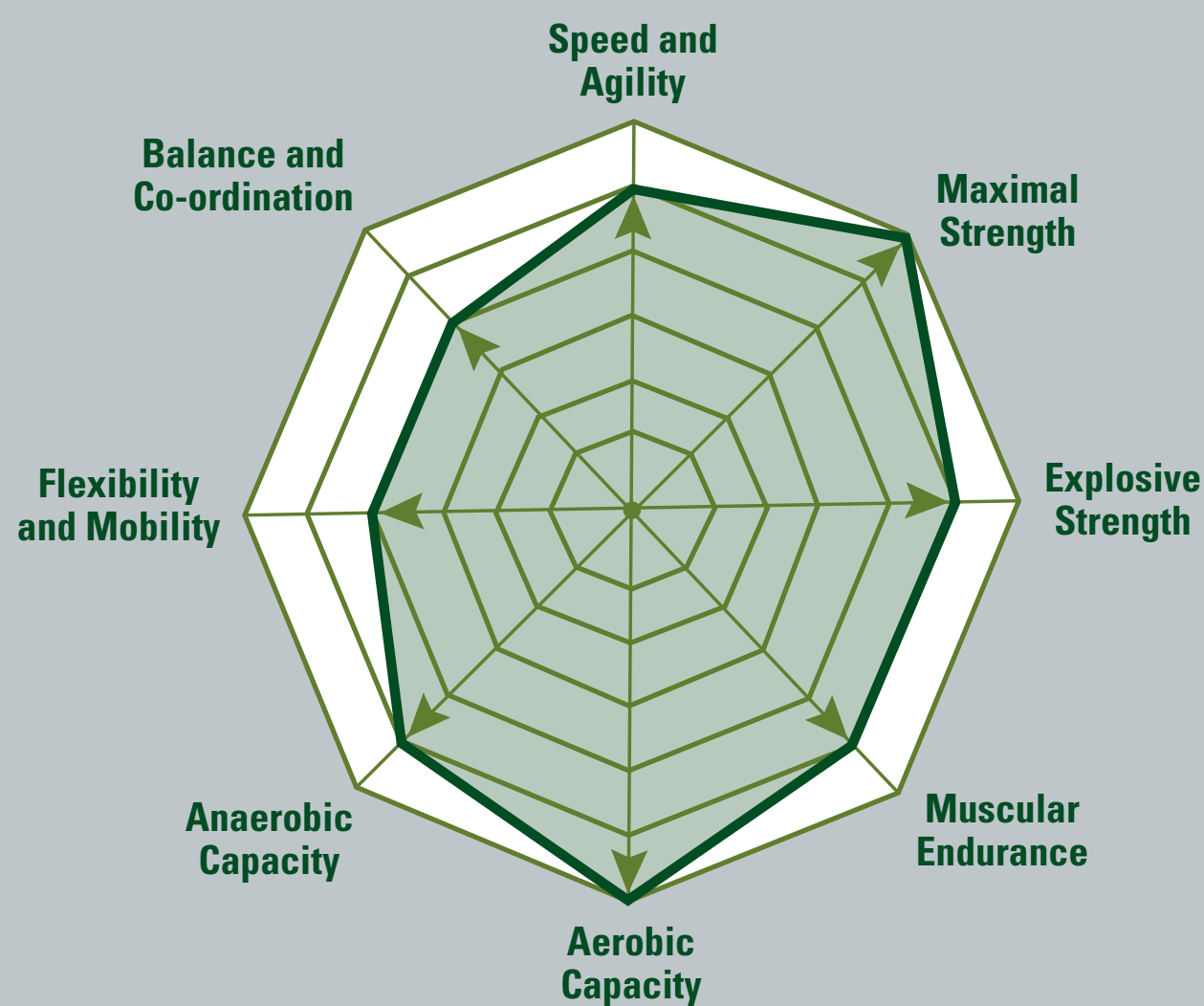


# TRAINING HUMAN OPTIMISATION FOR READINESS

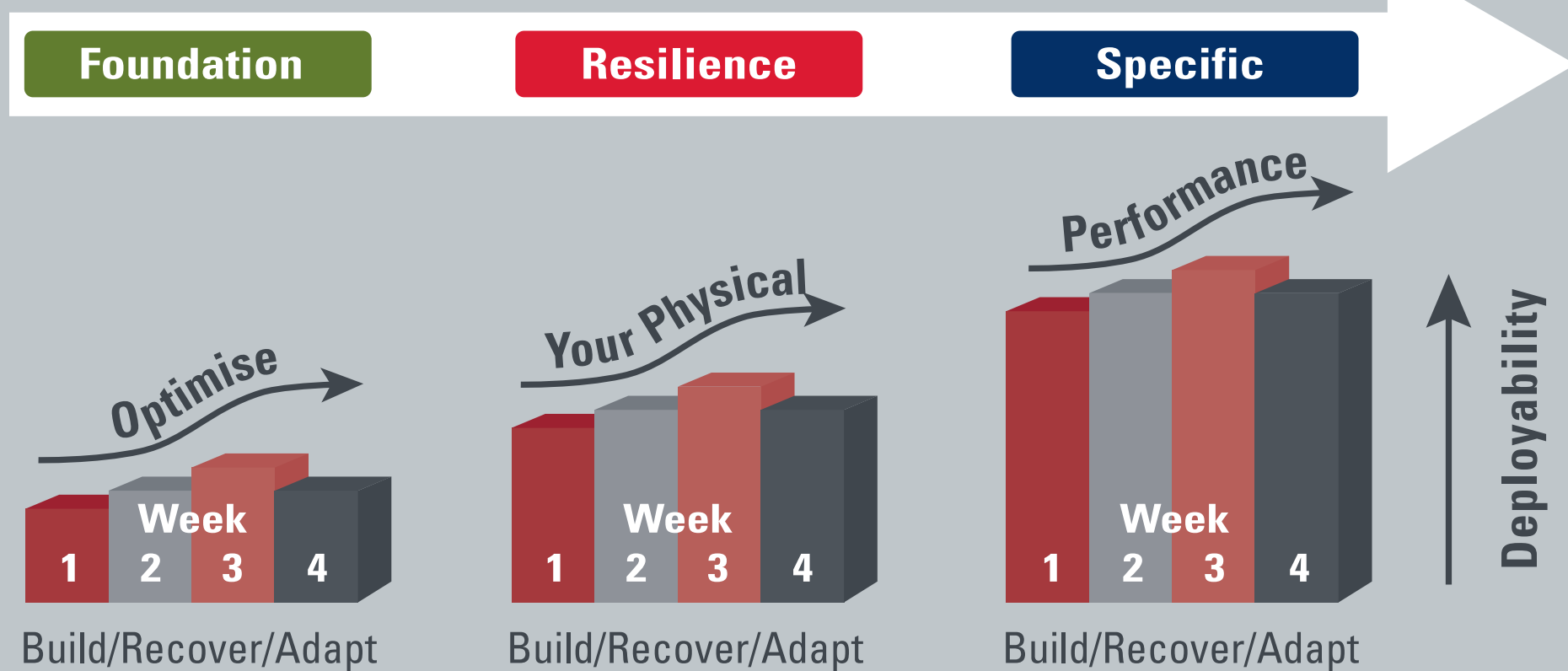
## THE ARMY PHYSICAL TRAINING SYSTEM



### THE SOLDIER ATHLETE FITNESS COMPONENTS



### PERIODISED TRAINING



A performance orientated, evidence based approach to physical conditioning of the Soldier Athlete

For further information regarding The Army Physical Training System, contact you Unit RAPTCI / AAPT

Creative Media Design ADR007420

The Royal Army Physical Training Corps -  
Soldier Physical Performance Specialists

