BASIC STANDARDS FOR MCMAP PHYSICAL CONDITIONING DRILLS FOR BELT TRAINING

MARTIAL ARTS DRILL						
Procedure/ Technique	Basic Tan	Gray	Intermed Green Brown	diate	Advanced 1 st Black	MAIT
Movement Techniques	20M	30M	30M	40M	4 OM	50M
Exercise	15 reps	15 reps max		max	35 reps r	nax
Physical Technique	5 reps/	30 sec	10 reps	/1 min	20 reps/2	2 min
Equipment	Boots Cammies Jacket	Flack	Helmet Rifle	LBV	251b Pac	k

PHYSICAL TRAINING INTEGRATION DRILLS						
Procedure/	Basic		Interme	diate	Advanced	1
Technique	Tan	Gray	GreenBr	own	1 st Black	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 Cammies Jacket	Flack	Helmet Rifle	LBV	251b Pac	k

FIELD EXERCISE						
Procedure/	Basic		Interme	diate	Advanced	
Technique	Tan	Gray	Green		1stBlack	MAIT
			Brown			
Movement	2.0M	30M	30M	40M	4 0 M	50M
Techniques	2014	JOM	JOM	4014	4014	JUN
Exercise	15 reps	15 reps max		25 reps max		max
Physical Technique	5 reps/	30 sec	10 reps	/1 min	20 reps/	2 min
Equipment	Boots Cammies Jacket	Flack	Helmet Rifle	LBV	251b Pac	k

MARTIAL ARTS DEPLOYED DRILL						
Procedure/	Basic		Intermed	liate	Advanced	
Technique	Tan	Gray	Green		1 st Black	MAIT
			Brown			
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps 1	max
Equipment	Boots Cammies Jacket	Flack	Helmet Rifle	LBV	251b Pac	k
Physical Technique	5 reps/30 sec		10 reps/	'1 min	20 reps/	2 min

Chapter 1AQUATIC CONDITIONING						
Procedure/	Basic	Intermediate	Advanced			
Technique	Tan Gray	Green	1 st Black MAIT			
		Brown				
Movement	20M 30M	30M 40M	40M 50M			
Techniques	2011 3011	JOI1 40I1	40M 50M			
Exercise	15 reps max	25 reps max	35 reps max			
	В И	Helmet				
Equipment	Cammies	Rifle	251b Pack			
	Boots					
Physical	5 reps/30 sec	10 reps/1 min	20 reps/2 min			
Technique	J reps/30 sec	In rebalt mill	70 Teb2/7 IIIIII			