

# FIVE

## WEEK BASIC TRAINING PREP

PREPARE TODAY FOR THE CHALLENGE TOMORROW



*"It is a proud privilege to be a soldier – a good soldier [with] discipline, self-respect, pride in his unit and his country, a high sense of duty and obligation to comrades and to his superiors, and a self-confidence born of demonstrated ability."* - GENERAL GEORGE PATTON

**Basic Training is going to be as hard on you as you want to make it. I've seen a lot of soldiers step off that bus unprepared for the challenge that lay ahead. They struggle day in and day out to assimilate into their new surroundings. They constantly get picked on and singled out for their lack of preparation. The disappointing thing is that you are given the answers to the test prior to arrival. I am telling you what you need to know to be prepared Day 1. Will it get you a perfect score; no. Will it get you to pass the test; Yes. Commit to consistently training, practicing, rehearsing, and you will win the day.**

- SSG KALESCKY (A.K.A COACH KALESCKY)



# TRAITS FOR SUCCESS

There are only two things you can train to become a more successful soldier.

**MIND**

**BODY**

**The Mind: This is the tool you need to critically analyze situations in mere seconds. It is the tool that will give you the perseverance when the body is close to the limits. I am not peddling any bullshit. The most elite soldiers, Green Berets, Rangers, CAG (Delta Force) use performance psychologists on a regular basis to train their minds. In Basic Combat Training (BCT) and throughout your Army career you will experience challenging tasks with high stress loads. How you handle these challenges will determine your success as a soldier. Answer the following questions:**

- 1. Do you have a strong emotional reaction in situations where you are wrong? YES/NO**
- 2. Do you regularly challenge your beliefs? (Religious, Racial, Nutrition, etc...) YES/NO**
- 3. Do you take time to be alone and analyze your thoughts? YES/NO**
- 4. Do you get overwhelmed easily? YES/NO**
- 5. If you had one word/phrase that described your reason for enlisting, what would it be?**



**Question 5 is specifically chosen to represent your “WHY” for enlisting. Choosing to be a soldier is not easy. It is a career filled with uncomfortable field situations, long hours, time away from family/friends, financial difficulties. You need to have a strong why for enlisting, even if it is just the Reserves. The Reserves means you have to balance civilian life with being a soldier, which is also a challenging task.**

**YOUR WHY NEEDS TO BE STRONG ENOUGH TO OVERCOME ANY OBSTACLE**



# THE BODY

**The Body: A strong body will lead to a strong mind. The Army regularly evaluates your physical fitness to ensure you can hack it. The body is a combination of sound nutrition and regular mixed modality fitness. As a Soldier, you will be required to lift heavy objects (or people), sprint between cover, march for long distances. The requirements vary by your chosen Military Occupation Specialty (MOS) but a baseline above normal civilians is still required. You have to be prepared for any situation. Do you measure up?**

- |                                                                         |               |
|-------------------------------------------------------------------------|---------------|
| <b>1. Can you run 2 miles in under 21 minutes?</b>                      | <b>YES/NO</b> |
| <b>2. Can you deadlift more than 140 lbs?</b>                           | <b>YES/NO</b> |
| <b>3. Can you complete a straight arm pullup?</b>                       | <b>YES/NO</b> |
| <b>4. Can you complete 10 pushups with chest to the ground?</b>         | <b>YES/NO</b> |
| <b>5. Can you change direction while moving without pain?</b>           | <b>YES/NO</b> |
| <b>6. Do you have any chronic pain with standing for long duration?</b> | <b>YES/NO</b> |

**If you experience any sharp, severe, or chronic pain you can contact me at [Colin@irepathletics.com](mailto:Colin@irepathletics.com) for a Functional Movement Analysis and specific correctional exercises.**



## THE SOLDIER'S CREED

I am an American Soldier

I am a warrior and a member of a team

I serve the people of the United States, and live the Army Values

I will always place the mission first

I will never accept defeat

I will never quit

I will never leave a fallen comrade

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills

I always maintain my arms, my equipment and myself

I am an expert and I am a professional

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat

I am a guardian of freedom and the American way of life

I am an American Soldier

## THE ARMY SONG

March along, sing our song, with the Army of the free  
Count the brave, count the true, who have fought to victory  
We're the Army and proud of our name!  
We're the Army and proudly proclaim

First to fight for the right,  
And to build the Nation's might,  
And the Army goes rolling along.  
Proud of all we have done,  
Fighting till the battle's won,  
And the Army goes rolling along.

Then it's Hi! Hi! Hey!  
The Army's on its way.  
Count of the cadence loud and strong;  
For where'er we go,  
You will always know  
That the Army goes rolling along

Note: There is more to the song but typically you only need to know the section above.



# THREE GENERAL ORDERS

- 1. I will guard everything within the limits of my post and quit my post only when properly relieved.**
- 2. I will obey my special orders and perform all my duties in a military manner.**
- 3. I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief.**



LOYALTY

DUTY

RESPECT

SELFLESS SERVICE

HONOR

INTEGRITY

PERSONAL COURAGE

Seven Army Values

Remember it by  
thinking “LDRSHP”



# UNITED STATES ARMY OFFICER RANKS



**O9 - Lieutenant General (LTG)**



**O10 - General (GEN)**



**O6 - Colonel (COL)**

**Typical Role:  
BDE Commander**



**O7 - Brigadier General (BG)**



**O8 - Major General (MG)**



**O4 - Major (MAJ)**

**Typical Role:  
BN XO**



**O5 - Lieutenant Colonel (LTC)**

**Typical Role:  
BN Commander**



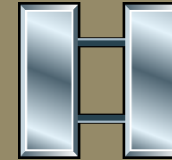
**O1 - 2<sup>nd</sup> Lieutenant (2LT)**

**Typical Role:  
Platoon Leader**



**O2 - 1<sup>st</sup> Lieutenant (1LT)**

**Typical Role:  
Platoon Leader,  
Company XO**



**O3 - Captain (CPT)**

**Typical Role:  
Company Commander**





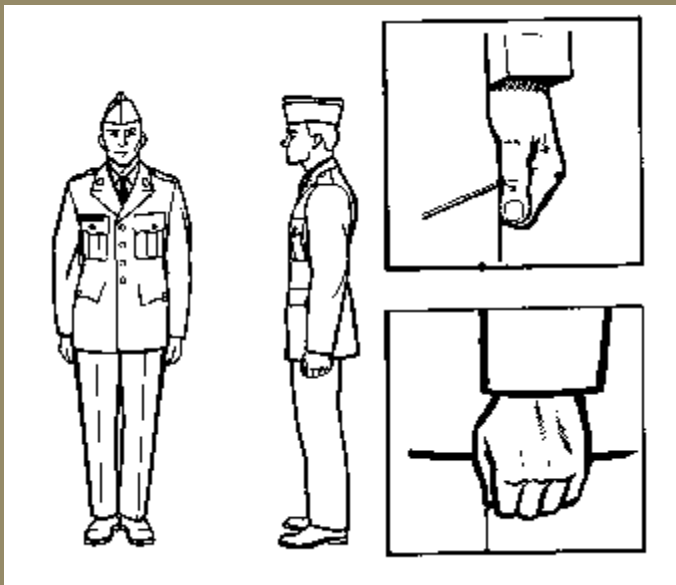
# OFFICER RANK "NEED TO KNOW"



Silver rank will be black on camouflage uniforms



Gold rank will be gold on camouflage uniforms. **IMPORTANT NOTE:** This shit is pretty impossible to see at a distance. You will mess up spotting this one. Just do the best you can.



Three important things to remember when interacting with officers:

1. Always salute them outdoors (you will learn a proper salute at basic.)
2. When speaking to an officer while standing still be at the position of attention (shown in picture on the left). Make sure you salute first!
3. End every sentence with "Sir" or "Ma'am"
  - a. Example: Good Morning, Ma'am.



# WARRANT OFFICER RANK "NEED TO KNOW"



**W1 – Warrant Officer (WO1)**



**W2 – Chief Warrant Officer (CW2)**



**W3 – Chief Warrant Officer (CW3)**



**W4 – Chief Warrant Officer (CW4)**



**W5 – Chief Warrant Officer (CW5)**

**You will probably go through BCT and never see a warrant officer. It is just important to know that they exist and you will see them later (possibly at AIT). Warrant officers work in highly technical planning roles. But what you need to know:**

- 1. Address them just like an officer (Sir, Ma'am, or Chief (if CW2 or higher))**
- 2. Salute them just like you would a commissioned officer**
- 3. Stand at the position of attention just like you would a commissioned officer**



# ENLISTED RANK

## "NEED TO KNOW"



**E9 – Command Sergeant Major (CSM)**

**Typical Role:  
Most Senior Enlisted in Army**



**E8 – Master Sergeant (MSG)**



**E8 – First Sergeant (1SG)**  
**Typical Role:  
Highest Company Enlisted**



**E9 – Sergeant Major (SGM)**



**E9 – Command Sergeant Major (CSM)**



**E4 – Corporal (CPL)**  
**Not very common**  
**Typical Role:  
Team Leader**



**E5 – Sergeant (SGT)**  
**Typical Role:  
Team Leader**



**E6 – Staff Sergeant (SSG)**  
**Typical Role:  
Squad Leader**



**E7 – Sergeant First Class (SFC)**  
**Typical Role:  
Platoon Sergeant**



**E1 – Private (PVT)**  
**“Fuzzy”**  
**Typical Role:  
Laborer**



**E2 – Private (PV2)**  
**“Mosquito Wings”**  
**Typical Role:  
Laborer**



**E3 – Private First Class (PFC)**  
**Typical Role:  
Laborer**



**E4 – Specialist (SPC)**  
**Typical Role:  
Laborer/Team Leader**



# NON – COMMISSIONED OFFICER (NCO) "NEED TO KNOW"

When speaking with the following ranks end with:

**"Corporal"**



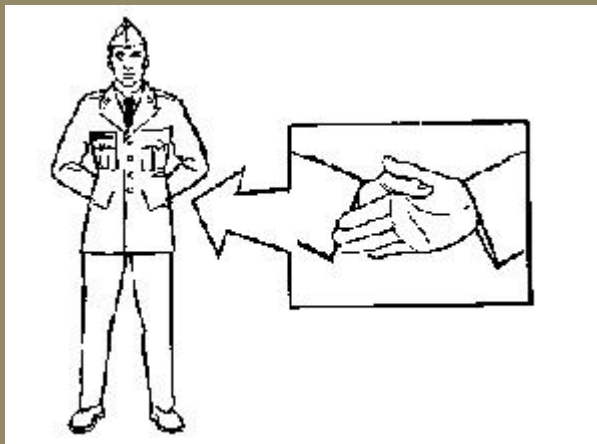
**"Sergeant"**



**"First Sergeant"**



**"Sergeant Major"**



**Two important things to remember when interacting with NCOs:**

- 1. Stand at "Parade Rest" while speaking with an NCO**
  - a. This is shown in the picture to the left**
- 2. End every sentence with designated respect above**
  - b. Example: I want more pushups, Sergeant.**
  - c. I would love to clean the latrine, First Sergeant.**



# FITNESS PLAN WEEK 1-3

Use Google for anything you don't understand

| WEEK 1                    | DAY 1                                                                                                                        | DAY 2                                                                                                                                                                       | DAY 3                                                                                                                            | DAY 4                                                                                                                                                                              | DAY 5                                                                                                                                      |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Initial Fitness Testing   | Run/Walk 1 mile<br>*****<br>4x30sec pushups (10 sec rest)<br>2x20 hip bridge<br>2x60sec plank                                | 20 Air Squats count to 4 on way down, pause 2 sec, explode up<br>2x10 Forward Lunges<br>2x60sec flutter kicks<br>2x10ea lateral lunge<br>2x60 sec pushups w/ 15 sec rest    | Run/Walk 1 mile<br>*****<br>4x30sec pushups (10 sec rest)<br>2x20 hip bridge<br>2x60sec plank                                    | Run/Walk 1 Mile<br>*****                                                                                                                                                           | 2 mins of pushups<br>2 min of sit-ups<br>1 min of pullups<br>2 mile run                                                                    |
| WEEK 2                    | DAY 1                                                                                                                        | DAY 2                                                                                                                                                                       | DAY 3                                                                                                                            | DAY 4                                                                                                                                                                              | DAY 5                                                                                                                                      |
| Comfort in Movement       | Run 1 mile<br>*****<br>3x45 sec pushups w/ 10 sec rest<br>3x15 Bird Dog Exercise<br>3x15 superman                            | Run ½ mile then do 4x 30 second sprints with 15 second rest<br>*****<br>15 hand release pushups<br>20 step ups each side, lower yourself as slow and controlled as possible | Run 1.5 miles<br>*****<br>3x15each leg forward lunge<br>3x60sec front plank<br>3x30sec each side planks<br>3x12 Bird Dog Move    | Run 1 mile<br>*****<br>18 hand release pushups<br>3x30sec fast pushups w/ 10 sec rest<br>2x30sec Hollow Body Hold<br>20 Air Squats count to 4 on way down, pause 2 sec, explode up | Run 1.5 miles<br>*****<br>2x1 min of as many pullups as you can do. It is ok if it is only 1 every 10 seconds. Just use the entire minute. |
| WEEK 3                    | DAY 1                                                                                                                        | DAY 2                                                                                                                                                                       | DAY 3                                                                                                                            | DAY 4                                                                                                                                                                              | DAY 5                                                                                                                                      |
| Starting to develop power | Run 1.5 miles<br>*****<br>30 Air squats<br>2x10 Squat Jumps (explode from bottom of squat)<br>6x30sec pushups w/ 10 sec rest | Run 1.5 Miles<br>*****<br>20 hand release pushups<br>2x15 supine straight leg raise                                                                                         | Run 1 mile then do 6x 30 second sprints with 15 second walking rest.<br>*****<br>2x10 Squat Jumps (explode from bottom of squat) | Run 2 miles<br>*****<br>2x1 min of as many pullups as you can do. It is ok if it is only 1 every 10 seconds. Just use the entire minute.                                           | 50 Burpees as fast as possible<br>2x15 supine straight leg raise                                                                           |



# FITNESS PLAN WEEK 4-5

Use Google for anything you don't understand

| WEEK 4                         | DAY 1                                                                                                                 | DAY 2                                                                                                                                                           | DAY 3                                                                                                                                                                 | DAY 4                                                                           | DAY 5          |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------|
| High Intensity and Power Moves | Run ½ mile then do 4x60 second sprints with 30 second walking rest.<br>*****<br>20 hand release pushups<br>2x10 V-Ups | Run 2 miles<br>*****<br>3x60sec pushups w/ 10 sec rest                                                                                                          | 4 x 50 yard shuttle spring (AKA Suicide sprints) w/ 60 seconds rest between sets<br>*****<br>4x25yd lateral shuffle<br>4x10yd power long jump<br>4x25yd walking lunge | 3x25 Burpees as fast as possible. Rest 30 seconds in between sets<br>2x15 V-Ups | Run 3 miles    |
| WEEK 5                         | DAY 1                                                                                                                 | DAY 2                                                                                                                                                           | DAY 3                                                                                                                                                                 | DAY 4                                                                           | DAY 5          |
| Final Preparations             | Run ½ mile then do 5x60 second sprints with 20 second walking rest.<br>*****<br>20 hand release pushups<br>10 V-Ups   | 40 Air squats<br>3x10 Squat Jumps (explode from bottom of squat)<br>2x5 Long jump: Squat down and explode forward and upward.<br>6x45sec pushups w/ 15 sec rest | 2 mins of hand release pushups<br>2 min of sit-ups<br>1 min of pullups<br>2 mile run                                                                                  | Run 2.5 miles easy                                                              | Extra Rest Day |



## **PRACTICE LEVEL: PRIVATE**

**Within five weeks of shipping to BCT you should be at this level. At this level you should be able to:**

- 1. Understand the creed, fill in the missing words in activity below.**
- 2. Fill in the missing words in Army Song activity below**
- 3. Fill in the missing words for Three General Orders**
- 4. Know NCO Rank Structure**
- 5. Know the Seven Army Values**



## THE SOLDIER'S CREED

I am an American Soldier

I am a \_\_\_\_\_ and a \_\_\_\_\_ of a team

I \_\_\_\_\_ the \_\_\_\_\_ of the United States, and \_\_\_\_\_ the Army Values

I will \_\_\_\_\_ place the \_\_\_\_\_

I will never accept defeat

I will never \_\_\_\_\_

I will never leave a fallen comrade

I am disciplined, \_\_\_\_\_ and mentally tough, trained and \_\_\_\_\_ in my warrior tasks and drills

I always \_\_\_\_\_ my \_\_\_\_\_, my \_\_\_\_\_ and myself

I am an expert and I am a \_\_\_\_\_

I stand ready to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ the enemies of the United States of America in close combat

I am a \_\_\_\_\_ of freedom and the American \_\_\_\_\_ of life

I am an American Soldier

## THE ARMY SONG

March along, \_\_\_\_\_, with the Army of the free  
Count the brave, count the true, who have \_\_\_\_\_ to \_\_\_\_\_  
We're the Army and proud of our name!  
We're the Army and \_\_\_\_\_

First to fight for the right,  
And to \_\_\_\_\_ the Nation's \_\_\_\_\_,  
And the Army goes rolling along.  
\_\_\_\_\_ of all \_\_\_\_\_,  
Fighting till the battle's won,  
And the \_\_\_\_\_ along.

Then it's Hi! Hi! Hey!  
The Army's on its way.  
\_\_\_\_\_ of the \_\_\_\_\_ loud and strong;  
For where'er we go,  
You will \_\_\_\_\_  
That the Army goes rolling along

Note: There is more to the song but typically you only need to know the section above.





# THREE GENERAL ORDERS

1. I will \_\_\_\_\_ everything within the \_\_\_\_\_ of my \_\_\_\_\_ and \_\_\_\_\_ my post only when properly \_\_\_\_\_.
2. I will \_\_\_\_\_ my \_\_\_\_\_ orders and perform all my duties in a military \_\_\_\_\_.
3. I will \_\_\_\_\_ violations \_\_\_\_\_ special orders, \_\_\_\_\_, and anything \_\_\_\_\_ covered in my instructions to the \_\_\_\_\_ of the relief.



## **PRACTICE LEVEL: SPECIALIST**

**Within three weeks of shipping to BCT you should be at this level. At this level you should be able to:**

- 1. Recite the Soldier's Creed with minimal assistance (caught up on a couple words)**
- 2. Sing the Army Song Loud and Proud with minimal assistance (caught up on a couple words)**
- 3. Recite your Three General Orders with minimal assistance (caught up on a couple words)**
- 4. Know the Seven Army Values**
- 5. Know entire Army Rank Structure**



# THE SOLDIER'S CREED

I am an American Soldier

I \_\_\_ a \_\_\_\_\_ and a \_\_\_\_\_ a \_\_\_\_\_

I \_\_\_\_\_ the \_\_\_\_\_ of the \_\_\_\_\_, and \_\_\_\_\_ the \_\_\_\_\_

I will \_\_\_\_\_ the \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_ a \_\_\_\_\_

I am \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ tough, \_\_\_\_\_ and \_\_\_\_\_ in my \_\_\_\_\_ and drills

I always \_\_\_\_\_ my \_\_\_\_\_, my \_\_\_\_\_ and myself

I am an \_\_\_\_\_ and I \_\_\_ a \_\_\_\_\_

I \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ the enemies of the \_\_\_\_\_ of \_\_\_\_\_ in \_\_\_\_\_ combat

I am a \_\_\_\_\_ of \_\_\_\_\_ and the \_\_\_\_\_ of life

I am an American Soldier

# THE ARMY SONG

\_\_\_\_\_ along, \_\_\_\_\_, with the Army of the free  
\_\_\_\_\_ the brave, \_\_\_\_\_ the \_\_\_\_\_, who have \_\_\_\_\_ to \_\_\_\_\_  
We're the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_!  
We're the Army and \_\_\_\_\_

\_\_\_\_\_ to \_\_\_\_\_ for the \_\_\_\_\_,  
And to \_\_\_\_\_ the Nation's \_\_\_\_\_,  
And the \_\_\_\_\_ goes \_\_\_\_\_.  
\_\_\_\_\_ of all \_\_\_\_\_,  
Fighting \_\_\_\_\_ the \_\_\_\_\_ won,  
And the \_\_\_\_\_ along.

Then it's Hi! Hi! Hey!  
The \_\_\_\_\_ on \_\_\_\_\_.  
\_\_\_\_\_ of the \_\_\_\_\_ loud and \_\_\_\_\_;  
For where'er we go,  
You will \_\_\_\_\_  
That the Army \_\_\_\_\_

Note: There is more to the song but typically you only need to know the section above.



# THREE GENERAL ORDERS

1. I will \_\_\_\_\_ within the \_\_\_\_\_ of my \_\_\_\_\_ and \_\_\_\_\_ my post only when properly \_\_\_\_\_.

2. I will \_\_\_\_\_ my \_\_\_\_\_ orders and \_\_\_\_\_ all \_\_\_\_\_ in a military \_\_\_\_\_.

3. I will \_\_\_\_\_ violations \_\_\_\_\_ special orders, \_\_\_\_\_, and \_\_\_\_\_ covered in my \_\_\_\_\_ to the \_\_\_\_\_ of the \_\_\_\_\_.



## **PRACTICE LEVEL: SERGEANT**

**Within a week of shipping to BCT you should be at this level. At this level you should be able to:**

- 1. Recite the Soldier's Creed without assistance**
- 2. Sing the Army Song Loud and Proud without assistance**
- 3. Recite your Three General Orders without assistance**
- 4. Know your Seven Army Values**
- 5. Know entire Army Rank Structure and the corresponding courtesies**



# THE SOLDIER'S CREED

Hand write the entire creed:  
I am an American Soldier

# THE ARMY SONG

Hand write the Army Song:  
March along,



# THREE GENERAL ORDERS

*Write your three general orders:*

1. I will

2. I will

3. I will

