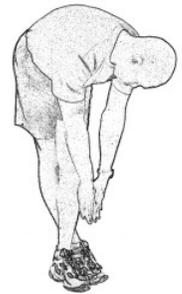
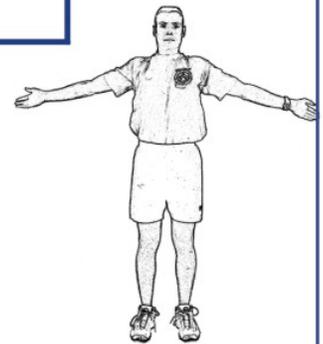




# Physical Training Schedule and Guide



Recruit Training Command  
Great Lakes, Illinois



## **Physical Readiness Training**

**Recruit Division Commanders (RDCs) will lead and participate with the division during all PT sessions.**

Recruit Exercise Criteria. Recruits will not swim or exercise until the Medical Department stamps their hard card "FIT FOR FULL DUTY."

1. Personnel from Branch Medical Clinic Bldg. 1523 (USS Red Rover) will stamp a recruit's hard card "FIT FOR FULL DUTY" on the P-2 DOT unless a recruit has been identified positive for sickle cell trait, G6PD, food/drug allergies or any other condition which the Medical Department deems disqualifying for physical activities. Marching is allowed, however double-timing, cycling, swimming or any other form of physical training is not authorized prior to a "FIT FOR FULL DUTY" stamp.
2. Medical will place a wristband on those recruits not yet authorized for physical training. This band will serve as identification for those recruits who shall not be exercised until this band is removed by medical and their hard card is stamped "FIT FOR FULL DUTY". Those recruits who do not meet the requirements for physical training will be removed from training and processed for separation.
3. Recruits **will not** conduct Physical Training 24 hrs after Inoculations or Blood Drive.

## **Physical Training Procedures**

Division PT will be conducted in accordance with the division's schedule, including weekends. Deviations from the MTS are authorized when approved through Scheduling. In such cases the Ship's Officer/LCPO shall be notified. RDCs will participate in all scheduled recruit fitness activities. This will ensure that "leadership by example" is demonstrated and that adequate supervision is provided.

1. RDCs will be Cardiopulmonary Resuscitation (CPR) qualified during their indoctrination week of RDC School and must maintain this qualification for their entire tour at RTC. They must stand ready to render assistance during any recruit physical training session. During RDC's PFA assessment one RDC will act as a safety observer, while one performs with the division.
2. During fitness testing, RDC's are not allowed to be on deck when push-ups, and curl-ups are being performed. Once completed Freedom Hall Staff will notify RDC's so they can run with their divisions.
3. Division will follow RTCINST 3140.1 and 3141.2 when exercising during heat/chill conditions.
4. All strength and conditioning modules are authorized in house.
5. All RDC PT will be logged in the division deck log.

## Recruit Division Commander Guidelines

1. At a minimum, two (2) RDCs shall be present during any PT session. One RDC will act as a safety observer. The Standard Training Time out brief should be given before all Physical Training evolutions.

“The purpose of the ‘Training Time-Out’ is to allow you to ask any questions about what is expected. Let a staff member know if you or a shipmate is having physical problems performing the exercises or the run. You may ask for a “Training Time-Out” verbally, or by raising your hand or both. All questions must be asked before the beginning of the exercises. Recruits requesting a ‘Training Time-Out’ after the exercises have begun will be referred to medical, but must return and complete the entire test when medically cleared.”

2. Running or jogging in the compartment is not authorized. All Strength and Conditioning exercises are authorized within the compartment.

3. Physical activity of any sort is prohibited in all drying rooms, no exceptions.

4. Conduct RDC PT in accordance with the PT matrix package provided with the division’s Master Training Schedule or download from RTCNET.

5. The division may be in PT uniform when transiting to/from PT, if weather conditions permit. RDCs may be in PT clothing while marching with their division on the street to/from PT, provided that the division is in PT gear. RDC’s and Recruits are not authorized shorts in the Galley.

6. Recruits shall not run within 15 minutes prior or 30 minutes after their last meal.

7. Indoor physical training is conducted in Physical Training facility Building 7250, unless restricted by Heat/Chill Conditions.

8. Outdoor physical training is authorized except under the following conditions:

a. Inclement weather (rain, snow, etc).

b. When restricted by Uniform of the Day.

c. When restricted by Heat/Chill Conditions.

d. RDC Assessments WILL BE CONDUCTED in Freedom Hall.

9. Outdoor physical training may be held at Gregg Park track, or Camp Moffett track. Including Saturdays.

10. As a minimum, sweats will be worn by recruits when PT is conducted outdoors during Chill Condition I.

11. RDCs do not wear boots in Freedom Hall, unless they are the same boots that are issued to the recruits.

## **PFA REQUIREMENTS**

### **Curl-ups are conducted as follows:**

- Participants shall start by lying flat on their back with knees bent and heels about 10 inches from the buttocks.
- Arms shall be folded across and touching the chest with the hands touching the shoulders.
- Partner shall hold the feet.
- Recruits will have two minutes to complete as many proper Curl-ups as possible. Partners will count all correct curl-ups during the two minutes.
- Recruits will be required to touch their elbows to their thighs on the up position of the curl-up, and their shoulder blades to the mat on the down position of the curl-up, anything else is an improper Curl-up.
- Recruits may rest in either the up or down position during Curl-up portion of the test.

### **Event is ended if participant**

- Lowers legs.
- Raises feet off of the deck.
- Lifts buttocks off of the deck.
- Fails to keep their arms folded across and touching the chest.
- Fails to keep their hands flat and in contact with their shoulders.

### **Push-ups are conducted as follows:**

- Recruits shall position the palms of their hands directly beneath or slightly wider than the shoulders with both feet together on the deck.
- Back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test.
- The toes and the palms of the hands shall remain in contact with the deck at all times.
- Recruits will have two minutes to complete as many proper Push-ups as possible. Partners will count all correct Push-ups during the two minutes.
- Recruit shall lower entire body as a single unit by bending their elbows until the upper arms, shoulders, and lower back are aligned and parallel to deck.
- Recruits shall return to the starting position by extending elbows and raising the body as a single unit until the arms are straight.
- Recruits may rest in the up position only, while maintaining arms, back, buttocks, and legs in a straight and level position.
- Incorrect push-ups shall not be counted.

### **Event is ended if participant**

- Touches the deck with any part of their body except hands and feet.
- Raises one or both feet/hands off of the deck.
- Fails to maintain back, buttocks, and legs straight from head to heels.
- Arms do not come to a full 90-degree bend in the down position.

Recruits will receive a one-time warning for improper technique during both events, if the recruit fails to correct the discrepancy they will be stopped and they will receive credit up until that point.

**RDC'S PLEASE ENSURE THE FOCUS IS ON PROPER TECHNIQUE DURING YOUR PUSH-UP/CURL-UP ASSESSMENT.**

## **Injury**

If a recruit is injured or becomes ill, do not hesitate to call for medical assistance. Before training begins, note the location of the nearest telephone. For serious injuries and illness call the hospital (200H) for an ambulance by dialing 9911. For less serious injuries and illness, recruits may be sent to the Branch Clinic 1007 (USNS Tranquility). Do not send these recruits unaccompanied.

1. Heatstroke: Refer to RTCINST 6100.4 series.
2. RDCs must ensure all Accident/Injury and Ambulance Reports are completed and forwarded to the Ship's Officer.
3. Ensure complete hydration of all recruits on a daily basis. Eight to ten canteens of water per day for each recruit during training should be sufficient to prevent dehydration and possible Rhabdomyomas (a potentially fatal illness resulting from dehydration and overexertion of large muscle groups), muscle pain, weakness and dark urine are symptoms.
4. Particular attention should be given to recruits complaining of pain in the area of their hips, pelvis and knee region, as these are the most common areas for stress fractures to occur. Ensure these recruits are seen by the medical staff at the onset of pain in these areas.

## **Freedom Hall (7250)**

**Hours of operation:** 0400-2100 (Monday-Friday, and Non Curriculum Training days)  
0600-1700 (Saturdays)  
Closed (Sundays/Holidays)

**PT Testing:**

P-4	PFA Familiarization	0445-0700
1-3	PFA Baseline	0800-0930 & 1310-1430
6-2	PFA Final	0930-1100 & 1500-1700

**Captains Cup:** Divisions on deck at 0800-Until completion of all events.

**Staff Workout:** 0400-2100 must be in proper PT attire. (Monday-Friday) RTCINST 1000.2

## Week 1

<b>1-1</b>	<b>1-2</b>	<b>1-3</b>	<b>1-4</b>	<b>1-5</b>	<b>1-Hold/Saturday</b>
10 SAT	NO PT	PFA Baseline	STATIONS	NO PT	10 SAT

## Week 2

<b>2-1</b>	<b>2-2</b>	<b>2-3</b>	<b>2-4</b>	<b>2-5</b>	<b>2-Hold/Saturday</b>
STATIONS	10 SAT	S/C MOD1	15 SAT	STATIONS	20 Min Self Paced

## Week 3

<b>3-1</b>	<b>3-2</b>	<b>3-3</b>	<b>3-4</b>	<b>3-5</b>	<b>3-Hold/Saturday</b>
S/C MOD 2	NO PT	S/C MOD 3	NO PT	20 Min Self Paced	RDC Assessment

## Week 4

<b>4-1</b>	<b>4-2</b>	<b>4-3</b>	<b>4-4</b>	<b>4-5</b>	<b>4-Hold/Saturday</b>
15 SAT	STATIONS	15 SAT	Stations/Boots	15 SAT	2 Mile Self Paced

## Week 5

<b>5-1</b>	<b>5-2</b>	<b>5-3</b>	<b>5-4</b>	<b>5-5</b>	<b>5-Hold/Saturday</b>
S/C MOD 3	NO PT	RDC Assessment	B/S PREP RUN	15 SAT	2 Mile Self Paced (Might be Captains Cup- Follow MTS notes)

## Week 6

<b>6-1</b>	<b>6-2</b>	<b>6-3</b>	<b>6-4</b>	<b>6-5</b>	<b>6-Hold/Saturday</b>
NO PT	Final PFA Assessment	10 SAT	NO PT	Battle Stations Morning	Captains Cup or 20 Min Self Paced

## Week 7

<b>7-1</b>	<b>7-2</b>	<b>7-3</b>	<b>7-4</b>	<b>7-5</b>	<b>7-Hold/Saturday</b>
Battle Stations Evening	S/C MOD 5	Pride Run	STATIONS	15 SAT	Captains Cup or 20 Min Self Paced

## Week 8

<b>8-1</b>	<b>8-2</b>
NO PT	NO PT

## 10 - Stretch Aerobic Training

**Warm-up: Walk to PT site.**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Run: Formation run at an easy pace**

(1:30-2:00 min/lap in Freedom Hall) (2:30-3:00 min/lap on outside track) for 10 minutes.

Instruct shorter recruits to form up forward and to the inside of the track. Instruct faster recruits to line up on outside of formation.

**Note:** Use formation run to emphasize teamwork and staying with the division. Encourage those recruits who want to fall out to hang in there. If they have to fall out they **MUST** keep moving.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Run: Self-paced run for 10 minutes but recruits **MUST** keep moving.**

- Instruct faster recruits to stay to the outside of the track and slower recruits to stay to the inside for the entire duration of the run.
- Upon completion of self-paced run, form up division and run minimum of one (1) cool down lap, encouraging recruits to stay together and perform as a team.
- Use self-paced run to allow faster runners to stretch their legs. Work with slower runners and pushing them to increase speed.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

## 15 - Stretch Aerobic Training

**Warm-up: Walk to PT site.**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Run: Formation run at an easy pace**

(1:30-2:00 min/lap in Freedom Hall) (2:30-3:00 min/lap on outside track) for 10 minutes.

Instruct shorter recruits to form up forward and to the inside of the track. Instruct faster recruits to line up on outside of formation.

**Note:** Use formation run to emphasize teamwork and staying with the division. Encourage those recruits who want to fall out to hang in there. If they have to fall out they **MUST** keep moving.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Run: Self-paced run for 15 minutes but recruits **MUST** keep moving.**

- Instruct faster recruits to stay to the outside of the track and slower recruits to stay to the inside for the entire duration of the run.
- Upon completion of self-paced run, form up division and run minimum of one (1) cool down lap, encouraging recruits to stay together and perform as a team.
- Use self-paced run to allow faster runners to stretch their legs. Work with slower runners and pushing them to increase speed.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

## RDC Assessment

**Warm-up:** Walk to PT site.

**Stretch:** 3 reps of 10 seconds each

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Assessment:** Push-ups and Curl-ups (Sit-ups)

- Encourage recruits to do as many curl-ups (sit-ups), then push-ups in a two (2) minute time frame.

**Run:** Self paced run.

1:00-2:00 min/lap in Freedom Hall (12 laps), 2:30-3:00 min/lap on outside track (6 Laps)

**Cool down:** Have recruits walk a minimum of one (1) cool down lap around the outside edge of the track.

## 2 Mile Self Paced Run

**Warm-up: Walk to PT site.**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Run: Self paced run for 2 miles. Recruits MUST keep moving.**  
(16 laps in Freedom Hall) (8 laps on outside track)

- Instruct faster recruits to stay to the outside of the track and slower recruits to stay to the inside for the entire duration of the run.
- Upon completion of self-paced run, form up division and run minimum of one (1) cool down lap, encouraging recruits to stay together and perform as a team.
- Use self-paced run to allow faster runners to stretch their legs. Work with slower runners and pushing them to increase speed.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

## 20 Minute Self Paced Run

**Warm-up: Walk to PT site.**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Run: Self paced run for 20 minutes. Recruits MUST keep moving.**

- Instruct faster recruits to stay to the outside of the track and slower recruits to stay to the inside for the entire duration of the run.
- Upon completion of self-paced run, form up division and run minimum of one (1) cool down lap, encouraging recruits to stay together and perform as a team.
- Use self-paced run to allow faster runners to stretch their legs. Work with slower runners and pushing them to increase speed.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

## **Stations**

### **(In Freedom Hall/On Outside Track)**

The purpose of Stations is to increase strength and enhance teamwork at the same time. Encourage recruits to stay together and perform as a team. Stations exercises should be performed in steady rhythmic cadence. Stations is a strength and conditioning module. Running is intended for recovery in between sets of strengthening exercises. Stations exercises should be performed at a slower pace in weeks one and two and progress as a division progresses in training

**Warm-up: Walk to PT site.**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Run/Stations: Form divisions up on track three abreast (brother divisions on opposite side). Formation runs for 2 laps at easy pace (2:00 min/lap).**

Instruct all short recruits to form up forward and to the inside of the track. Instruct faster recruits to line up on outside of formation.

- Then, stop division on track and begin station 1 exercises
  1. **30 seconds** per exercise for first week of training
  2. **45 seconds** for second week of training
  3. **1 min** per exercise for remaining weeks of training
- Then formation run at easy pace for 1 lap.
- Repeat above steps until all 6 stations have been completed

- Stations:**
1. Squats/Push-ups
  2. Jumping Jacks/Wide grip push-ups
  3. Sitting knee benders/Narrow grip push-ups
  4. Mountain climbers/Sitting Flutter Kicks
  5. 8 counts/crunches
  6. Sit-ups/Sit-ups

**Note:** Sit-ups are to be performed with half of the division doing exercise and other half holding ankles and then switched after specified time.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

#### **Stations with boots**

Stations with boots will be conducted in PT gear and boots on outside track if weather permitting. Divisions can run in boots in Freedom Hall if necessary. .

## Battle Stations Preparatory Run

**Note:** This run is to be conducted in utilities, boots, guard belt, full canteen and NO RAINCOAT. The Battle Stations Prep run is to be performed on outside track if weather permitting. Divisions can run in boots in Freedom Hall if necessary.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

**Run:** 1.5 mile run at a 10:50 minute/mile pace, same as during Battle Stations. The run should be performed at the following times:

2 min 42 sec per lap around the outdoor tracks

1 min. 40 sec per laps in Freedom Hall

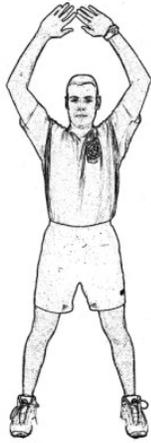
Instruct faster recruits to line up on outside of formation with slower recruits on the inside.

**Stretch: 3 reps of 10 seconds each**

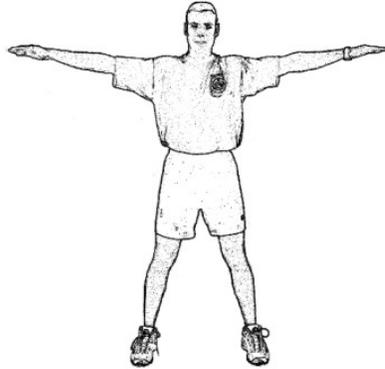
- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

<b>STRENGTH &amp; CONDITIONING</b>	<b>MOD 1</b>	<b>MOD 2</b>	<b>MOD 3</b>	<b>MOD 4</b>	<b>MOD 5</b>
JUMPING JACKS (2CT)	25	30	35	40	50
½ JUMPING JACKS (2CT)	25	30	35	40	50
TRUNK TWISTERS (4CT)	10	10	12	12	15
TRUNK ROTATIONS (4CT)	10	10	12	12	15
WINDMILLS (4CT)	10	10	12	12	15
PUSH-UPS (2CT)	10	12	15	18	20
NARROW GRIP PUSH-UPS (2CT)	6	8	10	12	15
WIDE GRIP PUSH-UPS (2CT)	4	6	8	10	12
PRESS PRESS FLING UP, BACK AND OVER	10	10	12	12	15
WINDMILLS (4CT)	10	10	12	12	15
PUSH-UPS (2CT)	10	12	15	18	20
NARROW GRIP PUSH-UPS (2CT)	6	8	10	12	15
WIDE GRIP PUSH-UPS (2CT)	4	6	8	10	12
PRESS PRESS FLING	10	10	12	12	15
WINDMILLS (4CT)	10	10	12	12	15
PUSH-UPS (2CT)	10	12	15	18	20
NARROW GRIP PUSH-UPS (2CT)	6	8	10	12	15
WIDE GRIP PUSH-UPS (2CT)	4	6	8	10	12
REACH AND STRETCH	10	10	12	12	15
TRUNK ROTATIONS (4CT)	10	10	12	12	15
TRUNK TWISTERS (4CT)	10	10	12	12	15
PUSH-UPS (2CT)	10	12	15	18	20
NARROW GRIP PUSH-UPS (2CT)	6	8	10	12	15
WIDE GRIP PUSH-UPS (2CT)	4	6	8	10	12
PRESS PRESS FLING	10	10	12	12	15
WINDMILLS (4CT)	10	10	12	12	15
UP, BACK AND OVER	10	10	12	12	15
SIT-UPS (2CT)	25	30	35	40	45
CRUNCHES (2CT)	12	15	18	20	25
SITTING FLUTTER KICKS (4CT)	10	10	12	12	15
TRUNK BEND: UPRIGHT & AFT (SLOW)	10	10	12	12	15
TRUNK TWISTERS (4CT)	10	10	12	12	15
SIT-UPS (2CT)	25	30	35	40	45
CRUNCHES (2CT)	12	15	18	20	25
SITTING KNEE BENDERS (4CT)	10	10	12	12	15
TRUNK BEND: UPRIGHT & AFT (SLOW)	10	10	12	12	15
TRUNK TWISTERS (4CT)	10	10	12	12	15
SIT-UPS (2CT)	20	25	30	30	35
CRUNCHES (2CT)	10	12	15	15	20
TRUNK BEND: UPRIGHT & AFT (SLOW)	10	10	12	12	15
UP, BACK AND OVER	10	10	12	12	15
SIT-UPS (2CT)	20	25	30	30	35
CRUNCHES (2CT)	10	12	15	15	20
FRONT LYING CHEST LIFT (HOLD FOR 5CT)	5	7	10	10	10

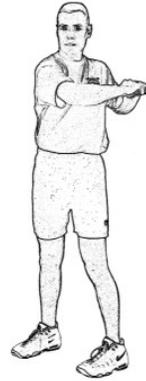
# Strength and Conditioning



Jumping Jacks  
(2 ct)



½ Jumping Jacks  
(2 ct)



Trunk Twisters  
(4 ct)



Trunk Rotations  
(4 ct) #1



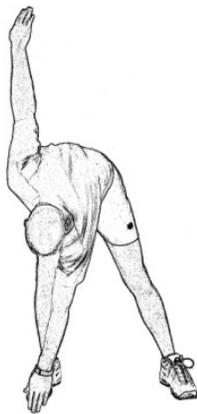
Trunk Rotations  
#2



Trunk Rotations  
#3



Trunk Rotations  
#4

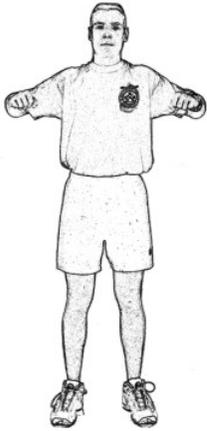


Windmills  
(4 ct)

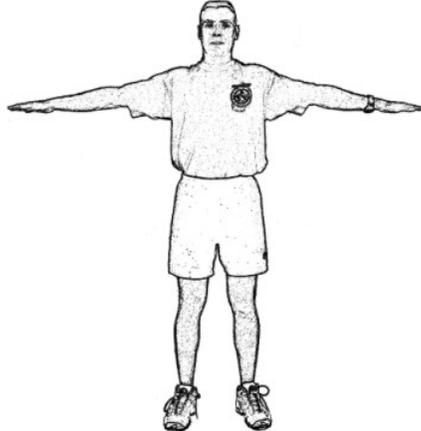


Trunk Bend  
(upright & aft, slow)

# Strength and Conditioning



Press Press Fling  
(4 ct) #1 & 2



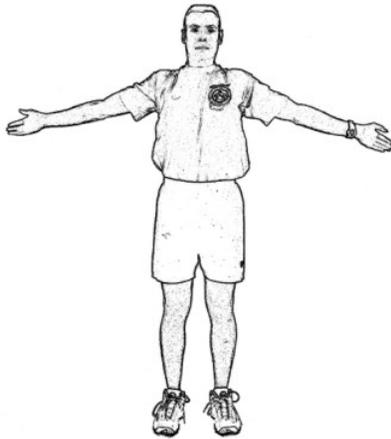
Press Press Fling  
#3 & 4



Up, Back & Over  
(Up)



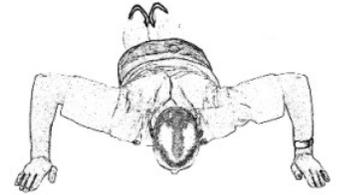
Up, Back & Over  
(Back)



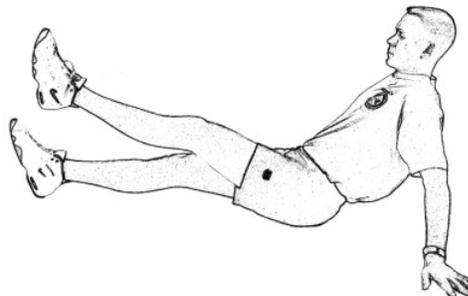
Up, Back & Over  
(Over)



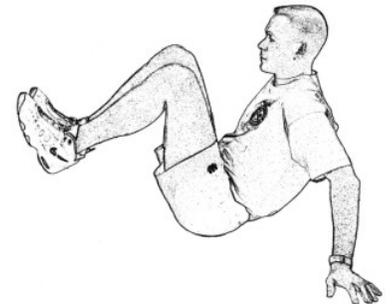
Push-ups  
(2 ct)



Sit-ups  
(2 ct)



Sitting Flutter Kicks  
(4 ct)



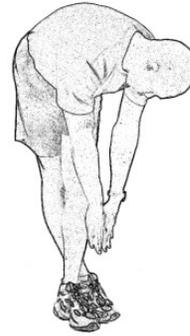
Sitting Knee Benders  
(4 ct)

## Stretching Program

Hold each stretch 10 seconds and perform 5 repetitions of each.



Straight leg calf stretch:  
Left and right



IT band stretch



Hamstring stretch:  
Left and right



Butterflies

## Pride Run

**Purpose:** The pride run is meant to be a final PT that Sailors perform at RTC. Max participation is highly encouraged! Sounding off with pride is also highly encouraged (i.e. Cadence, singing, IAW RTC Redbook). All 3 RDCs must be present for run.

**The guidon and the highest award (i.e.: Battle "E", CNO, HOF) or sponsorship flag may be carried, a maximum of two flags per division.** Guidon, and highest earned flag will be carried at port arms. Relieve the flag bearers as needed. Ensure recruits know who will relieve whom if the flag must be passed.

- A "VIP or distinguished guest" is to be invited to run with or lead the division Pride Run. RDCs need to invite or arrange for the participating VIP no later than 1 week prior to the Pride Run. A VIP can be the ship's LCPO, Officer, Fleet Commander or CMC, ensuring you coordinate with the chain of command. If your division is a sponsored division, all efforts should be made to have a representative from the sponsoring command, run with the division.

- Road guard procedures will be performed in accordance with Battle Stations procedures (i.e. two recruits in front and two recruits in the rear. **Do not fly road guards.**

- Divisions will run in a clockwise direction (see map) on the right side of the street. RDCs and VIPs will run inboard of division on centerline of street, with division staying between staff and the curb. Do not allow recruits to fall out or straggle behind division.

- Uniform for run is PT gear and running shoes.

**Warm-up: Warm up may be conducted in compartment or on grinders**

- 25 jumping jacks (2ct)
- 25 ½ jumping jacks (2ct)
- 10 trunk twisters (4ct)
- 10 windmills (4ct)

**Run:** Break down into columns of threes and using normal traffic patterns, (i.e. one way Grinders during meal hours) march divisions into street and proceed to Illinois Ave. Once entire division is on Illinois Ave., commence double timing. Division will follow the course laid out on the enclosed map and end up back where they started and will proceed to grinder and perform cool down stretches.

**Stretch: 3 reps of 10 seconds each**

- Sitting hamstring (right leg then left)
- Butterflies (groin stretch)
- IT band stretch (right leg then left)
- Standing calf stretch (straight knee)(right leg then left)

# RECRUIT TRAINING COMMAND

