

Running Head: The National Guard Physical Fitness Program

The National Guard Physical Fitness Program

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Abstract

The purpose of this paper is to discuss the Army National Guard's deployment and their readiness as an organization physically and mentally. The Army National Guard is a major access to the Army doing this conflict on the War on Terrors. The problem that is faced with the National Guards is that them being physically fit for duty and them being able to maintain and have the staminate that is needed throughout their time of mobilization overseas. However, with the current operational tempo and the role the National Guard is playing in overseas deployments, the National Guard's ability to sustain its current contribution to the Global War on Terror, and respond to domestic emergencies in their respective States

Introduction

The Army National Guard is always ready for deployment. Their stand to attitude for Mobilization and deployment has played a major role in today's Army operation overseas regardless of the length of time that they may have to spend away from their love ones.

Physical Fitness Mission

The mission of the Army National Guard during deployment is to provide high quality administrative and combat service support to the war on terrorism that accrued over in Iraq and Kuwait. The national guards must constantly train to maintain the basic combat soldier skills. In the time of War, they must be prepared to deploy at anytime with their unit to provide essential administrative support and combat support.

Unit's Fitness Goals

- (a) Develop an effective unit/section PT program that incorporates the seven principles of exercise.
- (b) 100% of the soldiers assigned score 190 or higher on the APFT. IAW FM 21-20
- (c) Reduce the use of tobacco.
- (d) Reduce the number of physical profiles. IAW AR 350-1
- (e) Reduce the number of soldiers on the overweight program. IAW AR 600-9
- (f) Eliminate the number of unwanted pregnancies.
- (g) 100% of the soldiers assigned complete a 6-mile road march w/20% of their body weight in 2 hours.
- (h) 100% of the assigned Soldier has the strength, speed, and endurance to successfully maintain proficiency in these basic combat soldier skills:

- (1) Weapons qualification
- (2) NBC tasks
- (3) First Aid tasks
- (4) Map Reading
- (5) Land Navigation

(i) Receive a “Commendable” rating in Physical Fitness training while they are going through the mobilization training prior to them being deployed into theater. Below is a four week schedule that the soldiers go through while they are going through mobilization training. The unit will continue to go through the physical fitness training for a total of eight weeks using the model below. After the unit complete the eight weeks of physical training they are giving an Army Physical Fitness Test so the Chain of Command will know where their unit stands and how much more training is needed to meet the army standards.

Unit’s Fitness Tasks

| WEEK ONE | | | |
|----------------------|---|---------------------------|-----------------------|
| Assessment | PU/SU/2MR | Supervise/Monitor THR | Running Track |
| MSE Improvement | MSE Circuit / Strength training w/weights | Supervise Activity | Sports Field / Gym |
| Improve CR Endurance | Intervals | Lead Activity/Monitor THR | 1 X 440 Running track |
| WEEK TWO | | | |
| MSE Improvement | PU/SU Improvement / Sprints | Supervise Activity | Sports Field |
| Improve CR Endurance | Calisthenics / FARTLEK run | Lead Activity/Monitor THR | Sports Field / Trails |
| WEEK THREE | | | |

| | | | |
|----------------------|-----------------------------|---------------------------|-----------------------|
| Improve CR Endurance | Cardio respiratory Circuit | Lead Activity/Monitor THR | 1 X 440 Running track |
| MSE Improvement | PU/SU Improvement / Sprints | Supervise Activity | Sports Field |

WEEK FOUR

| | | | |
|----------------------|-------------------------|-----------------------|-----|
| Improve CR Endurance | Conduct Act/Monitor THR | 1 X 440 Running track | Gym |
| MSE Improvement | Supervise Activity | Sports Field | Gym |

Justification

(a) *Progression:* This program demonstrates a progressive approach to training. After the initial assessment, they begin exercising at the base level of fitness. Gradually, they progress by exercising more repetitions, sets, or for longer periods at higher THR. They believe this will enable our soldiers' level of fitness to increase as fast as possible.

(b) *Regularity:* Each component of fitness is exercised on a regular basis. The Soldiers must exercise two to three times a week concentrating on muscle strength and endurance and two to three times a week on cardio respiratory fitness. They have the emphasis switch weekly allowing a more solid schedule.

(c) *Overload:* Soldiers reach overload by exercising to muscle failure during MSE days. They will exercise to this standard, not to time. While conducting cardio respiratory exercises, Soldiers achieve overload by maintaining a training Heart Rate (THR) of at least 70% of their heart rate reserve (HRR) for over 20 minutes. This is possible by using ability groups.

(d) *Variety:* They have varied the exercises used in this program, not only by type but also by the method of execution. They use five different strength circuits as well as fundamental

exercises to improve muscle strength and endurance. To improve cardio respiratory endurance, we primarily use ability group runs. However, we also incorporate cardio respiratory circuits, road marches, and sprints. They introduce their soldiers to rifle drills, the obstacle course, and also use the land Navigation course for variation.

(e) *Recovery:* They have built in automatic recovery periods as they alternate MSE and CR days. Soldiers will achieve a workout to muscle failure one day then will work cardio respiratory the next day. The key to this is running a 5-day a week program.

(f) *Balance:* This program is balanced as it addresses all of the components of fitness. They train muscle strength, endurance, and cardio respiratory endurance equally as they are the cornerstone of our program. They continue to develop the flexibility of our soldiers while conducting warm-up and cool-down exercises during each session.

(g) *Specificity:* They believe this program is focused on achieving the goals outlined above. Soldiers do push-ups and sit-ups on a regular basis and will continue to improve their running ability. By road marching once a month, they enable their Soldiers to maintain the roadmarch standard of 6 miles in 2 hours. Additionally, they are gearing their Soldiers for success in their overall fitness levels. After they complete their eight weeks of conditioning training they are given an Army Physical Fitness Test to see where they are stand and what they have to continue to work to maintain to the Army standard.

Counterpoint

The Army National Guard's has taken charged of many events over the past 5 years, dealing with the War on Terrors, Hurricane Katrina, Border Patrol and many other emergency situations that has accrued in the past. The Soldiers of the National Guard's and their family has to be

flexible and understanding of the many situations that comes up and them being ready to mobilized and ready for deployment. The state support their Soldiers and their family making sure that when they are called support the United States that there are no worriers that their love ones are not take care of doing their separation. The Army National Guard's has been the backbone of our force sense this War on Terrors.

Conclusion

The Army National Guard's manpower and their availably to their State needs plays a major role in the readiness of that organization that is being call up for mobilization. There are several things that have to be look at and time is one of the major issues because these are civilian and notification is importance to the Soldier their family and their employer. There is no I in team and they know once they have been called to support the War on Terrors and any other mission that they have to remember that they are Soldiers.

References

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RESEARCH WORKSHOP ON PHYSICAL FITNESS STANDARDS AND MEASUREMENTS WITHIN THE

MILITARY SERVICES

DoD Joint Technology Coordinating Group-and the U.S. Army Medical Research & Materiel Command