



DEPARTMENT OF THE ARMY
UNITED STATES ARMY JAPAN
UNIT 45005
APO AREA PACIFIC 96343-5005

APAJ-CG

17 April 2019

COMMAND POLICY MEMORANDUM 19-03

FOR SEE DISTRIBUTION

SUBJECT: Physical Readiness Training (PRT).

1. Reference:

- a. FM 7-22, Army Physical Readiness Training, 26 October 2012.
- b. AR 600-9, The Army Body Composition Program, 28 June 2013.
- c. AR 350-1, Army Training and Leader Development, 10 December 2017.
- d. U.S. Army ACFT Field Testing Manual V1.4 – 20180827, 6 September 2018.
- e. DA Pam 670-1, Wear and Appearance of Army Uniforms, 25 May 2017.

2. Commanding General's Intent. Physical fitness is the top individual training priority for US Army Japan. It is one of the most important things we do every day to maintain our fight tonight readiness. As such, Soldiers, regardless of rank, age or gender will participate in their unit physical fitness program.

a. A strong fitness program centers on building strength, endurance, and agility. It should include both combat-focused and functional fitness training. In essence, the program should prepare our Soldiers for the rigors of combat and the execution of combat related tasks under warfighting conditions.

b. Since Soldiers fight as part of a formation, physical training will be executed at the unit level. This also allows our formation to build collective readiness, while cultivating mutual trust and individual/unit resilience. Because physical fitness training is largely both collective and individual training, I expect the training to be planned, scheduled, briefed and executed IAW with the 8-step training model. I also expect leaders to be present and leading from the front.

3. Applicability. This policy applies to all U.S. personnel attached, assigned, or under the operational control of U.S. Army Japan (USARJ). Tenant units will meet all Army Physical Readiness Standards outlined in FM 7-22, AR 600-9, and are encouraged to comply with USARJ standards outlined within.

4. Execution.

a. Units will plan, resource, and execute combatives, combat-focused and functional fitness PRT daily from 0600-0730. When a unit is unable to conduct PRT due to mission requirements, commanders will allow the unit time for make-up PRT when feasible.

b. Organized sports during PRT will be approved by a battalion commander or the first O5 director or above in the chain of command/local UCMJ chain. Organized sports during PRT will be conducted no more than once each month.

c. Units will integrate the components of the Army Combat Fitness Test (ACFT) into their training plan. Commanders will ensure safe integration of ACFT events into unit physical fitness by using Master Fitness Trainers (MFTs) and Army Health and Wellness Center Trainers to minimize injuries.

d. Unit foot marches will be executed under combat load. The standard is 12 miles in four hours, but the distance may be shortened based on time available and training objectives. There will be no administrative foot marches. The uniform will consist of ACH, OCP, eye pro, gloves, IOTV, camel back, assault pack/Molle/rucksack, and weapon. Based on heat index, company commanders may adjust the uniform to lighten the load, including executing without assault pack/Molle/ruck or IOTV.

e. Running in IOTV and kit is strictly forbidden, as it often leads to muscular/skeletal injuries.

f. The gym is authorized for use during PRT hours. PRT conducted in the gym will be rigorous, demanding and under leader supervision.

g. Physical training and conditioning off-post in PT uniform is authorized. Personnel will not conduct PRT off-post alone or depart post in groups larger than seven persons. The exception to groups larger than seven are events held off post at a destination PRT site. Training will not hinder or impede the activities of local residents and traffic.

h. The school track will only be utilized during times which do not conflict with posted signage restricting use between the hours of 0600 to 1700 on school days, or during school events which utilize the area.

5. Uniforms. All Soldiers in a unit PRT formation will wear the Army Fitness Uniform IAW DA Pam 670-1. Reflective belts will be worn during periods of darkness and low visibility.

6. Reconditioning PRT will be formally executed at unit level. The Army Health & Wellness Center can advise unit master fitness trainers and leaders on the effective

APAJ-CG

SUBJECT: Commanding General's Policy Letter # Physical Readiness Training

execution of this program. Units are encouraged to coordinate programs to maintain maximum readiness and efficiency.

7. Unit Goals. All Army units and Soldiers stationed in Japan should strive to meet the goals established below:

- a. Foot March- 12 Miles with fighting load, under 4 hours.
- b. Unit runs will be four miles in under 36 minutes or +/- 15 seconds per mile.
- c. All Soldiers perform six unassisted pull ups.
- d. All Soldiers perform individual Soldier carry with a partner of equal or greater weight for 50 yards.
- e. Climb a 20-foot rope.
- f. Score 270 or higher on the APFT.

8. The point of contact for this action is the Command Sergeant Major of US Army Japan, at 262-3133.

VIET X. LUONG
MG, USA
Commanding

DISTRIBUTION:

A
B
Special