

*The Way We Train:
Practices & Procedures*



Working Group 5
*Controlling Injuries to Soldiers During IET
Training: A Users' Conference*
19-20 October 1999

Major Themes



- Progression
- Goals and Standards
- Testing/Training Methods
- Resources
- Condition of Resources



As Is

- Progression: POI based
- Goals and Standards: POIs
- Test/Training Methods: APFT-based/POI
- Resources:
 - Lack of time to train
 - No money to build good tracks
 - Lack of personnel

As Is (continued)

- Condition of Equipment, Roads, etc.
 - Poor roads
 - Not enough equipment
 - Lack of standard surfaces + soldiers in new running shoes



To Be

- Progression
 - Stress Index (LE)
 - Physiologically-based, not POI-based
 - Extend FTU time
 - Leader (DS) flexibility
- Goals and Standards
 - Based on total fitness and MOS

To Be (continued)

- Test/Training Methods
 - MOS specific
 - Cross training (swimming, biking)
 - Strength, performance, motor efficiency, and endurance
 - 300 meter shuttle run, run dodge test
 - Reduction in road marching miles

To Be (continued)

- Resources
 - Fully staffed FTUS (DS ratio 1:10)
 - Surveillance to monitor results
 - Profile PT needed
 - No aerobic machinery
 - Swimming pool

To Be (Continued)

- Conditions of Resources
 - Expand resources (equipment) at certain posts
 - Standardize training equipment and areas to improve

Goal 1: Provide a soldier whose fitness is proficient for MOS

- Reuse MFT + field test (APFS)
- Revise POI (Benning/APFS)
- Revise screening criteria to include injury risk factors (CHPPM, APFS, TRADOC)

Goal 1: Provide a soldier whose fitness is proficient for MOS (continued)

- Define fitness requirements for each MOS (USARIEM, ARL, Branch Proponents)
- Create a test on these requirements (TRADOC & above)

Goal 2: Provide necessary resources to support injury prevention at all training posts

- Soft-run track (TRADOC)
- Lighting at each post (TRADOC)
- Cross training equipment (examples: bikes, pools, weights, medicine balls, plyometric equipment) (TRADOC)

Goal 2: Provide necessary resources to support injury prevention at all training posts (continued)

- Increase personnel for special programs (FTU, PTRP, etc) (TRADOC)
- Standardize training areas
 - Lighting protection
 - Heat prevention shelters
 - Safety equipment - mats, etc

Goal 3. Reduce Injuries

- Design a test for LE stress index (USARIEM)
- Define obtainable goals (different for men and women, etc) (CHPPM)
- Previous fitness-related tasks