

BASIC STANDARDS FOR MCMAP PHYSICAL CONDITIONING DRILLS FOR BELT TRAINING

MARTIAL ARTS DRILL					
Procedure/ Technique	Basic Tan Gray		Intermediate Green Brown		Advanced 1stBlack MAIT
Movement Techniques	20M	30M	30M	40M	40M 50M
Exercise	15 reps max		25 reps max		35 reps max
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min
Equipment	Boots	Flack	Helmet	LBV	25lb Pack
	Cammies		Rifle		
	Jacket				

PHYSICAL TRAINING INTEGRATION DRILLS					
Procedure/ Technique	Basic Tan Gray		Intermediate GreenBrown		Advanced 1stBlack MAIT
Movement Techniques	20M	30M	30M	40M	40M 50M
Exercise	15 reps max		25 reps max		35 reps max
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min
Rough Terrain	1.5mi	2mi	2.5mi	3mi	3.5mi 4mi
Obstacle Course	1	2	3	4	5
Equipment	Boots	Flack	Helmet	LBV	25lb Pack
	Cammies		Rifle		
	Jacket				

FIELD EXERCISE					
Procedure/ Technique	Basic Tan Gray		Intermediate Green Brown		Advanced 1stBlack MAIT
Movement Techniques	20M	30M	30M	40M	40M 50M
Exercise	15 reps max		25 reps max		35 reps max
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min
Equipment	Boots	Flack	Helmet	LBV	25lb Pack
	Cammies		Rifle		
	Jacket				

MARTIAL ARTS DEPLOYED DRILL				
Procedure/ Technique	Basic Tan	Gray	Intermediate Green Brown	Advanced 1 st Black MAIT
Movement Techniques	20M	30M	30M 40M	40M 50M
Exercise	15 reps max		25 reps max	35 reps max
Equipment	Boots	Flack	Helmet LBV Rifle	25lb Pack
Physical Technique	5 reps/30 sec		10 reps/1 min	20 reps/2 min

Chapter 1AQUATIC CONDITIONING				
Procedure/ Technique	Basic Tan	Gray	Intermediate Green Brown	Advanced 1 st Black MAIT
Movement Techniques	20M	30M	30M 40M	40M 50M
Exercise	15 reps max		25 reps max	35 reps max
Equipment	B U Cammies	Boots	Helmet Rifle	25lb Pack
Physical Technique	5 reps/30 sec		10 reps/1 min	20 reps/2 min