

Day	<b>MONDAY</b>	
Target ACP/T Event	<b>2 MILE RUN EVENT</b>	
1. WARM UP (COND DRILL 1)	7.5 Min	
2. MIL MOV DRILL	5 Min	
3. AGR: 3-4 MILE RUN	30-40 min	
4. STRETCH / AAR	7.5 min	
<b>TOTAL WORKOUT TIME</b>	<b>50-60 min</b>	

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<b>2 Mile Workout #1</b>					
<b>AGR - ABILITY GROUP RUN</b>					
SET	EST. TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	30MIN	RUN	1	-	Quads, Hams & Cardiovascular System
<b>REPEAT ALL SETS</b>				<b>1x</b>	
<b>SUPER SET TOTAL TIME</b>				<b>30 Min</b>	

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Table 10-4. Quarter-mile split times based on AGR pace

Pace/Mile	1/4-Mile Split	Pace/Mile	1/4-Mile Split	Pace/Mile	1/4-Mile Split
6:00	1:30	8:15	2:03	10:30	2:38
6:15	1:34	8:30	2:07	10:45	2:42
6:30	1:37	8:45	2:11	11:00	2:45
6:45	1:42	9:00	2:15	11:15	2:49
7:00	1:45	9:15	2:19	11:30	2:53
7:15	1:48	9:30	2:23	11:45	2:57
7:30	1:52	9:45	2:27	12:00	3:00
7:45	1:56	10:00	2:30	12:15	3:04
8:00	2:00	10:15	2:34	12:30	3:07

Refer to Table 10-2 for endurance and mobility activities, prescriptions of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs.

Table 10-3. Ability group assignment

Toughening Phase AGR Assignments	Sustaining Phase AGR Assignments
A Group, 7:15 and faster	A Group, 6:30 and faster
B Group, 7:16 to 8:15	B Group, 6:31 to 7:15
C Group, 8:16 to 10:15	C Group, 7:16 to 8:00
D Group, 10:16 and slower	D Group, 8:01 and slower