) and ACUs (as described in AR 670-1) with boots, ACH, IOTV, and weapon are appropriate uniforms for the conduct of PRT. The high visibility reflective belt or reflective vest will be worn by all Soldiers during the conduct of unit or individual PRT. The reflective belt will be worn diagonally over the right shoulder to the hip when wearing the IPFU Jacket and pants, and around the waist when wearing the IPFU shirt and shorts. During the conduct of unit foot marches the reflective belt or reflective vest will be placed horizontally around the rucksack.

4. **Execution.** The company PRT program will be developed around mission and METL requirements.

a. PRT sessions are not solely devoted to preparation for the APFT.

b. Company, platoon, and squad/section level PRT is authorized. Individual PRT should be the exception and not the rule.

c. The PRT formation is for accountability and the execution of PRT, not a platform for administrative announcements.

d. All PRT will follow the Task, Conditions, Standards format.

e. "Preparation," "PRT drills and activities," and "Recovery" will be annotated on the unit training schedule.

f. Neither organized athletics nor combatives training will be executed during PRT time.

g. Foot marching will be conducted 2 to 3 times per month, replacing sustained running on the PRT schedule. Speed running will always be conducted at least one time per week.

h. To ensure leaders conduct PRT training to standard, PRT Instructors are required to be familiar with Chapters 7 through 10, TC 3-22.20.

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5. **APFT.** In accordance with AR 350-1, the APFT will be administered for record at least twice a year with no more than four months apart from testing.

a. The company will conduct monthly APFTs. Ideally, testing dates should fall within the months of April and October.

b. Record testing, to include make-up testing, is annotated on the company training schedule.

c. Soldiers who fail a record APFT for the first time or *fail to take a record APFT within the required period* will be **flagged** in accordance with AR 600-8-2. Soldiers without a medical profile will be retested no later than 90 days following the initial APFT failure.

d. Soldiers who score 270 points or higher with at least 90 points in each APFT event are awarded the Army Physical Fitness Excellence badge.

e. Height and weight screening to meet AR 600-9 standards will be conducted on the day of the record APFT. The 1SG will determine any screenings or up to 30 days before or after the record test.

6. **Unit Goals.** HHC goal is to have Soldiers physically fit to undertake any mission. This goal will be measured by 90% of the assigned Soldiers able to perform four of any of the tasks bellow:

a. Collective foot march 20 km with fighting load, under 5 hours (Chapter 10, TC 3-22.20, and FM 21-18).

b. Perform five unassisted pull-ups using overhand grip.

c. Complete a 300-yard shuttle run in under 90 seconds.

d. Perform individual Soldier carry with a Soldier of equal weight for 50 yards.

e. Soldiers score 270 or higher.

f. Soldiers meet AR 600-9 standards.

g. Soldiers meet AWST requirements

7. "One team, Never Quit!"

8. The point of contact for this memorandum is the undersigned at DSN: 469-8029, gerson.s.ramirez.mil@mail.mil.



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Commanding