

## ❖ 280630SEP2018 Friday MSIII and MSIV Rehearsal

### **Plan:**

- MSIIIs and MSIVs will meet at Rec Cen Field NLT 0625
- PT Rehearsal will begin NLT 0630
  - CSM will provide guidance for MSIIIs with help of MSIVs
- 1SG will lead MSIIIs and MSIVs in Preparation Drill (PD), Military Movement Drills (MMD1 and 2), and Recovery Drill (RD)
- After completion of rehearsal CSM will call the company in and give the command to BC and XO for announcements and dismissal

### **Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle.

### **Timeline:**

0630-0635: Formation/Accountability

0635-0650: PD

0650-0700: MMD and RD

0700-0715: Announcements and Release

## ❖ 010630OCT2018 Monday Intro to PD, MMD, RD

### **Plan:**

- Cadets will meet at Rec Cen Field NLT 0620
- 1SG will gain accountability NLT 0635 and form up as if they are about to conduct PDs (extend to the left and get correct spacing)
- Everyone will fall out into squads and will individually conduct an introduction to preparation drills led by the squad leader.
- Once PDs are completed, PSGs will take control of platoons and will conduct MMD and RD demonstrations with SLs.
- When complete, cadets will fall out for syllabus review with LTC Buehner
- Cadets will then fall into their mentor groups to take mentor group photos until dismissal

**Uniform C:** Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+)

shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) or appropriate athletic attire (no bright colors.)

**Timeline:**

0630-0655: Accountability/Morning Drills Demonstrations

0700-0710: Syllabus Review

0710-0730: Mentor Group Photos

0730: Release

❖ **030630OCT2018 Wednesday Light Workout and Height/Weight**

Plan:

- Cadets will meet at Rec Cen Field NLT 0620
- 1SG will gain accountability and conduct PD
- 1PLT will run to the building to do Height/Weight
- Meanwhile:
  - 2PSG will take control of 2PLT to conduct MMD1 and MMD2
  - 2PLT will fall into squads to do a released run of 4 laps around the entire rec center field
    - 6 of the MSIVs will stay behind while the other 6 go to the lounge to help with H/W
  - Once everyone in the squad finishes, SLs will lead hip-stability drills and recovery drills, if time permits
- At 0700, the PSG will ensure that 1PLT will run to the lounge to switch for Height/Weight with 2PLT.

MMD2: [https://www.youtube.com/watch?v=3kBc-e1\\_7jk](https://www.youtube.com/watch?v=3kBc-e1_7jk)

Hip Stability Drills: <https://www.youtube.com/watch?v=PNNFF3YdIMs>

**Note:**

For those who did not get height/weight done, they will get it done immediately after the APFT or they will coordinate with their mentor to do so before COB 051500OCT2018.

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**Timeline:**

0630--0645: Accountability and PDs

0645--0700: 1PLT does H/W while 2PLT exercises

0700-: 2PLT switches with 1 PLT

0700-0715: 2PLT does H/W while 1PLT exercises

0715: Everyone returns back to Rec Center field

0717--0730: Announcements/Mentor Group Photos/Release

**❖ 050555OCT2018 Friday Diagnostic APFT****Plan:**

- Cadets will meet at the track NLT 0550
- MSIIIs will bring their PT mats
- 1SG will gain accountability to ensure prompt start of APFT at 0600
- Cadets will be organized into equal groups to be graded by cadre and MSIVs prior to the APFT

**Uniform C:**

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**Note:**

For those who did not get height/weight done, they will coordinate with their mentor to do so before COB 051500OCT

**Timeline:**

0600-0610: Accountability and reading of instructions

0610-0625: Pushups

0625-0640: Situps

0640-0650: 10 minute break

0650-0715: 2-mile run

0715-0730: Announcements/Safety Brief/Release

**Personnel:**

- Graders: All cadre (except LTC Buehner and MSG Armstrong) and all MSIVs will be graders
- Instructions Reader: Rodriguez
- Demonstrators:
  - "Grader" - Dobler
  - Pushups/Situps - Fabian
  - Holds feet for situps - Paez
- Time Keeper: MSG Armstrong

### Equipment:

- 75x grading sheets with individual cadets' names and previously recorded height/weight
- 15x clipboards for graders (CPT Harris, MSG Scott,, Mr. Nieratko, and all MSIVs)
- 2 Stop watches
- 20x MSIII PT mats

Track Location in reference to Rec Cen field. The **entrances** are marked with **blue** arrows.



❖ **080620OCT2018 Monday Pier Run (3.2 mile run)**

**Plan:**

- 1SG will gain accountability and conduct PD and MMD
- A CO will break into ability groups and begin route toward the pier
  - 1 minute stagger between groups starting with C and ending with A+
  - 1SG will assign ability group leaders (an MSIII in that group) to keep accountability
  - 1SG will also assign a cadet on profile to be timekeeper
- CADETS MUST KEEP TRACK OF THE GROUP THEY BEGAN WITH
  - C group (~9 min/mi pace) will not adjust their given run time
  - C+ (~8:30 min/mi pace) group will subtract 1 minute from their run time
  - B (~8 min/mi pace) group will subtract 2 min to their run
  - B+ (~7:30 min/mi pace) group will subtract 3 min to their run
  - A (~7 min/mi pace) group will subtract 4 min to their run
  - A+ (~6:30 min/mi pace) group will subtract 5 min to their run
- Cadets are free to run the course at their own pace – release run
- All cadets and especially MSIIIs in leadership are responsible for safety considerations
- Upon arrival to Rec Cen field the ability group leader will confirm accountability of entire group – perform 60/30 Push-ups & Sit-ups.
- Upon completion of 60/30s, ability group leaders will conduct recovery drills.
- The run times for the battalion will be turned in to the 1SG by ability group leaders
- CSM will call cadets in for announcements

**Note:** Trail runners for this run will be Zimbron and Canchola

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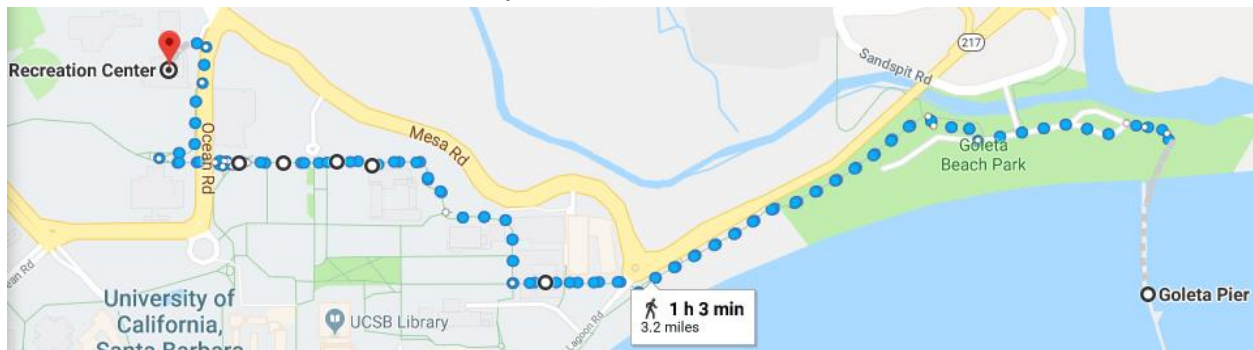
**Timeline:**

0630-0645: Accountability/PD and MMD/Division into Ability Groups

0646-UTC: C Group Release Run

0647-UTC: C+ Group Release Run  
0648-UTC: B Group Release Run  
0649-UTC: B+ Group Release Run  
0650-UTC: A Group Release Run  
0651-UTC: A+ Group Release Run  
0720-0725: Recovery Drill  
0725-0730: Announcements/Release

Map of route to the Pier:



❖ **100620OCT2018 Wednesday Leg Blasters/ Make up APFT**

Plan:

- 1SG will gain accountability and conduct PD and MMD
- 1SG will turn it over to the PSGs to take charge of their platoons
- 1PLT will stay on the near side and 2PLT will move to the far side of the field
- PSGs will lead their PLTs in the following exercises in **cadence**:
  - 10x Air Squats
  - 5x Jumping Lunges
  - 5x (each leg) Assisted Pistol Squats
  - 5x Squat Jumps
  - 5x (each leg) Bulgarian Split Squat (in Buddy Pairs)
- After the exercises, PLTs will then do the following exercises starting on the goal line:
  - Shuttle sprints:
    - 6-yard Box
    - Penalty Line
    - 18-yard Box
  - Lunges to the 18-yard box and back

- Duck walks to the 18-yard box and back
- 30 seconds rest
- PLTs must wait for the last Cadet to finish each exercise before moving on to the next set:
  - 10x Air Squats in cadence
  - 10x In-Place Lunges in cadence
  - 5x (each leg) Assisted Pistol Squats
  - 10x Glute Bridge
  - 30 seconds single-leg calf raises
- Upon completion of the exercises, PLTs will take a 30 sec break
- PLTs will repeat the workout until 0720
- CSM will call Cadets in for announcements

***Exercise Examples:***



**Bulgarian Split Squat:**  
(Buddy holds back leg up)



**Assisted Pistol Squat:**



**Glute Bridge:**

(Harder variation is done with one leg pulled into chest)

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**Timeline:**

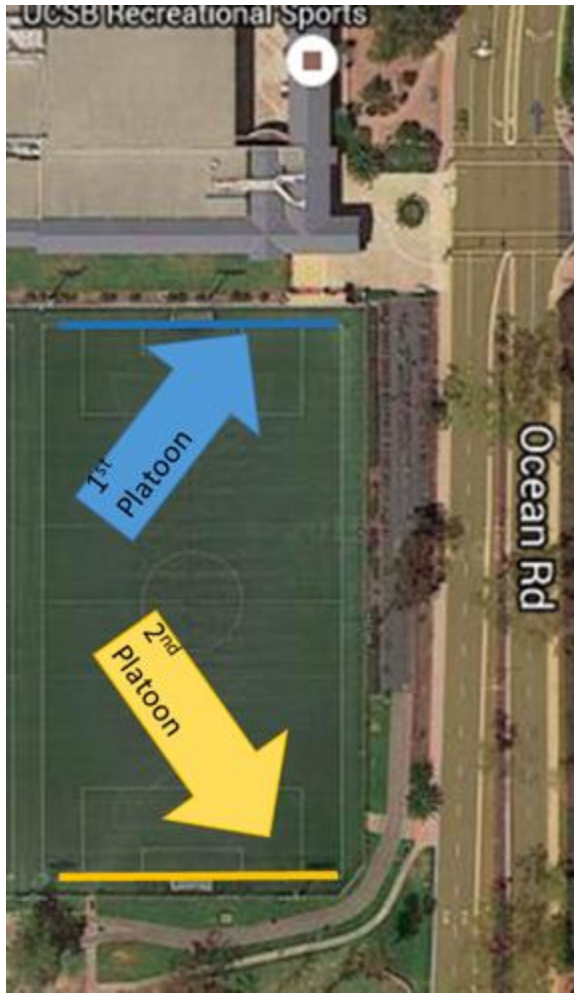
0630-0645: Accountability/PD/MMD

0645-0720: Blast Legs

0720-0725: Recovery Drills

0725-0730: Announcements/Release





❖ 120630OCT2018 Friday No PT (Fall FTX)