Operation: You Can’t Do It Alone

1. Situation. Physical Training (PT) 1 is scheduled for the morning of 3 September 2015 at Harkness Field.

2. Mission. To improve the fitness levels of each cadet in the wing while maintaining outstanding morale that encourages cadets to do their best in and outside of PT.

3. Execution.
   a. Initial formation will be at Harkness Field.
   b. Physical Training Flight will prepare Harkness Field.
   c. Timeline:

<table>
<thead>
<tr>
<th>Time</th>
<th>Cadets</th>
<th>Activity</th>
<th>Location</th>
<th>OIC</th>
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</thead>
<tbody>
<tr>
<td>0555</td>
<td>ALL</td>
<td>Warm-up Lap</td>
<td>Harkness</td>
<td>OS/PT</td>
</tr>
<tr>
<td>0557</td>
<td>ALL</td>
<td>Initial Formation</td>
<td>Harkness</td>
<td>SQ CCs</td>
</tr>
<tr>
<td>0558</td>
<td>ALL</td>
<td>Warm-up/Stretching</td>
<td>Harkness</td>
<td>OS/PT</td>
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<tr>
<td>0608</td>
<td>ALL</td>
<td>Team Workout</td>
<td>Harkness</td>
<td>OS/PT</td>
</tr>
<tr>
<td>0643</td>
<td>ALL</td>
<td>Challenge of the Day/cool Down/Stretching</td>
<td>Harkness</td>
<td>OS/PT</td>
</tr>
<tr>
<td>0655</td>
<td>ALL</td>
<td>Dismissal</td>
<td>Harkness</td>
<td>OS/PT</td>
</tr>
</tbody>
</table>

   d. Alternate site due to inclement weather or unavailability of facilities: Armory

4. Safety Considerations.
   b. Cadets will bring their own full water bottles and be instructed to hydrate whenever they feel it is necessary. Cadets who drive to PT will be instructed to drive safely and consider the safety of any passengers that they may have. If a safety concern prevents cadets from making it to PT on time, they will contact their chain of command as soon as it is safely possible and inform them of the problem. Cadets will be mindful of the transit to and from PT and related weather conditions. Cadets are encouraged to wear adequate clothing and protection to ensure safe transit to and from PT. Cadets should bring an extra pair of sneakers with them to change into if ground conditions are expected to be wet. Cadets should be mindful of ice that forms on the sidewalks and roadways as the weather gets colder.
c. There will be a safety officer on duty. The safety officer will monitor the safety of the cadets to prevent injury and ensure adequate hydration.

d. Capt Ostrowski will be the safety officer for this PT. TSgt Self will be the safety officer if Capt Ostrowski is unavailable.

e. Cadet Candels will be the cadet safety officer and is responsible for bringing the first aid kit, safety binder, and water buffalo to Harkness Field. They will be placed where they are secure and visible.

f. Cadet Candels, as PT Flight Commander, will inspect Harkness Field prior to initial formation and ensure it is safe and suitable for the day’s exercises.

g. If an emergency occurs, the telephone number for Public Safety is (518) 276-6611. Other numbers include Troy P.D. (518) 270-4411, Troy F.D. (518) 270-5252, Samaritan Hospital (518) 271-3300, RPI Health Center (518) 276-6287 and for an immediate emergency dial 911.

5. Administration and Logistics.

   a. Uniform will be the Physical Training Uniform (PTU).

   b. Workout Details:

      (1) Key Staff will consist of Physical Training Flight. All Key Staff will arrive NLT 0545.

      (2) At 0555 cadets will take a warm up lap on the track.

      (3) At 0557 cadets will form up on the Armory floor and prepare for stretching.

      (4) At 0558 a Field Training Preparation (FTP) cadet will stretch out the wing. This cadet will be chosen by Cadet Quinan.

      (5) At 0608 cadets will form up in groups and perform the workout of the day.

      (6) At 0643 cadets will form up, perform the Challenge of the Day, cool down, and begin stretching.

      (7) At 0655 cadets will be dismissed.

   c. Conflict: Cadets who miss the workout will be subject to consequences outlined in wing policies and will coordinate with PT Flight to ensure they exercise on their own.

   d. Prepared by C/2d Lt Michael A. Candels, Commander, PT Flight.

   a. The chain of command for PT is the Cadet Group Commander, followed by the Operations Squadron Commander, followed by the Physical Training Flight Commander.

   b. All cadets whose schools are in session are required to attend PT.

//MAC/17AUG15/SIGNED//
MICHAEL A. CANDELS, C/2d Lt, AFROTC
Commander, Physical Training Flight
550th AFROTC Operations Squadron

//LRG/17AUG15/SIGNED//
LUKE R. GREGORY, C/Maj, AFROTC
Commander
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Concur/Non-Concur

//DPF/18AUG15/SIGNED//
DANIEL P. FITZGERALD, C/ Col, AFROTC
Commander
550th AFROTC Cadet Group

Approved/Disapproved

//CJO/26AUG15/SIGNED//
CORY J. OSTROWSKI, Capt, USAF
Operations Flight Commander
AFROTC Detachment 550

2 Attachments:
1. Workout Plan
2. Backup Workout Plan
Attachment 1: Workout Plan

- Each class will go to a station, with the IMT spread amongst the other three classes. Once told to start, they will begin the exercise and complete the goal as a team as quickly as possible. As soon as they are finished, they may move on to the next station. If there is another team at the next station, they may either begin the station or begin a brief (maximum 1 minute) hydration break.

  - Station 1: 2 minute plank. If any member of the team drops, it is a 10 second penalty for the whole team.
  - Station 2: 35 per cadet in the team (PC) Pushups, 35 PC Wide-Arm Pushups,
  - Station 3: 30 PC Leg Raises, 40 PC Crunchy Frogs
  - Station 4: The whole team sprints out to retrieve the frisbee thrown by the previous team, then brings it back. Then, 25 PC Squats.

Hydration Instructions

- Cadets are allowed and encouraged to hydrate at will. There will be a 30 second water break at the end of each set or station. Cadets will hydrate from their water bottles or hydration source packs by taking several small sips of water or electrolyte sports drink. If a cadet runs out of water or electrolyte sports drink they are allowed to refill their hydration source at the water buffalo or at the water fountains in the armory.

Cool Down

- Cadets will perform a five minute personal stretch cool down.
Attachment 2: Backup Workout Plan

- In the event that Harkness Field is unavailable, the original workout will be conducted in the Armory.

- In the event that the Armory Floor is unavailable, the original workout will be conducted in the Armory basement.