

Summary Report for Individual Task
805P-COM-1108
Perform the Ability Group Run (AGR)
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform the Ability Group Run, completing the prescribed drill:

- (1) without causing injury to personnel.
- (2) in accordance with FM 7-22, Chapter 10.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes: None

Performance Steps

1. Perform the 1-Mile Run Assessment IAW FM 7-22, Chapter 10.

Note:

The PRT Leader conducts a 1-Mile Run Assessment and records all Soldiers' time.

EQUIPMENT:

1. 2 ea stop watches.
2. Run identification numbers.

2. Assign Soldier to an Ability Group (Toughening Phase) IAW FM 7-22, Chapter 10, Table 10-3.

Note: Based on each Soldier's 1-Mile Run Assessment time, the PRT Leader assigns the Soldier (Toughening Phase) to one of the groups shown in the table below.



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Ability Group Assignment



Toughening Phase AGR Assignments	Sustaining Phase AGR Assignments
A Group, 7:15 and faster	A Group, 6:30 and faster
B Group, 7:16 to 8:15	B Group, 6:31 to 7:15
C Group, 8:16 to 10:15	C Group, 7:16 to 8:00
D Group, 10:16 and slower	D Group, 8:01 and slower

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Groups Ability Group Run Assignment

3. Assign Soldier to an Ability Group (Sustaining Phase) IAW FM 7-22, Chapter 10, Table 10-3.

Note: Based on each Soldier's 1-Mile Run Assessment time, the PRT Leader assigns the Soldier (Sustaining Phase) to one of the groups shown in the table below.



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Ability Group Assignment



Toughening Phase AGR Assignments	Sustaining Phase AGR Assignments
A Group, 7:15 and faster	A Group, 6:30 and faster
B Group, 7:16 to 8:15	B Group, 6:31 to 7:15
C Group, 8:16 to 10:15	C Group, 7:16 to 8:00
D Group, 10:16 and slower	D Group, 8:01 and slower

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Groups Ability Group Run Assignments

4. Plan an Ability Group Run IAW FM 7-22, Chapter 10; and Chapter 5, Tables 5-10 and Table 5-15.

Note: Routes used for sustained running in ability groups should be well lighted, free from hazards and traffic, and marked at ¼-mile intervals. Ability group leaders will ensure running is at the proper pace prescribed for their group by checking their split times at each ¼-mile marker along the route. The table below shows the appropriate ¼-mile split time based on the AGR pace.



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Quarter-mile Split Times Based on AGR Pace

<i>Pace/Mile</i>	<i>1/4-Mile Split</i>	<i>Pace/Mile</i>	<i>1/4-Mile Split</i>	<i>Pace/Mile</i>	<i>1/4-Mile Split</i>
6:00	1:30	8:15	2:03	10:30	2:38
6:15	1:34	8:30	2:07	10:45	2:42
6:30	1:37	8:45	2:11	11:00	2:45
6:45	1:42	9:00	2:15	11:15	2:49
7:00	1:45	9:15	2:19	11:30	2:53
7:15	1:48	9:30	2:23	11:45	2:57
7:30	1:52	9:45	2:27	12:00	3:00
7:45	1:56	10:00	2:30	12:15	3:04
8:00	2:00	10:15	2:34	12:30	3:07

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Planning an AGR Ability Group Run Quarter-Mile Split Times

5. Perform the Ability Group Run IAW FM 7-22, Chapter 10.

Note:

The PRT Leader conducts the AGR.

EQUIPMENT:

- 1 ea stop watch for each group.
- Traffic safety cones to mark each 1/4 mile segment.

6. Manage Ability Group Run Assignments IAW FM 7-22, Chapter 10.

Note: Some Soldiers may make the cut-off times to qualify for an ability group but may be unable to maintain the prescribed running pace. If this occurs, the Leader may drop the Soldier down to the slower group and progress later to the faster running group. Ability group runs must be conducted for the duration and intensity specified by the PRT Leader. Soldiers should move to faster groups when they are ready because they progress at different rates. Supervision will prevent a constant shifting of Soldiers between groups due to lack of individual effort.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Establish a marked, safe run route. Distance is a measured 1-mile route for the 1-mile assessment and a well marked, safe route for the AGR as determined by the PRT leader and commander's guidance. Ensure equipment used will be according to installation safety policy requirements (flashlights, reflective vests/bands, traffic cones, AGR route markers placed at 1/4 mile intervals). The PRT leader and Assistant Instructors must monitor run time and pace during the conduct of the AGR.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed 1-Mile Run Assessment.			
2. Assigned Soldier to an Ability Group.			
3. Assigned Soldier to an Ability Group (Sustaining Phase).			
4. Planned Ability Group Run.			
5. Performed Ability Group Run.			
6. Managed Ability Group Run.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment conditions (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved

805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Collective Tasks : None