

Demo Video Narration: 30-Day Running Program Design for ACFT 2-Mile Performance



This seven-minute demonstration video introduces the fundamental strategies for improving the Army Combat Fitness Test (ACFT) 2-mile run using a 30-day performance-based approach. Drawing from NSCA guidelines and practical military application, this video illustrates how structured progression, pacing discipline, and training residuals combine to elevate endurance and reduce 2-mile times effectively.

The video opens by breaking down how pacing, rather than just effort, plays a central role in achieving measurable improvements. It demonstrates how soldiers can calculate their heart rate zones based on max and resting values and how each training zone corresponds to a specific physiological benefit, from recovery to speed development.

Viewers are then shown real examples of weekly running plans that integrate zone-specific runs: recovery jogs, tempo runs, threshold intervals, and long aerobic base days. The video emphasizes the importance of tailoring plans to the soldier's current fitness and available training days, using training residuals to maintain performance gains without overtraining.

Using a case study format, the video walks through the transformation of a soldier whose 2-mile time dropped by 1:20 over 30 days using a data-driven plan. Key elements highlighted include: progression logic, scheduled recovery, volume control, and continuous reassessment.

At the end of the video, learners are prompted to reflect on how these principles apply to their personal or peer training goals. Students are encouraged to review their current running habits, identify any pacing or planning gaps, and prepare to design, or redesign, a 30-day running plan using the techniques modeled in the video.

They will write their reflections in learning journals and discuss with peers how the strategies modeled can be implemented in their unit-level training programs, reinforcing key content through discussion and peer exchange.