

Lackland Air Force Base

Basic Military Training

Are You Ready for Basic Training?

Basic Military Training is an exciting, demanding, yet most rewarding experience. The best thing you can do to be ready is to prepare yourself in advance. Getting an early start on physical conditioning is among the most important steps you can take to be successful.

Physical Preparation

BMT Program: Three days of aerobic running alternated with three days of muscular fitness exercises. All sessions are preceded by pre-exercise limbering and end with a series of post-exercise stretches.

Aerobic run sessions (42-50 min)

- ❖ Three days are designated as Aerobic Training
 - 1st Run Day
 - Brisk walk (1 min)
 - Last runner up (12 min)
 - Brisk walk (2 min)
 - Self-paced run (14 min)
 - Brisk walk (2 min)
 - Interval Training (9 min)
 - Run/Sprint (1 min) X 6
 - Brisk walk (30 sec) X 6
 - Brisk walk (2 min)
 - 2nd Run Day
 - Brisk walk (1 min)
 - Last runner up (12 min)
 - Brisk walk (2 min)
 - Self-paced run (14 min)
 - Brisk walk (2 min)
 - Interval Training (9 min)
 - Run/Sprint (2 min) X 3
 - Brisk walk (1 min) X 6
 - Brisk walk (2 min)
 - 3rd Run Day
 - PRT Appraisal is given which consists of 1.5 mile run, push-ups, sit-ups and pull-ups (50 min)

Muscular endurance sessions (48 min): Combination of upper body/abdominal exercise sets which increase each week (includes sit-ups, push-ups and pull-ups)

The program will be much easier for you if you *prepare in advance* and are able to meet the suggested fitness level below upon arrival at BMT.

Suggested fitness level upon arrival at Basic Training

	Run (1.5 mile)	Push-ups	Sit-ups
Males	13:45 min.	34	38
Females	16:01 min.	21	38

Meeting these suggested fitness levels upon arrival increases the likelihood that you'll meet graduation standards on-time.

Recruits who prepare in advance often exceed minimal standards and receive special awards and recognition.

Below are the standards you must meet to graduate BMT, as well as higher performance levels to win recognition.

Men: Physical Readiness Training Standards

	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum standard)	11:57 min.	45	50	0
Thunderbolt (honor graduate)	9:30 min.	55	60	5
Warhawk (highest standard)	8:55 min.	65	70	10

Women: Physical Readiness Training Standards

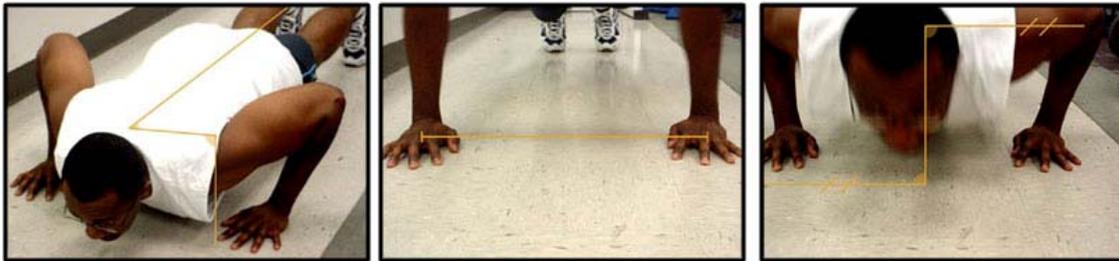
	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum standard)	14:21 min.	27	46	0
Thunderbolt (honor graduate)	12:00 min.	32	55	2
Warhawk (highest standard)	10:55 min.	40	60	5

You'll be required to:

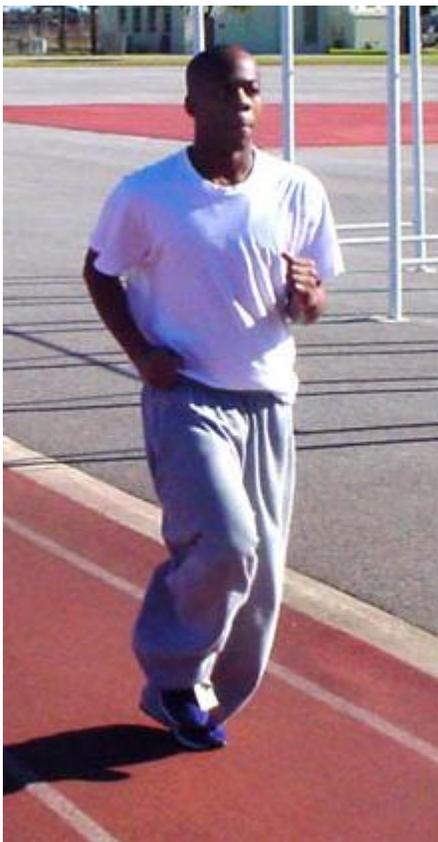
- ☛ Take an *initial evaluation* the first weekend you arrive.
- ☛ Pass an *evaluation test* to progress.
- ☛ Complete the *Airman's Run* in the 6th week of training where you'll run in formation, singing jodies with visitors cheering you on.

Push-ups and sit-ups must be performed with proper form. Those performed improperly will not count.

Push-ups: To complete a push-up, assume the front leaning rest position with your arms shoulder width apart, feet together or up to 12 inches apart and body forming a generally straight line from your shoulders to your ankles. Keeping your head up, lower your body.



Sit-ups: When practicing sit-ups, lay on your back with your feet together or up to 12 inches apart, knees bent at 90-degree angle with a spotter holding your feet at the ankles. Place your arms crossed over the chest with your hands at the shoulders or resting at the upper chest. Bring your upper body forward until your elbows touch your knees or upper thigh. Lower your back until your shoulder blades touch the ground.



Running: You can build up your running ability by starting out at a slow pace for 15 to 20 minutes. To ensure a smooth transition into the BMT fitness program, your goal should be a continuous 30 to 40 minute run 3-5 times a week. Consistency is the key. Make a schedule and stick to it.

Following a recommended workout schedule, 3-5 times per week for fourteen weeks prior to attending BMT will help you prepare for the physical challenges you'll face in basic training.