



REPLY TO  
ATTENTION OF

AFZF-CG

DEPARTMENT OF THE ARMY  
HEADQUARTERS, FORT HOOD  
FORT HOOD, TEXAS 76544

COMMAND POLICY  
G3-02

4 Sep 2013

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter G3-02, Interim Command Policy on Physical Readiness Training

1. REFERENCES.

- a. TC 3-22.20 Army Physical Readiness Training.
- b. Army Regulation 350-1, Army Training and Leader Development, 04 AUG 11.
- c. III Corps and Fort Hood Command Policy, CG -03 Change 1.

2. APPLICABILITY. This guidance applies to all personnel assigned or attached to III Corps and Fort Hood.

3. GUIDANCE.

a. Physical Fitness and Physical Training are crucial elements in the overall readiness of our Soldiers and, as such, to the overall readiness of Fort Hood. Dynamic, engaged leaders who are serious about the overall physical fitness of their Soldiers must place emphasis on conducting training to the Army's published standards. Leaders of Fort Hood will always strive to conduct intense and productive physical training.

b. The focus of this guidance is to establish a fundamental baseline for unit commanders to follow as they and their leaders to plan and execute physical training. The Commander's intent is that physical training builds individual and collective unit readiness and esprit de corps; builds physical strength, increases conditioning and enhances physical endurance; manages the body weight of our Soldiers and provides a positive start to each day at Fort Hood.

c. Physical training occurs every duty day from 0630 to 0730. Commanders will restrict appointments and other activities during this time period to allow maximum participation in PT and to properly account for Soldiers.

AFZF-CG

SUBJECT: Policy Letter G3-02, Interim Command Policy on Physical Readiness Training

d. Unit commanders will conduct physical training activities to improve performance during mission accomplishment. These activities will consist of those that build strength, balance, flexibility and cardiovascular endurance and burn calories. These should include "functional fitness" activities to increase conditioning and vary the routine.

e. Units within Fort Hood will conduct foot marches to enhance physical fitness and endurance. Soldiers will conduct foot marches at least once every two weeks, culminating with an eight mile foot march in two hours once per quarter.

f. Units within Fort Hood will conduct formation runs to build esprit de corps. When possible, these runs will occur on the first morning of the work week to support enhanced unit accountability of our Soldiers. If a higher echelon's run is conducted it will replace the mandated runs for echelons below it. For example, a quarterly brigade run that takes place the first week of September will replace the battalion/squadron run for that month and the company/troop/battery run for that week.

g. Leaders at Fort Hood must emphasize the value of proper nutrition and rest to complement our physical training programs and to achieve a healthier lifestyle. Avoiding fatty and processed foods, reducing consumption of energy drinks, limiting alcohol intake, quitting the use of tobacco products and aiming to get adequate sleep each day, among other smart personal choices, will improve the collective well being of Fort Hood.

h. Running in Improved Body Armor (IBA) during PT is prohibited. The undue stress on the lower extremities is an avoidable risk of injury.

i. The conduct of sports during physical training is not authorized without an approved exception to policy. Approval from a general officer is required during unit quarterly training briefs. Commanders are encouraged to empower their subordinate commanders to create fun and challenging physical training programs that promote unit cohesion. Sports can be on the unit training schedule as a duty day event. Planned periods of sports or other alternate activities are acceptable with the proper coordination if all Soldiers are participating and are receiving the aerobic and anaerobic benefits of physical training.

j. As per Training Circular (TC) 3-22.20, chapter 4-21, "The Army Pregnancy Post Partum Physical Training (PPPT) is designed to maintain health and fitness levels of pregnant Soldiers and to assist them in returning to pre-pregnancy fitness levels." Fort Hood PPPT training is to be coordinated through III Corps and Fort Hood Health Promotion Office, (254) 288-0379. In accordance with TC 3-22.20, "Soldiers diagnosed as pregnant or who are recovering from childbirth are exempt from regular unit physical training and APFT for the duration of the pregnancy and up to 180 days past the end of

AFZF-CG

SUBJECT: Policy Letter G3-02, Interim Command Policy on Physical Readiness Training

their pregnancy.” Commanders will continue to emphasize the importance of PPPT and ensure that their eligible Soldiers participate fully in the program.

k. Soldiers on profiles which restrict their ability to conduct physical training will participate in their unit’s special conditioning training sessions. It is imperative that leaders at all levels critically assess their special conditioning training programs to ensure that all of their Soldiers’ needs are met. Commanders will use the techniques found in Chapter 6 of TC 3-22.20 when planning and conducting special conditioning training. Soldiers who normally participate in special conditioning programs include: unit APFT goal failures, Soldiers on the Army Weight Control Program (AWCP) and Soldiers who are reconditioning.

l. Soldiers who have recently returned from deployment or Soldiers transitioning to the sustaining phase from initial military training (IMT) who have decreased their level of fitness due to leave, transit and in processing must also participate in special conditioning programs. This training is not punitive in nature. As leaders we have an obligation to return our Soldiers to the physical training standards we set for our formations!

4. The point of contact for this memorandum is G3 Training at (254) 286-5650.



ANTHONY R. IERARDI  
Major General, USA  
Commanding

DISTRIBUTION:  
IAW FH Form 1853: A