

4. Suggested Program.

- a. The Physical Training Program should be designed to cover a wide range of activities with particular stress on those which develop skills or talents of special military value. It is suggested that the first four weeks of the course be devoted to general conditioning, testing, and orientation with a sampling of all the basic activities. During this period the trainees should be observed carefully and classified with respect to their individual aptitudes and deficiencies.
(Recommended activities are listed in App. "A" and sample programs for the first and second weeks are shown in Appp "B".)
- b. For the remainder of the first term, following the initial orientation period, trainees should be assigned to activities in which their deficiencies are greatest or in which further physical efficiency is markedly below standard. By the end of the first term most trainees should be able to equal the average performances in the physical efficiency tests.
- c. For simplification and continuity of instruction, it is suggested that after the first four weeks activities be grouped into four basic areas as follows:
 - (1) Aquatics
 - (2) Combatives
 - (3) Gymnastics and obstacles courses.
 - (4) Team sports
- d. In each area the daily program should begin with a period of calisthenics or other conditioning exercises for a period of approximately fifteen minutes followed, whenever practicable, by a short run. The purpose of this drill is to give the trainee a fundamental training in body control, good posture in every sort of movement, and the ability to respond instantly and accurately to the spoken command. It also serves as a warm-up in preparation for the more strenuous activities that follow. Depending upon the nature of the previous work, and extended and gradually increasing run may provide a fitting climax to the day's program.
- e. During the second and each succeeding term all trainees except those who may require further special work in general conditioning should be assigned to two of the four basic areas for training. The division of time, which should be approximately even, should be such as to provide continuity of instruction in each area, afford a satisfactory balance to the daily program, and avoid over-long continuance of the same activity. In most cases a division of time each class period would seem desirable, however, the details of the time schedule are left for local determination to the end that the program may be best adapted to existing conditions at each institution.
- f. It is expected that each trainee will receive training in all four areas of activity before his course is concluded.
- g. A suggested program for each activity area is presented in App. "C". These programs are intended as guides and not as mandatory schedules. With the approval of the Commandant programs already in existence which are the equivalent in content may be substituted.