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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). INITIAL MILITARY TRAINING SUSTAINING PHASE PRT SCHEDULES. Sustaining phase PRT activities should be used in AIT, OSUT (B/G phases), and BOLC B. ADVANCED INDIVIDUAL TRAINING Chapter 3. Leadership “The American Soldier...demands professional competence in his leaders in battle; he wants. to know that the job is going to be done right, with no unnecessary casualties. Pocket Physical Training Guide This publication contains the following information: Introduction Getting Started Safety Considerations Injury Control