



Eagle Battalion

**We Commission
Army Strong**



February 2012 PT Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	Platoon Level Run	Muscle Endurance/Platoon Cross Fit	Platoon Level Run	Muscle Endurance/Platoon Cross Fit	Rifle PT	
5	6	7	8	9	10	11
	Platoon Level Run	Muscle Endurance/Platoon Cross Fit	Platoon Level Run	Muscle Endurance/Platoon Cross Fit	4 Mile Road March	
12	13	14	15	16	17	18
	Platoon Level Run	Muscle Endurance/Platoon Cross Fit	Platoon Level Run	MS I Land Nav MS II Land Nav MS III Patrol Raid	APFT IV/Fun PT	
19	20	21	22	23	24	25
	Nurse APFT/CWST Platoon Level Run	Muscle Endurance/Platoon Cross Fit	Platoon Level Run	MS I Land Nav MS II Land Nav MS III Drift Course	Land Nav Ft. Gordon	
26	27	28	29			
		Eagle Battalion 2012				