

Template page 2

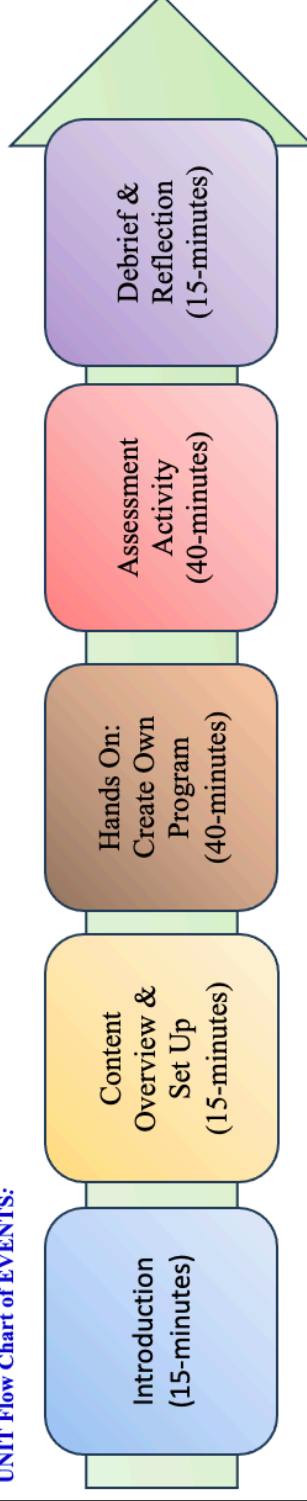
UNIT Title: Designing a 30-Day Running Program to Improve Army Combat Fitness 2-Mile Time

Designer: Liela Shadmani

Purpose: To enable U.S. Army Soldiers to design personalized and peer-based 30-day running programs using performance metrics, heart rate training zones, and training residuals in alignment with National Strength and Conditioning Association (NSCA) guidelines.

Seat-time: 2-hours

UNIT Flow Chart of EVENTS:



Brief EVENT descriptions:

• Overview of course purpose & instructor • Instructor reviews learning objectives and outlines session flow • Recap of video homework	• Distribute training residuals and heart rate tools • Review NSCA training residuals and heart rate zones • Walk through example template	• Learners pair up and exchange self created 30-day program (homework) • Peer review using rubric for pacing, heart rate zones and recovery load (training residuals) • Instructor provides spot feedback and coaching	• 10 mins: interview partner on fitness history and goals • 30 mins: design peer specific 30-day program aligned with heart rate zones, pace targets, and NSCA recovery principles • Subject program for evaluation	• Instructor-facilitated wrap-up discussion • Prompts: “what did you learn” “what challenged you?” “how will you apply this?” • Learners complete a short-written reflection on performance and improvement plan
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