

TRAINING HUMAN OPTIMISATION FOR READINESS

THE ARMY PHYSICAL TRAINING SYSTEM - Block Aims

THE FOUNDATION BLOCK

GENERAL BACKGROUND

The Foundation Block is likely to follow a period of detraining and will reset the soldier athlete in preparation for the next block.

In this phase there are several aims that include education of the seven foundation movement patterns, primary 'compound lifts', basic agility and Tactical PT movements. This block will build a strength and aerobic base and progressively overload the body whilst increasing tissue tolerance to reduce the potential for overuse injuries. Attention is given to the importance of training all the components¹ of fitness required of the soldier athlete. These factors are integrated into the training program to optimise training efficacy in order to increase work capacity and physical readiness before moving on to the Resilience Block.

KEY TARGETS

- Master the foundation movement patterns that underpin physical performance.
- Build a strength and aerobic base and develop each of the components of fitness required of the Soldier athlete.
- Condition through compound lifts, posterior chain work, trunk conditioning and basic agility movements.
- Address generic postural issues to improve long-term performance during physical training through education, flexibility and mobility training.
- Increase work capacity and physical readiness.
- Develop understanding of recovery and nutrition strategies.

THE RESILIENCE BLOCK

GENERAL BACKGROUND

The Resilience Block will be the most widely used and sits between the Foundation and Specific Blocks, with the main aim to develop physical resilience in the soldier athlete.

This phase aims to increase the physical resilience and work capacity of the soldier athlete by building on the key movements and exercises mastered during the Foundation phase. The soldier continues to benefit from central adaptations as the training focus switches to develop specific peripheral adaptations to promote tactical readiness prior to moving into the Specific Block. Enhanced resilience will optimise tactical readiness.

KEY TARGETS

- Shift from general preparation to task focused Tactical PT.
- Increased focus on maximal and explosive strength development.
- Introduce Maximal Aerobic Speed and High Intensity Interval Training (HIIT) to improve work capacity of the Soldier athlete.
- Make agility training more specific by introducing change of direction drills and external cueing.
- Continue to Educate the basic movement skills during role specific tactical PT and military training.
- Discuss recovery and nutrition strategies with the Soldier Athlete that complement the increased intensity of the program.

THE SPECIFIC BLOCK

GENERAL BACKGROUND

The Specific Block will always follow a period of Resilience Block training and focuses on the physical demands of the specified unit task.

In this phase physical and military training are aligned to prevent overuse injuries occurring and to prevent detraining in any one of the fitness components developed during previous blocks. Physical Training is likely to be task focused and conducted whilst wearing the kit and equipment required of that task. The inclusion of hybrid PT is designed to improve the physical and mental robustness of the soldier athlete by exposing the physical demands identified of the specified task.

KEY TARGETS

- Prevent a drop in performance in any one fitness component and maintain movement competency.
- Maintain strength and focus on faster rates of force development that carry over to agility and military tasks.
- Agility and speed work aim to maintain established work capacity from previous blocks, but will be performed with the soldier athlete using equipment that mimics the demands of the specified task.
- Anaerobic capacity is continued to reduce ground contacts but the Soldier athlete will be challenged in multiple directions and decision making.
- Use of Maximal Aerobic Speed, HIIT, Hybrid PT is used to reduce excessive mileage whilst maintaining physical readiness.
- Reinforce recovery and nutrition strategies to the Soldier Athlete that complement the increased intensity of the program.

¹ Maximal Strength, Explosive Strength, Muscular Endurance, Aerobic Capacity, Anaerobic Capacity, Speed, Agility, Mobility, Flexibility, Balance and Coordination.

For further information regarding The Army Physical Training System,
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The Royal Army Physical Training Corps -
Soldier Physical Performance Specialists

