

DEPARTMENT OF THE ARMY
Headquarters, 1st Battalion, 21st Field Artillery Battalion
Fort Hood, TX 76544

AFYB-21FA-CDR

28 July 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Battalion Policy Letter #20- Physical Fitness Training Guidance

1. REFERENCES:

- a. AR350-1, Army Training and Leader Development (13 Jan 2006)
 - b. FM 21-20, Physical Fitness Training (30 Sep 1992)
2. Unit PT standards and procedures are established IAW AR 350-1 (chapter 4) and FM 21-20 so that a structured physical fitness program is emplaced to ensure unit and Soldier readiness is in compliance with the Army Physical Fitness Standards.
 3. PT is a leadership event. Conduct tough PT to standard. Ensure PT is challenging and varied. PT should stress upper body strength and endurance. METL based PT is highly encouraged. No other training we do has as many real, long-term benefits that prepare Soldiers for combat. Unit leaders will conduct a physical fitness training program that enhances their Soldiers' abilities to complete Soldier or leader tasks that support the unit's METL. Preparation for the APFT is of secondary importance and unit PT is the foundation of the overall fitness program.
 4. Commanders may establish unit APFT related goals that exceed the Army minimum standards. However, Soldiers need to know these goals and be able to achieve them safely through the use of normal training time (0630-0730). Adherence to the principles of conditioning outlined in FM 21-20 is the standard.
 5. Special conditioning programs are tailored IAW FM 21-20 and kept separate and distinct from the normal fitness program. These programs are for Soldiers possessing a current, temporary, or permanent physical profile.
 6. Competitive intramural sports programs complement unit physical fitness programs, build esprit de corps, teamwork, and overall unit morale. Safe, rigorous unit sports develop some of the physical fitness components.
 7. Leaders responsible for planning, conducting, and evaluating physical training and testing will ensure they are in compliance with the principles, procedures, and guidelines in FM 21-20.
 8. Commanders and supervisors will establish and conduct physical fitness programs consistent with FM 21-20 and unit mission. Exercise periods are conducted with sufficient intensity,