**MCJROTC RAIDER BATTALION PT SCHEDULE (February 2025)**

**DATE EVENTS**

Feb 5 Dynamic Warm-up **/ 2 Lap Company run / 2 Lap Squad Run / 2 lap Individual**

**run / (Lower body strengthening crunches/leg lifts/squats)**

Feb 7 Dynamic Warm-up / **Trail Run / Pyramid Pullups (5) / Crunches (Max 2 min**

**x2)**

Feb 12 Dynamic Warm-up / **3 Lap Company run /3 Lap Squad run / Circuit Trng**

**(Ammo Can Lifts/Lunges/Pull ups/shuttle run)**

Feb 19 Dynamic Warm-up / **Platoon Commander PT**

Feb 21 Dynamic Warm-up **/ 3 Lap Company run / 2 Lap Squad Run / 2 lap**

**Individual run / (Upper body strengthening-pullups/pushups/jumping jacks)**

Feb 26 Dynamic Warm-up / **4 Lap Company run /3 Lap Squad run / Circuit Trng**

**(Ammo Can Lifts/Lunges/Pull ups/shuttle run)**

Feb 28 Dynamic Warm-up / **Platoon Commander PT**

**Operational Risk Management (ORM) Procedures for Physical Training**

* Check outside weather conditions prior to executing PT.
* Ensure all cadets have appropriate PT Gear on (shoes/uniform).
* Ensure all cadets have some form of hydration.
* Ensure cadets with medical conditions have necessary medications (Epi Pens/inhalers; etc).
* Ensure radios are distributed to Senior Cadets for emergency contact.
* Dynamic Warm-up includes: (High Knees/Butt Kicks/Frankensteins/Karaokes/Cherry Pickers/Sprints)

\* If inclement weather is outside, PT will be inside Circuit Training.

\*\* If temperature is **88 degrees or exceeds that** prior to or while conducting PT outside, it will

be moved to inside Raider Arena.

\*\*\* If temperature is **38 degrees or lower** prior to or while conducting PT outside, it will be

moved to inside Raider Arena.