

# Download Army Prt Schedule Example

The following paragraphs discuss sustaining phase PRT schedules as they apply to operational units.

**SCHEDULE OVERVIEW** PRT should be conducted four to five days per week according to AR 350-1. can use this schedule as a guide for developing PRT in their course program of instruction (POI). Physical readiness training should be conducted five to six days per week depending on the POI and course training schedule.

When following this schedule, all PRT sessions occur in order, regardless of the off day(s). Each day's PRT activities also occur in the order listed. today the Army prt schedule example is not just a gadget to give promoting about days however additionally used as a personal organizer where you can mix your personal and professional schedules. Using a personalized printable Army prt schedule example you can keep track of all the actions of your general life. Prt 8: Sample Schedule (Sustaining Phase) For Army Pt Calendar Example  
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