

Chapter 10

Preparation and Recovery Drills

Physical readiness training (PRT) sessions will always include the following elements: Preparation, Activity, and Recovery. Exercises performed during preparation Position soldiers for more intense PRT activities. Preparation will consist of Calisthenic Drill 1 and Guerrilla Drill 1. Recovery Drill A and/or B is (are) performed at the end of every PRT session to gradually and safely bring the body back to its pre-exercise state.

SECTION I – PREPARATION

10-1. The purpose of preparation is to prepare the soldier for PRT activities. The objectives of preparation are to:

- increase body temperature and heart rate
- increase pliability of joints and muscles
- increase responsiveness of nerves and muscles

10-2. Since PRT sessions are generally limited to one hour, preparation must be brief, yet thorough.

SECTION II – THE PREPARATION DRILL

10-3. The Preparation Drill is performed at the beginning of every PRT session. **The Preparation Drill consists of five repetitions of Calisthenic Drill 1 (performed at a slow cadence with the exception of the High Jumper and Push-up which are performed at a moderate cadence) and one repetition of Guerrilla Drill 1. When conducted to standard, Preparation will last approximately 15 minutes.** The Preparation Drill readies soldiers for all PRT activities.

TRAINING AREA

10-4. Any dry, level area of adequate size is satisfactory for conduct of the Preparation Drill.

UNIFORM

10-5. Soldiers should wear BDUs with boots or the PFU. The uniform should be appropriate for the activity that will follow the Preparation Drill. For example, when the activity is Climbing Drill 1 or 2 or Guerrilla Drill 2, BDUs with boots will be worn.

EQUIPMENT

10-6. Traffic cones may be used to mark the 25-yard distance for Guerrilla Drill 1.

FORMATION

10-7. The extended rectangular formation is prescribed for the conduct of Calisthenic Drill 1. The extended rectangular formation (covered) is prescribed for the conduct of Guerrilla Drill 1.

LEADERSHIP

INSTRUCTION AND EXECUTION

10-8. A PRT leader and assistant instructor (AI) are required to lead the Preparation Drill. The instructor must be familiar with the method of teaching these exercises, commands, formations, and utilization of AI(s) as described in Chapter 6, PRT Execution. Soldiers should memorize the exercises by name and movement. The calisthenic exercises are always given in cadence. Soldiers begin and terminate each calisthenic exercise at the position of attention. The goal is to be able to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics intensifies the workload and conserves time. Guerrilla drills are conducted in-line using 25-yard intervals as shown in Chapter 12, Guerrilla Drills. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise.

PRECISION

10-9. The Preparation Drill loses much of its value unless performed exactly as prescribed. During preparation, the focus is always on quality of movement, not quantity of repetitions or speed of movement. A calisthenic cadence that is too fast will not allow soldiers to achieve a full range of movement and may not adequately prepare them for the activities that follow. During Guerrilla Drill 1, soldiers attempt to remain aligned with their rank leader (RL). The RL is responsible for setting the appropriate pace. An appropriate pace is a pace that allows all soldiers in the rank to demonstrate proper technique. AIs will help to maintain the ranks at the appropriate pace and offer feedback on form.

PROGRESSION

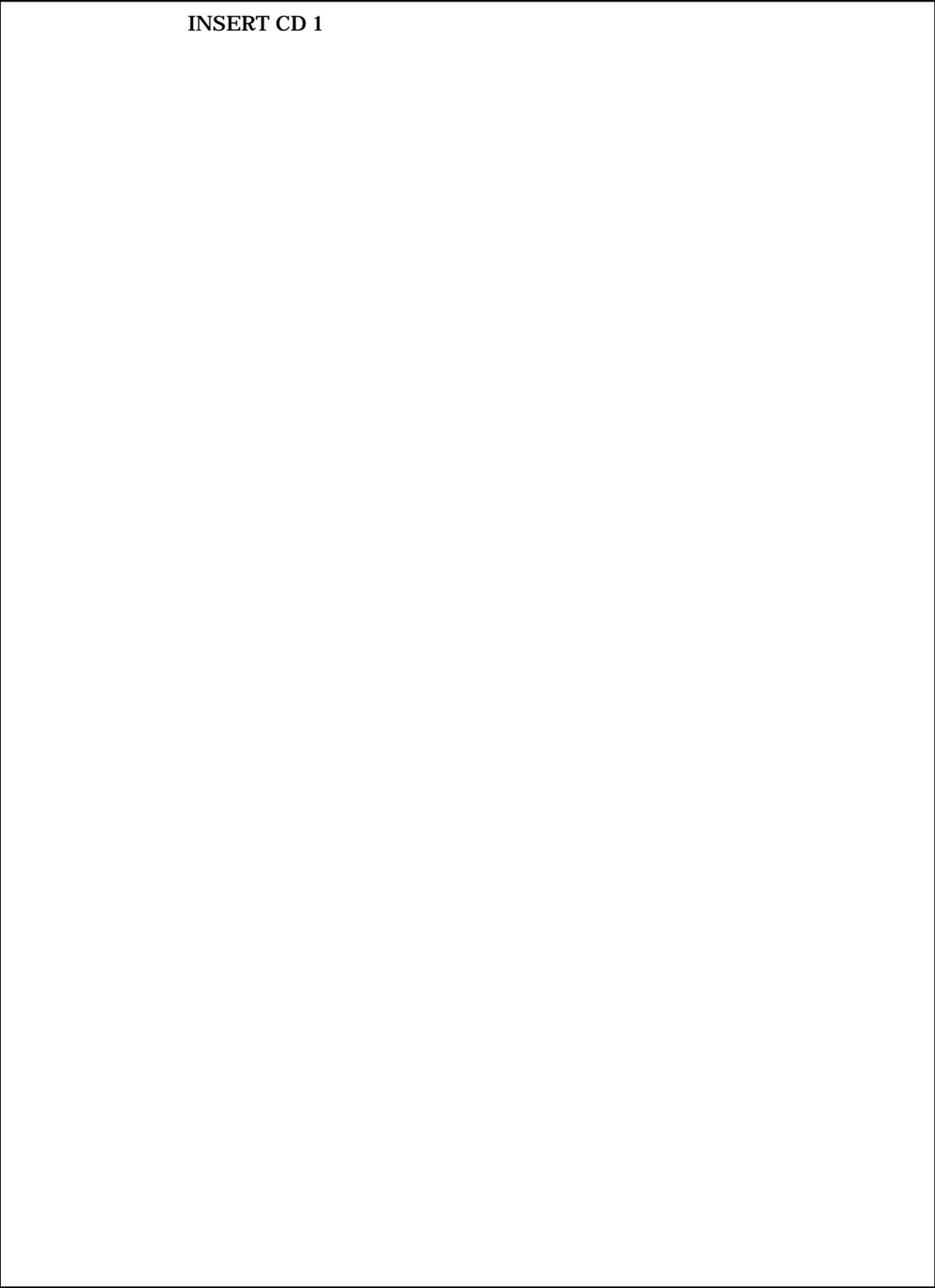
10-10. **The Preparation Drill is always performed during preparation in both the toughening and sustaining phases.** The Preparation Drills always consists of five repetitions of calisthenic Drill 1, at a slow cadence (1.5 seconds per count) with the exception of The High Jumper and The Push-up which are performed at a moderate cadence (1 second per count), followed by one repetition of Guerrilla Drill 1.

INTEGRATION

10-11. The preparation drill not only prepares the body for activities that follow, but also integrates the components of strength, endurance, and mobility.

COMMANDS

10-12. The commands used to conduct the Preparation Drill are the same as the commands used to conduct Calisthenic Drill 1 and Guerrilla Drill 1. Refer to Chapter 6, PRT Execution, Chapter 11, Calisthenic Drills, and Chapter 12, Guerrilla Drills.



INSERT GD 1

SECTION III - RECOVERY

10-13. The objectives of Recovery are to:

- gradually bring body temperature and heart rate to their resting states
- maintain/improve flexibility and stability
- restore hydration and energy through proper nutrition

SECTION IV - RECOVERY DRILLS

10-14. The purpose of the Recovery Drills is to develop range of motion and stability to enhance performance, control injuries, and gradually bring the body back to its pre-exercise state.

10-15. Recovery Drill A or B or both are performed at the end of every PRT session. Recovery Drill A focuses on the lower body and is performed in combination with calisthenics, Guerrilla Drill 1, the 300-yard Shuttle Run, running activities, and foot marching. Recovery Drill B focuses on the upper body and is performed in combination with dumbbells, logs, climbing, and Guerrilla Drill 2. Recovery Drill A and B are performed together after the APFT, the obstacle course, water survival training, and the CWST. Refer to Chapter 5, PRT Planning for more information.

10-16. Hold each exercise position for 10 seconds. When conducted to standard Recovery Drill A or B will take approximately five to seven minutes.

TRAINING AREA

10-17. Any dry, level area of adequate size is satisfactory for conduct of Recovery Drills.

UNIFORM

10-18. Soldiers will wear BDUs with boots or the PFU.

EQUIPMENT

10-19. N/A.

FORMATION

10-20. The extended rectangular formation is prescribed.

LEADERSHIP

INSTRUCTION AND EXECUTION

10-21. A PRT leader and assistant instructor (AI) are required to lead Recovery Drills. The instructor must be familiar with the method of teaching these exercises, commands, formations, and utilization of AI(s) as described in Chapter 6, PRT Execution. Soldiers should memorize the exercises by

name and movement. The recovery drills are conducted in mass but not to cadence. Soldiers move in and out of the starting position and exercise positions on the PRT leader's command as described in Commands. Each exercise position is held for 10 seconds. **The seconds are not counted out loud.** Soldiers begin and terminate each exercise in the Recovery Drill at the position of attention. The drills are always performed in their entirety at the end of every PRT session. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise.

PRECISION

10-22. The Recovery Drills lose much of their value unless performed exactly as prescribed. PRT leaders and AIs must provide verbal feedback and make spot corrections to ensure that the soldiers correctly assume the exercise positions.

PROGRESSION

10-23. Soldiers always hold each exercise position for 10 seconds.

INTEGRATION

10-24. The Recovery Drills integrate the components of strength and mobility through development of stability and flexibility.

COMMANDS

10-25. The recovery exercises are not given in cadence. Soldiers move in and out of the starting position and exercise positions on the PRT leader's command. Each exercise position is held for 10 seconds. **The seconds are not counted out loud.** Recovery Drill A and B consist of five, 2-position exercises. The commands for Exercise 1 of Recovery Drill A are as follows:

- The PRT leader states, "**The Groin Stretch.**" Soldiers respond, "**The Groin Stretch.**"
 - The PRT leader commands, "***Starting position, MOVE.***" Soldiers assume the starting position.
 - The PRT leader commands, "***Position One, MOVE.***" Soldiers assume exercise position one and hold for 10 seconds.
 - The PRT leader commands, "***Starting position, MOVE.***" Soldiers assume starting position.
 - The PRT leader commands, "***Position MOVE, MOVE.***" Soldiers assume exercise position three and hold for 10 seconds.
 - The PRT leader commands, "***Starting position, MOVE.***" Soldiers assume the starting position.
 - The PRT leader commands, "***Position of Attention, MOVE.***" Soldiers assume the position of attention.

10-26. The same command sequence is used to conduct all of the other recovery drill exercises.

Recovery Drill A, Exercise 1 The Groin Stretch

Purpose: This exercise develops flexibility of the groin and trunk.

Starting Position: Straddle stance, hands on hips.

Position 1: On the command, "**Position One, MOVE**", lunge wide to the left (9 o'clock position) as the right arm moves overhead to come in line with the right leg and trunk, palm facing inward. Place the left forearm on the left thigh (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 2: On the command, "**Position Two, MOVE**", perform the movements of position 1 to the right (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ❑ In position 1, the trunk and head remains directed forward while the bent left leg is directed to the side. The right foot is flat on the ground and directed at 12 o'clock. The left foot is flat on the ground and directed at 9 o'clock.
- ❑ In position 2, the trunk and head remains directed forward while the bent right leg is directed to the side. The left foot is flat on the ground and directed at 12 o'clock. The right foot is flat on the ground and directed at 3 o'clock.
- ❑ In positions 1 and 2, keep the wrist and the elbow of the reaching arm straight to maintain a straight line from fingertip to heels. The fingers and thumbs of the hand of the reaching arm are extended and joined.

Recovery Drill A, Exercise 2 The Hamstring Stretch

Purpose: This exercise develops flexibility of the hamstrings.

Starting Position: Straddle stance, hands on hips.

Position 1: On the command, "**Position One, MOVE**", stretch the hamstring by taking an exaggerated step forward with the left leg and reach toward the ground by bending at the waist. (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 2: On the command, "**Position Two, MOVE**", perform the movements of position 1 to the right (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- In positions 1 and 2, both knees are slightly bent.
- In positions 1 and 2, the arms are straight with fingers and thumb extended and joined, palms facing one another and directed to the ground on either side of the forward leg.
- In positions 1 and 2, the back is straight with the head up and eyes directed forward.

Recovery Drill A, Exercise 3 The Calf Stretch

Purpose: This exercise develops flexibility of the calves.

Starting Position: Straddle stance, hands on hips.

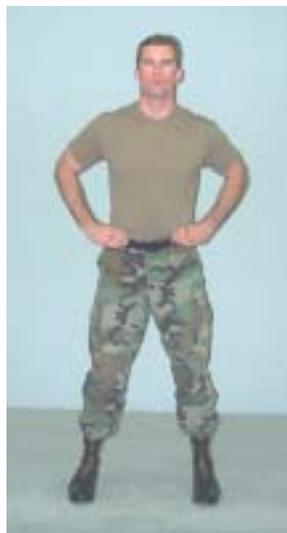


Position 1: On the command, “*Position One, MOVE*”, step forward 8-10 inches with the left foot and place the heel on the ground with the toes up. Bend forward and grasp the toes of the left foot with both hands. Straighten the knee of the left foot and pull the toes back toward the shin (hold for 10 seconds). On the command, “*Starting Position, MOVE*”, assume the starting position.

Position 2: On the command, “*Position Two, MOVE*”, step forward 8-10 inches with the right foot and place the heel on the ground with the toes up. Bend forward and grasp the toes of the right foot with both hands. Straighten the knee of the right foot straight and pull the toes back toward the shin (hold for 10 seconds). On the command, “*Starting Position, MOVE*”, assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- In positions 1 and 2, keep the head up and eyes looking forward of the left/right toe.
- In position 1, keep the left knee straight and bend the right knee to lower the hips.
- In position 2, keep the right knee straight and bend the left knee to lower the hips.

Recovery Drill A, Exercise 4 The Thigh Stretch

Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: On the command, **Starting Position, MOVE**, assume a seated position with legs straight and to the front, feet together.



Position 1: On the command, **Position One, MOVE**, lay on the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.

Position 2: On the command, **Position Two, MOVE**, roll onto the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ❑ Keep the abdominal muscles tight throughout this stretch in order to keep the trunk straight.
- ❑ Do not pull the heel forcefully to the buttock if there is discomfort in the knee joint. In this case, achieve a beneficial stretch by allowing the knee to straighten slightly and just pull the thigh further to the rear.

Recovery Drill A, Exercise 5 The Hip Stretch

Purpose: This exercise develops flexibility of the back of the hip.

Starting Position: On the command, “**Starting Position, MOVE**”, assume the supine position on the ground.



Position 1: On the command, “**Position One, MOVE**”, raise both feet off the ground and cross the left ankle over the right thigh. Grasp the left knee with both hands and pull it towards the right shoulder while raising the right thigh toward the chest (hold for 10 seconds). On the command, “**Starting Position, MOVE**”, assume the starting position.



Position 1



Starting Position

Position 2: On the command, “**Position Two, MOVE**”, perform the same movements of Exercise Position 1, but crossing the right ankle over the left thigh. Grasp the right knee with both hands and pull it towards the left shoulder while raising the left knee toward the chest (hold for 10 seconds). On the command, “**Starting Position, MOVE**”, assume the starting position.



Position 2



Starting Position

Check Points:

- Keep the back flat on the ground.
- In positions 1 and 2, raise the head 1-2 inches from the ground with the chin tucked.

Recovery Drill B, Exercise 1 The Overhead Arm-pull

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk.

Starting Position: Straddle stance, hands on hips.

Position 1: On the command, "**Position One, MOVE**", raise the right arm overhead and place the right hand behind the head. Grasp below the right elbow with the left hand and pull to the left, leaning the body to the left (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 2: On the command, "**Position Two, MOVE**", raise the left arm overhead and place the left hand behind the head. Grasp below the left elbow with the right hand and pull to the right, leaning the body to the right (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- Throughout the exercise, keep the hips set and the abdominals tight.
- In positions 1 and 2, lean the body straight to the side, not to the front or back.

Recovery Drill B, Exercise 2 The Turn and Reach

Purpose: This exercise develops the ability to control trunk rotation while increasing chest, shoulder, and trunk range of motion.

Starting Position: Straddle stance with arms sideward, palms up.

Position 1: On the command, "**Position One, MOVE**", rotate the trunk to the left while keeping the hips directed forward to bring the arms in line from front to rear. The head and eyes remain directed forward. Continue to pull the arms toward the front and rear (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 2: On the command, "**Position Two, MOVE**", rotate the trunk to the right while keeping the hips directed forward to bring the arms in line from front to rear. The head and eyes remain directed forward. Continue to pull the arms toward the front and rear (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- Keep the hips set and abdominal muscles tight throughout to prevent excessive rotation.
- Keep the feet directed forward, do not allow the hips to rotate with the trunk.
- Maintain straightness of the trunk throughout the exercise. Do not lean forward or back.
- Throughout the exercise, the arms are parallel to the ground at shoulder height. Rotate the arms to the rear so that the palms are facing up and the shoulders and chest are opened.
- In position 1, reach forward with the right arm and to the rear with the left arm.
- In position 3, reach forward with the left arm and to the rear with the right arm.

Precautions: If soldiers cannot reach the standard of positions 1 and 2, they should rotate their trunk to their individual limitations while keeping the hips, head, and eyes directed forward.

Recovery Drill B, Exercise 3 The Rear Lunge and Reach

Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance, hands on hips.

Position 1: On the command, "**Position One, MOVE**", step rearward with the left foot and reach overhead with both arms. This is the same position as count 1 of the Rear Lunge and Reach in Calisthenic Drill 1 (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.

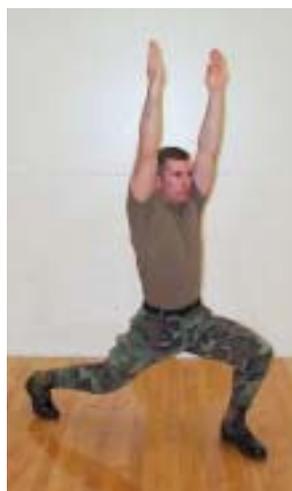
Position 2: On the command, "**Position Two, MOVE**", perform the movements of Exercise Position 1 with the right leg and arms (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- Reach fully overhead with both arms. Arms should be shoulder width apart with palms facing one another with the fingers and thumb extended and joined.
- After the foot touches down on counts one and three, allow the body to continue to lower. This promotes a better opening of the hip and trunk.
- Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of counts one and three.
- Keep the forward knee over the ball of the foot on counts one and three.

Recovery Drill B, Exercise 4 The Extend and Flex

Purpose: This exercise develops flexibility of the low back, hip, hip flexor, and abdominal muscles.



Starting Position: The front leaning rest position.

Position 1: On the command, "**Position One, MOVE**", lower the body, sagging in the middle, keeping the arms straight and look upward (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.

Position 2: On the command, "**Position Two, MOVE**", drop to the knees and sit back onto the legs by moving the buttocks toward the heels. (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- In position 1, the thighs and pelvis may rest on the ground. Relax the back muscles while bearing the bodyweight through the straight arms. Toes may point to the rear.
- In position 2, the toes are pointed to the rear and the arms are shoulder width apart, palms down on the ground.
- In position 2, slide the hands to the rear to allow the buttocks to move toward the heels.
- Feet are together throughout the exercise.

Recovery Drill B, Exercise 5 The Single-leg Over

Purpose: This exercise develops flexibility of the hips and lower back.

Starting Position: Supine position with arms sideward, palms down.



Position 1: On the command, "**Position One, MOVE**", turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.

Position 2: On the command, "**Position Two, MOVE**", (hold for 10 seconds). On the command, "**Starting Position, MOVE**", assume the starting position.



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- At the starting position, the arms are directed to the sides at 90-degrees to the trunk, the fingers and thumbs are extended and joined.
- In position 1, keep the right shoulder, arm, and hand on the ground.
- In position 2, keep the left shoulder, arm, and hand on the ground.

SECTION V – SUMMARY

10-27. Preparation and Recovery are essential elements of every PRT session. Conducting PRT activities without preparation may adversely effect performance and increase the risk of injury. The Recovery Drills enhance flexibility and gradually bring the body back to its pre-exercise state. Recovery should also carry over until the next PRT session is performed. Restoring adequate hydration and energy through proper nutrition and adequate sleep allows the body to refuel and rest.