**MCJROTC RAIDER BATTALION PT SCHEDULE (April 2025)**

**DATE EVENTS**

Apr 9 Dynamic Warm-up / **Platoon Commander PT**

Apr 11 Dynamic Warm-up / **3 Lap Company run / 3 Lap Squad Run / 2 lap**

**Individual run / (Lower body strengthening - crunches/leg lifts/squats)**

Apr 16 **Final PFT**  **(Pullups / Crunches / 1 mile Run)**

Apr 18 **Interservice Field Meet**

Apr 23 Dynamic Warm-up / **COMBAT FITNESS CHALLENGE**

Apr 25 Dynamic Warm-up / **2 Mile Motivation Run / (Upper body strengthening-**

**pullups/pushups/jumping jacks/relays)**

Apr 30 Dynamic Warm-up / **Platoon Commander PT**

**Operational Risk Management (ORM) Procedures for Physical Training**

* Check outside weather conditions prior to executing PT.
* Ensure all cadets have appropriate PT Gear on (shoes/uniform).
* Ensure all cadets have some form of hydration.
* Ensure cadets with medical conditions have necessary medications (Epi Pens/inhalers; etc).
* Ensure radios are distributed to Senior Cadets for emergency contact.
* Dynamic Warm-up includes: (High Knees/Butt Kicks/Frankensteins/Karaokes/Cherry Pickers/Sprints)

\* If inclement weather is outside, PT will be inside Circuit Training.

\*\* If temperature is **88 degrees or exceeds that** prior to or while conducting PT outside, it will

be moved to inside Raider Arena.

\*\*\* If temperature is **38 degrees or lower** prior to or while conducting PT outside, it will be

moved to inside Raider Arena.