TOUGHENING PHASE PRT SCHEDULE

The toughening phase PRT schedule is used in BCT and OSUT (R/W/B phases). The BOLC A leaders can use this schedule as a guide for developing PRT in their course program of instruction (POI). Physical readiness training should be conducted five to six days per week depending on the POI and course training schedule. When following this schedule, all PRT sessions occur in order, regardless of the off day(s). Each day’s PRT activities also occur in the order listed. Not every toughening phase activity is listed in this schedule. To achieve optimal progression while controlling injuries, toughening phase PRT activities are specifically ordered and sessions sequenced according to the system described in Chapter 2. The activities and sessions should therefore be performed in the order listed on the schedule. Refer to Table 5-2, Toughening Phase PRT Daily Session Overview, for an example of activity sequencing and session purpose. Higher level activities such as the CDOC, confidence obstacle course, and combatives are most appropriate when performed in the sustaining phase; however, Soldiers are introduced to these activities while still in the toughening phase. Thus, PRT leaders must focus their instruction of these activities on proper technique and lead-up skills to ensure safety and successful execution. Table 5-3, Toughening Phase PRT Schedules (BCT and OSUT-R/W/B phases) describe the ordered sequence of training to be used for PRT in BCT and OSUT-R/W/B phases.

Table 5-2. Toughening phase PRT daily session overview (BCT and OSUT-R/W/B phases)

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<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Activities: HSD</td>
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<td>CD1, CL1, PSD</td>
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<td>CD1, CL1, PSD</td>
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**Monday**

Preparation: PD
Activities: HSD, MMD 1, AGR
Recovery: RD

The purpose of this session is to improve the endurance and mobility needed for the successful performance of WTBDs. Preparation and The Hip Stability Drill ready the body for a variety of activities that develop body management competencies. The Military Movement Drill 1 helps improve running form while preparing the Soldier for sustained running. The AGR improves aerobic endurance through sustained running at an appropriate pace. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Tuesday**

Preparation: PD
Activities: 4C, CD1, CL1, PSD

The purpose of this session is to improve the strength and mobility needed for the successful performance of WTBDs. Preparation and Four for the Core ready the body for a variety of activities that develop body management competencies. Conditioning
| Recovery: RD | Drill 1 improves total body muscular strength, endurance, and mobility. Climbing Drill 1 increases upper body strength, trunk strength, and creates muscle balance. The Push-up and Sit-up Drill improves APFT performance. Recovery safely returns Soldiers to a pre-exercise state while improving mobility. |
| Wednesday | The purpose of this session is to improve the conditioning required to successfully perform critical WTBDs such as Individual Movement Techniques and move under direct and indirect fire. Preparation and The Hip Stability Drill ready and condition the body for a variety of body management competencies. Military Movement Drill 1 helps improve running form while preparing the Soldier for speed running. 30:60s enhance anaerobic power through sustained repeats of high intensity running with intermittent periods of recovery. The 300-yard Shuttle Run develops speed, agility, and anaerobic power. Recovery safely returns Soldiers to a pre-exercise state while improving mobility. |
| Thursday | The purpose of this session is to improve the strength and mobility needed for the successful performance of WTBDs. Preparation and Four for the Core ready the body for a variety of activities that develop body management competencies. Conditioning Drill 1 improves total body muscular strength, endurance, and mobility. Climbing Drill 1 increases upper body strength, trunk strength, and creates muscle balance. The Push-up and Sit-up Drill improves APFT performance. Recovery safely returns Soldiers to a pre-exercise state while improving mobility. |
| Friday | The purpose of this session is to improve the endurance and mobility needed for the successful performance of WTBDs. Preparation and the Hip Stability Drill ready the body for a variety of activities that develop body management competencies. Military Movement Drill 1 helps improve running form while preparing the Soldier for sustained running. The AGR improves aerobic endurance through sustained running at an appropriate pace. Recovery safely returns Soldiers to a pre-exercise state while improving mobility. |
| Saturday | The purpose of this session is to improve the strength and mobility needed for the successful performance of WTBDs. Preparation and Four for the Core ready the body for a variety of activities that develop body management competencies. Conditioning Drill 1 improves total body muscular strength, endurance, and mobility. Climbing Drill 1 increases upper body strength, trunk strength, and creates muscle balance. The Push-up and Sit-up Drill improves APFT performance. Recovery safely returns Soldiers to a pre-exercise state while improving mobility. |
### Abbreviations

- **PD** – Preparation Drill, **4C** – Four for the Core, **HSD** – Hip Stability Drill, **RD** – Recovery Drill, **CD** – Conditioning Drill, **CL** – Climbing Drill, **PSD** – PU/SU Drill, **SR** – Shuttle Run, **AGR** – Ability Group Run, **FM** – Foot March, **RR** – Release Run, **TR** – Terrain Run, **STC** – Strength Training Circuit

### Table 5-3. Toughening phase PRT schedule (BCT and OSUT-R/W/B phases)

<table>
<thead>
<tr>
<th>Session</th>
<th>Week 1 Schedule</th>
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<tbody>
<tr>
<td>1-1</td>
<td>• Preparation: PD (INSTRUCTION)</td>
</tr>
</tbody>
</table>
| 1-2     | • Preparation: PD (5 reps)  
|         | • Activities: HSD and MMD 1 (INSTRUCTION) and 1-mile run Assessment (ability group placement)  
|         | • Recovery: RD (INSTRUCTION) |
| 1-3     | • Preparation: PD (5 reps)  
|         | • Activities: 4C and CD1 (INSTRUCTION)  
|         | • Recovery: RD (20 seconds) |
| 1-4     | • Preparation: PD (5 reps)  
|         | • Activities: HSD (5 reps), MMD 1 (1 rep) and 30:60s x 6 reps (INSTRUCTION)  
|         | • Recovery: RD (20 seconds) |
| 1-5     | • Preparation: PD (5 reps)  
|         | • Activities: 4C (60 seconds), CD 1 (5 reps) and CD 2 (INSTRUCTION)  
|         | • Recovery: RD (20 seconds) |
| 1-6     | • Preparation: PD (5 reps)  
|         | • Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 15 min @ 7:30; B 15 min @ 9:00; C 10 min @ 10:30; D 10 min @ 12:00)  
|         | • Recovery: RD (20 seconds) |

### Notes
<table>
<thead>
<tr>
<th>Session</th>
<th>Week 2 Schedule</th>
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</table>
| 2-1     | • Preparation: PD (5 reps)  
|         | • Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 15 min @ 7:15; B 15 min @ 8:30; C 12 min @ 10:00; D 12 min @ 11:00)  
|         | • Recovery: RD (20 seconds) |
| 2-2     | • Preparation: PD (5 reps)  
|         | • Activities: 4C (60 seconds), CD 1 (5 reps) and CL 1 (INSTRUCTION)  
|         | • Recovery: RD (20 seconds) |
| 2-3     | • Preparation: PD (5 reps)  
|         | • Activities: HSD (5 reps), MMD 1 (1 rep) and 30:60s (6 reps)  
|         | • Recovery: RD (20 seconds) |
| 2-4     | • Preparation: PD (5 reps)  
|         | • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps) and CL 1 (5 reps)  
|         | • Recovery: RD (20 seconds) |
| 2-5     | • Preparation: PD (5 reps)  
|         | • Activities: HSD (5 reps) and 4C (60 seconds)  
|         | • Recovery: RD (20 seconds) |
| 2-6     | • Preparation: PD (5 reps)  
|         | • Activity: Practice APFT  
<p>|         | • Recovery: RD (20 seconds) |
| Notes   |                 |</p>
<table>
<thead>
<tr>
<th>Session</th>
<th>Week 3 Schedule</th>
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</table>
| 3-1     | - Preparation: PD (5 reps)  
          | - Activities: HSD (5 reps) MMD 1 (1 rep), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
          | - Recovery: RD (20 seconds) |
| 3-2     | - Preparation: PD (5 reps)  
          | - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (INSTRUCTION)  
          | - Recovery: RD (20 seconds) |
| 3-3     | - Preparation: PD (5 reps)  
          | - Activities: HSD (5 reps), MMD 1 (1 rep), 30:60s (8 reps) and 300-yd SR (INSTRUCTION)  
          | - Recovery: RD (20 seconds) |
| 3-4     | - Preparation: PD (5 reps)  
          | - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 30 seconds)  
          | - Recovery: RD (20 seconds) |
| 3-5     | - Preparation: PD (5 reps)  
          | - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
          | - Recovery: RD (20 seconds) |
| 3-6     | - Preparation: PD (5 reps)  
          | - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 30 seconds)  
          | - Recovery: RD (20 seconds) |

Notes
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<tr>
<th>Session</th>
<th>Week 4 Schedule</th>
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| 4-1     | - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
          - Recovery: RD (20 seconds) |
| 4-2     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 45 seconds) or STC (INSTRUCTION)  
          - Recovery: RD (20 seconds) |
| 4-3     | - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), 60:120s x 6 reps (INSTRUCTION) and 300-YD SR (1 rep)  
          - Recovery: RD (20 seconds) |
| 4-4     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 45 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |
| 4-5     | - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
          - Recovery: RD (20 seconds) |
| 4-6     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 45 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |

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<tr>
<th>Session</th>
<th>Week 5 Schedule</th>
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| 5-1     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 25 min @ 8:00; C 18 min @ 9:00; D 18 min @ 10:00)  
          • Recovery: RD (20 seconds) |
| 5-2     | • Preparation: PD (5 reps)  
          • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          • Recovery: RD (20 seconds) |
| 5-3     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps), MMD 1 (1 rep), 60:120s (8 reps) and 300-yd SR (1 rep)  
          • Recovery: RD (20 seconds) |
| 5-4     | • Preparation: PD (5 reps)  
          • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          • Recovery: RD (20 seconds) |
| 5-5     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps) and 4C (60 seconds)  
          • Recovery: RD (20 seconds) |
| 5-6     | • Preparation: PD (5 reps)  
          • Activity: Practice APFT  
          • Recovery: RD (20 seconds) |
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<tr>
<th>Session</th>
<th>Week 6 Schedule</th>
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</table>
| **6-1**| - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30) or RR (20 minutes)  
          - Recovery: RD (20 seconds) |
| **6-2**|  
          - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |
| **6-3**|  
          - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), 60:120s (8 reps) and 300-yd SR (1 rep)  
          - Recovery: RD (20 seconds) |
| **6-4**|  
          - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |
| **6-5**|  
          - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
          - Recovery: RD (20 seconds) |
| **6-6**|  
          - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (2 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |

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<th>Week 7 Schedule</th>
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| 7-1     | - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
          - Recovery: RD (20 seconds) |
| 7-2     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |
| 7-3     | - Preparation: PD (5 reps)  
          - Activities: HSD (5 reps), MMD 1 (1 rep) and 60:120s (10 reps)  
          - Recovery: RD (20 seconds) |
| 7-4     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          - Recovery: RD (20 seconds) |
| 7-5     | - Preparation: PD (5 reps)  
          - Activities: 4C (60 seconds) and HSD (5 reps)  
          - Recovery: RD (20 seconds) |
| 7-6     | - Preparation: PD (5 reps)  
          - Activity: Record APFT  
          - Recovery: RD (20 seconds) |

**Notes**
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<th>Session</th>
<th>Week 8 Schedule</th>
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| 8-1     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
          • Recovery: RD (20 seconds) |
| 8-2     | • Preparation: PD (5 reps)  
          • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          • Recovery: RD (20 seconds) |
| 8-3     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps), MMD 1 (1 rep) and 60:120s (10 reps)  
          • Recovery: RD (20 seconds) |
| 8-4     | • Preparation: PD (5 reps)  
          • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          • Recovery: RD (20 seconds) |
| 8-5     | • Preparation: PD (5 reps)  
          • Activities: HSD (5 reps), MMD 1 (1 rep) AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
          • Recovery: RD (20 seconds) |
| 8-6     | • Preparation: PD (5 reps)  
          • Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
          • Recovery: RD (20 seconds) |

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<th>Session</th>
<th>Week 9 Schedule</th>
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| 9-1     | • Preparation: PD (5 reps)  
• Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
• Recovery: RD (20 seconds) |
| 9-2     | • Preparation: PD (5 reps)  
• Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
• Recovery: RD (20 seconds) |
| 9-3     | • Preparation: PD (5 reps)  
• Activities: HSD (5 reps), MMD 1 (1 rep), 60:120s (10 reps) and 300-yd SR (1 rep)  
• Recovery: RD (20 seconds) |
| 9-4     | • Preparation: PD (5 reps)  
• Activities: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
• Recovery: RD (20 seconds) |
| 9-5     | • Preparation: PD (5 reps)  
• Activities: HSD (5 reps), MMD (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
• Recovery: RD (20 seconds) |
| 9-6     | • Preparation: PD (5 reps)  
• Activity: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
• Recovery: RD (20 seconds) |
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<tr>
<th>Session</th>
<th>Week 10 Schedule</th>
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</table>
| 10-1    | - Preparation: PD (5 reps)  
|         | - Activities: HSD (5 reps), MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or RR (20 minutes)  
|         | - Recovery: RD (20 seconds) |
| 10-2    | - Preparation: PD (5 reps)  
|         | - Activity: 4C (60 seconds), CD 1 (5 reps), CD 2 (5 reps), CL 1 (5 reps) and PSD (2 x 60 seconds) or STC (3 rotations x 60 seconds @ each exercise-includes movement)  
|         | - Recovery: RD (20 seconds) |
| 10-3    | - Preparation: PD (5 reps)  
|         | - Activities: HSD (5 reps), MMD 1 (1 rep), 60:120s (10 reps) and 300-yd SR (1 rep)  
|         | - Recovery: RD (20 seconds) |
| 10-4    | - Graduation/Completion |

**Abbreviations**