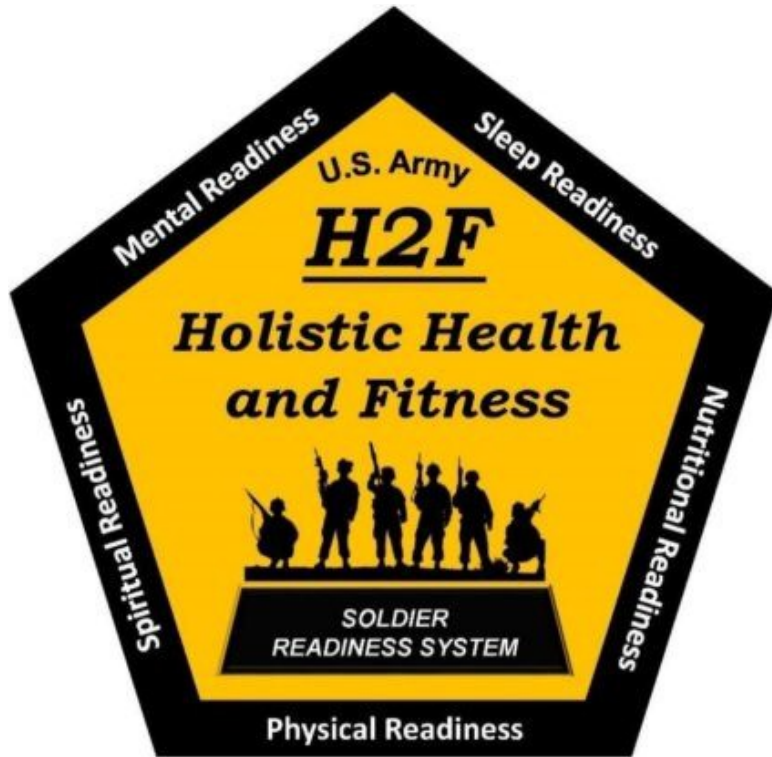




TJAGLCS H2F TOUCHPOINT



FY22

AUGUST
PHYSICAL READINESS

RUNNING CHALLENGE

"The Soldier's perception of any movement - whether it be running, weightlifting, or shooting - is developed through physical repetition and attention to form. Repetition improves skill by connecting the brain to the body part."

(FM 7-22, 7-24)

1. Intentionally work to improve your run form: Your foot strike should be a mid "neutral" strike by landing on the center of your foot.
2. Establish a distance goal for the month: Designate one day each week for a "long run".
3. Track your run times and distance: Use apps or a running partner for accountability.

PHYSICAL READINESS

For the month of June, TJAGLCS will focus on improving our physical readiness. "Physical Readiness is the ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy."

(FM 7-22, 3-5)



WORKSHEET

CARDIO PLANNER

This workout planner can help you keep track of your cardio training. Enter the date, time of day, type of cardio workout you completed, length of your workout in the "Time" column, and the distance you covered (when applicable), in either miles or kilometers in column 5. Your average pace, when applicable, is your distance divided by your time in column 6. Remember: Take notes on how your workout went!

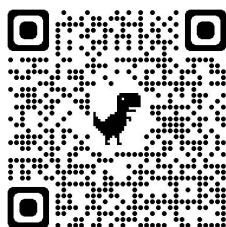
(This worksheet also is available in Excel format, which automatically makes the calculations for you. If you would like the Excel version, please send your request to us using HPRC's [Ask the Expert](#) feature, and we'll email the file to you.)

Date	Time of Day	Workout	Time (h:mm:ss)	Distance (mi or km)	Average Pace (h:mm:ss)
1/30/2020	1500	Run	2:35:15	13.1 mi*	0:11:51/mi*

How was your workout?

*If you prefer, substitute kilometers (km) rather than miles (mi) but be sure you use the same unit of distance in all cases.

Check out CHAMP for more resources and information on how to improve your cardio and run form.



RUNNING FORM 101

Improve Efficiency and Reduce Your Risk of Injury



HEAD:

- Keep your head upright and in line with shoulders
- Look slightly down and ahead
- Relax your jaw

ARMS/HANDS:

- Bend your arms at about 90 degrees
- Don't cross/swing arms in front of your chest
- Relax your hands (imagine holding a penny between your thumb and forefinger)

TORSO:

- Lean (fall) slightly forward—don't slouch!
- Keep your chest up and shoulders straight

FEET:

- Don't over stride—your foot should land under or slightly in front of hips
- Land on your midfoot to forefoot (from the arch to the ball of your foot)
- Keep your cadence at about 170—190 steps per minute



PHYSICAL READINESS RESOURCES



The Army is not the only branch of the military to adopt a new approach to holistic health and fitness. The Navy has also recently developed a new paradigm for improving and cultivating physical readiness. "The Navy Operational Fitness and Fueling System (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments." For more information on NOFFS and to access some fantastic resources see the link below:



Nutrition and physical fitness maintain a holistic relationship. The "Fuel the Fight" podcast is dedicated to providing nutrition and performance information to Tactical Athletes, specifically military personnel.



The Tactical Fitness Report with Stew Smith podcast discusses a variety of topics focused on Tactical Fitness Training for Military, Special Ops, Police, and Fire Fighting Training.



The Darebee Resource is an independent fitness resource run and maintained by a small group of volunteers and fitness professionals. Darebee makes fitness accessible, makes training fun, and makes a healthy lifestyle easier to start and maintain.





THE ARMY'S NO. 1 PRIORITY IS TAKING CARE OF ITS SOLDIERS, CIVILIANS AND FAMILIES

LEADERS' CORNER

"If the overarching goal of H2F is Soldier readiness, then the overarching physical training goal is movement lethality—the ability to physically engage with and destroy the enemy.

Movement lethality is the ability to apply and sustain the right amount of **strength**, **endurance**, and **speed** to meet the demands of training and combat physical tasks."

(FM 7-22, 3-1)

FM 7-22 challenges leaders to take an active role in developing the physical readiness training of their subordinates. Robust physical training plans will incorporate exercises that address:

1. Strength
2. Endurance
3. Speed

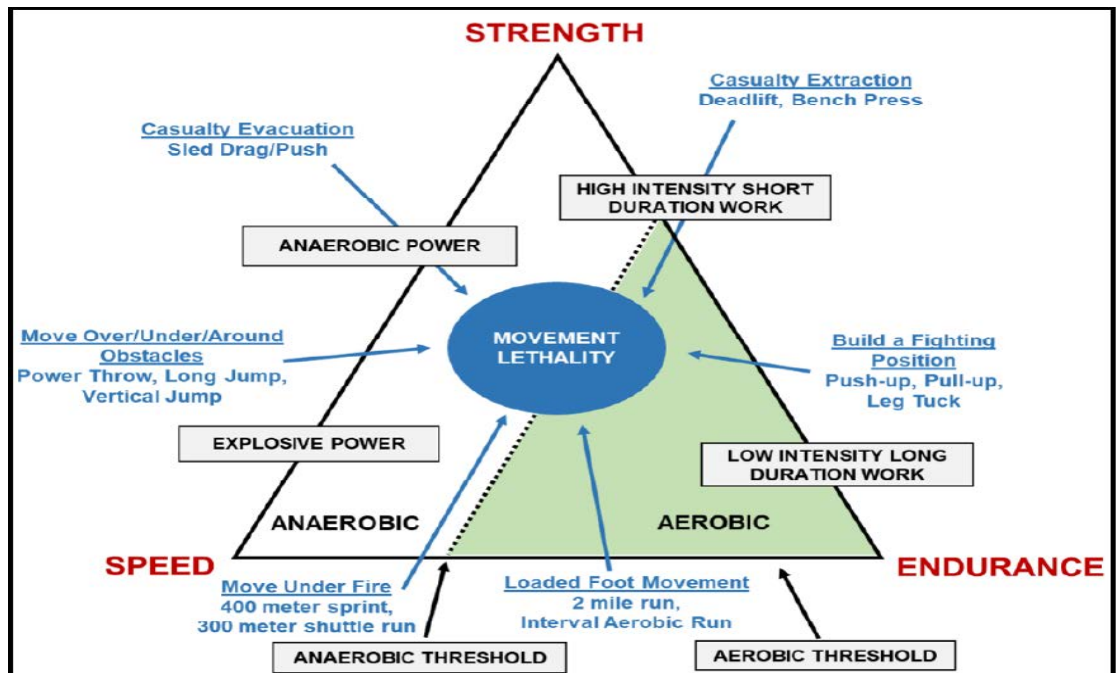


Figure 3-1. Tasks and physical components of movement lethality

FM 7-22 introduces a four-step paradigm in helping to reinforce movement lethality and skill proficiency. Leaders can use this paradigm as cultivate a climate of physical readiness amongst themselves and their subordinates.

1. **Concept-** Reinforce the idea that exercises, whether running, dead-lifting, sled-drags, etc, are skills that need to be learned and mastered
2. **Technique-** Defines the standard needed to master and become proficient in a skill
3. **Exercise-** Leaders need to teach the skill standard through repetition and hands on training
4. **Skill-** Performing an exercise to the specified standard

(FM 7-22, 7-14)