

APPENDIX BSAMPLE PROGRAM SECOND WEEK

| <u>DAY</u> | <u>TIME ALLOTMENT</u> | <u>ACTIVITY</u> |
|------------|-----------------------|--|
| FIRST DAY | 90 Minutes | Physical Efficiency Tests. Tests four, five six and seven should be given this time. |
| SECOND DAY | 25 Minutes | Calisthenics |
| | | Review Exercises 1-8 |
| | | Learn and execute Exercises 9-12 ✓ |
| | 10 Minutes | Guerrilla Exercises |
| | 5 Minutes | Grass Drills |
| | 30 Minutes | Combatives |
| | 20 Minutes | Varied Relay Races |
| THIRD DAY | 20 Minutes | Calisthenics @ All Exercises |
| | 10 Minutes | Guerrilla exercises |
| | 5 Minutes | Grass Drills |
| | 15 Minutes | Combatives |
| | 40 Minutes | Team Sports |

NOTE 1: The above is not intended as a required schedule but merely as a pattern. Adjustments will be necessary to make efficient use of facilities and of teaching personnel. However, with respect to the physical efficiency tests absolute uniformity is desired.

NOTE 2: Additional time, making up the allotted two hours, may be utilized for bathing, dressing etc.

NOTE 3: Daily programs of progressive intensity, but following, in general, these samples, are to be planned locally for the third and fourth weeks.
(See Training Circular number 87 WD)