

Air Assault Training Plan

AIR ASSAULT SCHOOL SIX WEEK TRAINING PROGRAM						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
M O N	2 MI. RUN W/INCLINE UNDER 15 MIN. 3 SETS OF 20 PUSHUPS, 20 SITUPS IMMEDIATELY FOLLOWING RUN	4 MI. RUN UNDER 30 MIN W/INCLINE	2 MI. RUN W/INCLINE UNDER 15 MIN 3 SETS OF 20 PUSHUPS, 20 SITUPS FOLLOWING RUN	4 MI. RUN UNDER 30 MIN W/INCLINE	2 MI. RUN W/INCLINE UNDER 15 MIN. FOLLOWING: 3 SETS x 20 SEC. FLUTTER KICKS, SITUPS, LEG SPREADERS, BICYCLES	4 MI. RUN UNDER 30 MIN W/INCLINE
T U E	3 SETS x 20 REPS: BENCH PRESS, DIPS, OVERHEAD EXTENSIONS, PUSHUPS, INCLINE & DECLINE FLYS	4 SETS x 20 REPS: INCLINE PRESS, DIPS, OVERHEAD EXTENSIONS, INCLINE PUSHUPS, INCLINE & DECLINE FLYS	3 SETS x 25 REPS (INCREASE YOUR WEIGHTS): BENCH PRESS, DIPS, OVERHEAD EXTENSIONS, PUSHUPS, INCLINE & DECLINE FLYS	5 SETS x 15 REPS: INCLINE PRESS, DIPS, OVERHEAD EXTENSIONS, INCLINE PUSHUPS, INCLINE & DECLINE FLYS	4 SETS x 25 REPS (INCREASE YOUR WEIGHT) DIPS, WIDE ARM PUSHUPS, CLOSE HAND PUSHUPS, DECLINE TRICEP EXTENSION, INCLINE TRICEP EXTENSION	3 SETS x 15 REPS: INCLINE PRESS, SHRILL CRUSHERS, DECLINE PRESS, DIPS, FLYS
W E D	4 MI. RUN UNDER 40 MIN W/INCLINE	30 MIN. PARTIEX TRAINING JOG 2 MIN/SPRINT 30 SEC	4 MI. RUN UNDER 30 MIN W/INCLINE	HILL TRAINING: 15 TOTAL SPRINT DOWNHILL, JOG UPHILL, 1 MIN. REST INTERVALS BETWEEN SETS	4 MI. RUN UNDER 30 MIN W/INCLINE	400-400 M. SPRINT TRAINING (SPRINT 400 M., JOG 400 M.) 8 IN TOTAL
T H U	3 SETS x 15 REPS: WALKING LUNGES, FRONT SQUATS, SQUATS, LEG EXTENSIONS, LEG CURLS, DEADLIFT, CALF RAISES	4 SETS x 20 REPS: FLYOMETRIC LUNGES, SQUAT THRUSTS, JUMP SQUATS (ALL EXERCISES TO BE PERFORMED IMMEDIATELY FOLLOWING THE PRECEDING IN A 3 MIN. BREAK BETWEEN SETS)	3 SETS x 25 REPS (INCREASE YOUR WEIGHTS): WALKING LUNGES, FRONT SQUATS, SQUATS, LEG EXTENSIONS, LEG CURLS, DEADLIFTS, CALF RAISES	4 SETS x 20 REPS: FLYOMETRIC TRAINING: TUCK JUMPS, BROAD JUMPS, STANDING BROAD JUMPS, SQUAT THRUSTS (ALL EXERCISES TO BE PERFORMED IMMEDIATELY FOLLOWING PRECEDING IN A 3 MIN. BREAK BETWEEN SETS)	3 SETS x 15 REPS (INCREASE YOUR WEIGHT): WALKING LUNGES, FRONT SQUATS, SQUATS, LEG EXTENSIONS, LEG CURLS, DEADLIFTS, CALF RAISES	3 SETS x 25 REPS: FLYOMETRIC TRAINING: DEPTH JUMPS, BROAD JUMPS, DROP JUMPS, BILATERAL JUMPS, SPLIT SQUATS (ALL EXERCISES TO BE PERFORMED IMMEDIATELY FOLLOWING)
F R I	3 SETS x 20 REPS: REVERSE FLYS, HAMMER CURLS, LAT PULLDOWN (FRONT & REAR), PREACHER CURLS, 5 PULLUPS	4 SETS x 20 REPS: HYPEREXTENSIONS, HAMMER CURLS, LAT PULLDOWN, PREACHER CURLS, 5 PULLUPS	3 SETS x 25 REPS (INCREASE YOUR WEIGHTS): REVERSE FLYS, HAMMER CURLS, LAT PULLDOWN (FRONT & REAR), PREACHER CURLS, 5 PULLUPS	4 SETS x 20 REPS: BARBELL CURLS, REVERSE FLYS, HAMMER CURLS, HYPEREXTENSIONS, SUPERMAN	3 SETS x 15 REPS (INCREASE YOUR WEIGHT): UPRIGHT ROW, PREACHER CURLS, ALTERNATING HAMMER CURLS, LAT PULLDOWN, 8 PULLUPS	4 SETS x 20 REPS: BARBELL CURLS, REVERSE FLYS, HAMMER CURLS, HYPEREXTENSIONS, SUPERMAN
S A T	2 MI. RUCK RUN (20 LB. RUCK) 3 SETS OF 20 MOUNTAIN CLIMBERS, SQUATS, AND LUNGES FOLLOWING 2 MI. RUCK RUN EXERCISES EXCEPT THE MOUNTAIN CLIMBERS TO BE DONE WITH THE RUCKSACK	4 MI. FOOT MARCH (35 LB.) 3 SETS OF 20 FLUTTER KICKS, SITUPS, LEG SPREADERS IMMEDIATELY FOLLOWING THE RUCK	8 MI. FOOT MARCH (25 LB. RUCK)	8 MI. FOOT MARCH (30 LB. RUCK)	10 MI. FOOT MARCH (30 LB. RUCK)	12 MI. FOOT MARCH (30 LB. RUCK)
S U N	REST	REST	REST	REST	REST	REST
G O A L	Students arriving at the Air Assault School should be in good physical condition. Potential students should be able to score a minimum of 240 points on the APFT. Soldiers arriving able to meet the below mentioned standard will have little difficulty with the physical aspects of the course. Students should be able to accomplish the following before reporting to the Air Assault Course: Four months 12 miles with a 20 lb ruck sack in under 2 hours 30 minutes. Run two miles of uneven terrain in under 17 minutes. Be able to climb a 1" vertical rope up to 10 feet. Run four miles in under 35 minutes.					
N O T E S	ALL TRAINING SHOULD BE CONDUCTED WITH SAFETY AS THE TOP PRIORITY. DO NOT PERFORM A FOOT MARCH ON YOUR OWN AND BE VISIBLE.					

Air assault training plan is a comprehensive program designed to prepare military personnel for airborne operations, including helicopter insertions and extractions. This training is essential for units that must operate in environments where traditional ground movement is not feasible. Air assault operations require a high level of coordination, physical fitness, and tactical proficiency. In this article, we'll delve into the components of an effective air assault training plan, the skills required, and how to implement this training for optimal results.

Understanding Air Assault Operations

Air assault operations involve the movement of troops and equipment by helicopters to engage in combat or support missions. This type of operation is characterized by its rapid execution and the need for precise coordination among air and ground forces.

Key Objectives of Air Assault Training

An effective air assault training plan should focus on several key objectives:

- Physical Fitness:** Soldiers must meet rigorous physical standards to endure the demands of air assault missions.

2. Tactical Proficiency: Training should enhance soldiers' capabilities in navigation, land reconnaissance, and combat engagement.
3. Teamwork and Communication: Emphasizing the importance of unit cohesion and effective communication during operations.
4. Helicopter Operations: Understanding the specifics of helicopter capabilities, limitations, and safety protocols.
5. Mission Planning: Developing skills for planning and executing complex missions under tight time constraints.

Components of an Air Assault Training Plan

A well-structured air assault training plan incorporates various elements that facilitate comprehensive learning and skill development. The following components are essential:

1. Physical Conditioning

Physical fitness is a cornerstone of air assault training. Soldiers must engage in a variety of exercises to build endurance, strength, and flexibility. A recommended physical conditioning program may include:

- Cardiovascular Training: Activities such as running, cycling, or swimming to improve aerobic capacity.
- Strength Training: Focus on building muscle strength through weightlifting, bodyweight exercises, and resistance training.
- Flexibility Exercises: Incorporating yoga or stretching routines to enhance flexibility and reduce injury risk.
- Functional Training: Engaging in exercises that mimic the physical demands of air assault operations, such as rucking with weighted packs.

2. Tactical Skills Development

Tactical proficiency is vital for successful air assault operations. Training should include:

- Land Navigation: Teaching soldiers how to use maps, compasses, and GPS devices to navigate unfamiliar terrain.
- Combat Drills: Conducting various combat drills to ensure soldiers can react swiftly and effectively in high-pressure situations.
- Weapons Training: Familiarization with personal and crew-served weapons, including live-fire exercises.

3. Helicopter Operations Training

Understanding helicopter operations is crucial for air assault missions. Training should cover:

- Helicopter Safety Protocols: Teaching soldiers the dos and don'ts while operating near helicopters.
- Load Planning: Training on how to safely load and unload troops and equipment from helicopters.
- Flight Operations: Familiarization with the types of helicopters used in air assaults and their operational capabilities.

4. Mission Planning and Execution

Training should involve realistic scenarios that require soldiers to plan and execute air assault missions. This includes:

- Developing an Operation Order (OPORD): Teaching soldiers how to create detailed plans that outline objectives, resources, and timelines.
- Conducting Rehearsals: Practicing missions in a controlled environment to identify potential challenges and improve coordination.
- After Action Reviews (AARs): Analyzing missions post-execution to assess performance and identify areas for improvement.

Implementing the Air Assault Training Plan

Successfully implementing an air assault training plan requires careful organization, resource allocation, and ongoing assessment. The following steps will ensure effective execution:

1. Establish a Training Schedule

Create a detailed training schedule that outlines when and where each component of the training will occur. This should include:

- Frequency of Training Sessions: Determine how often each aspect of the training will take place (e.g., physical conditioning, tactical drills).
- Duration of Training: Set specific time frames for each training session to maintain focus and momentum.
- Feedback Mechanisms: Schedule regular check-ins to assess progress and make necessary adjustments.

2. Allocate Resources

Ensure that all necessary resources are available to support the training plan. This includes:

- Equipment: Providing the right gear for physical training and missions, including personal protective equipment (PPE) and weapons.
- Facilities: Utilizing training grounds, obstacle courses, and simulators to create realistic training environments.

3. Train the Trainers

It is critical to have well-trained instructors who can effectively deliver the training content. This could involve:

- Certification Programs: Ensuring trainers are certified in their respective areas of expertise.
- Continuous Education: Providing ongoing professional development opportunities for trainers to stay current with best practices.

4. Monitor and Evaluate Progress

Monitoring the progress of the training plan is essential for ensuring effectiveness. Implement the following evaluation methods:

- Performance Assessments: Regularly assess soldiers' physical fitness and tactical skills through standardized testing.
- Feedback from Participants: Solicit input from trainees to identify strengths and areas for improvement in the training program.
- Adjustments Based on Results: Be prepared to modify the training plan based on assessments and feedback to enhance overall effectiveness.

Conclusion

A well-structured **air assault training plan** is essential for preparing military personnel for the complexities of airborne operations. By focusing on physical conditioning, tactical skills, helicopter operations, and effective mission planning, units can enhance their readiness for air assault missions. Implementing the training plan requires careful scheduling, resource allocation, and continuous evaluation to ensure that soldiers are equipped with the skills and knowledge necessary to succeed in demanding operational environments. Through dedication and rigorous training, military units can achieve the high level of proficiency required for effective air assault operations.

Frequently Asked Questions

What are the primary objectives of an air assault training plan?

The primary objectives of an air assault training plan include enhancing soldiers' proficiency in airborne operations, improving teamwork and coordination during airlift, and ensuring effective execution of mission-specific tasks such as landing zone selection and troop insertions.

What key components should be included in an air assault training plan?

Key components of an air assault training plan should include helicopter familiarization, load planning, tactical movement drills, live-fire exercises, and scenario-based training to simulate real-world conditions.

How can technology be integrated into air assault training?

Technology can be integrated into air assault training through the use of simulators for helicopter operations, virtual reality for tactical scenarios, and data analysis tools to assess performance and improve training outcomes.

What are some common challenges faced during air assault training?

Common challenges during air assault training include adverse weather conditions, logistical issues related to aircraft availability, maintaining safety protocols during live exercises, and ensuring all personnel are adequately prepared for high-stress situations.

How often should air assault training be conducted to maintain proficiency?

Air assault training should be conducted regularly, typically on a quarterly basis, to ensure personnel maintain proficiency, stay updated on new tactics and procedures, and reinforce skills through continuous practice.

Find other PDF article:

<https://soc.up.edu.ph/27-proof/pdf?trackid=OJK31-0738&title=hg-wells-shape-of-things-to-come.pdf>

[Air Assault Training Plan](#)

[Air Canada - The Official Website](#)

Buy airline tickets, find cheap airfare, last minute deals and seat sales with Air Canada. Book hotels, cars and vacations with Air Canada Vacations.

[Toronto Air Quality Index \(AQI\) and Canada Air Pollution | IQAir](#)

Toronto Air Quality Index (AQI) is now Good. Get real-time, historical and forecast PM2.5 and weather data. Read the air pollution in Toronto, Canada with AirVisual.

Toronto, Ontario, Canada Air Quality Index | AccuWeather

Our air quality forecast chart breaks down the quality of the air on an hour-by-hour scale, allowing you to visualize the trends in air quality and plan your outdoor activities. The air has...

[Toronto - Air Quality Health Index - Environment Canada](#)

Ideal air quality for outdoor activities. Who is at risk? People with heart and lung conditions are most affected by air pollution. To find out if you are at risk, consult the health guide, your ...

Air Quality Ontario

1 day ago · Hourly AQHI reports: The AQHI is issued hourly and is a scale designed to help you understand what the quality of the air around you means to your health. It is based on the ...

Cheap Flights: Book & Compare Airline Tickets & Airfare

Book and compare cheap flights from all major airlines and online travel agents, and find the best airline tickets to your favourite destinations.

Air - Simple English Wikipedia, the free encyclopedia

Air is a mixture of many gases and tiny dust particles. It is the clear gas in which living things live and breathe. It has an indefinite shape and volume. It has mass and weight, because it is ...

Wildfire smoke puts Toronto among worst in the world for air ...

Jul 14, 2025 · Parts of the Greater Toronto Area remained under a special air quality statement and a heat warning on Monday night.

[Air Canada flight deals and great fares](#)

Sep 25, 2010 · Find great everyday fares and special offers to exciting destinations with Air Canada

Toronto weather: Extreme heat, smoke causing poor air quality

Environment Canada has ended its air quality warning for Toronto late Monday afternoon, though poor conditions still persist.

[Air Canada - The Official Website](#)

Buy airline tickets, find cheap airfare, last minute deals and seat sales with Air Canada. Book hotels, cars and vacations with Air Canada Vacations.

Toronto Air Quality Index (AQI) and Canada Air Pollution | IQAir

Toronto Air Quality Index (AQI) is now Good. Get real-time, historical and forecast PM2.5 and weather data. Read the air pollution in Toronto, Canada with AirVisual.

Toronto, Ontario, Canada Air Quality Index | AccuWeather

Our air quality forecast chart breaks down the quality of the air on an hour-by-hour scale, allowing you to visualize the trends in air quality and plan your outdoor activities. The air has...

Toronto - Air Quality Health Index - Environment Canada

Ideal air quality for outdoor activities. Who is at risk? People with heart and lung conditions are most affected by air pollution. To find out if you are at risk, consult the health guide, your ...

Air Quality Ontario

1 day ago · Hourly AQHI reports: The AQHI is issued hourly and is a scale designed to help you understand what the quality of the air around you means to your health. It is based on the ...

Cheap Flights: Book & Compare Airline Tickets & Airfare | Skyscanner

Book and compare cheap flights from all major airlines and online travel agents, and find the best airline tickets to your favourite destinations.

Air - Simple English Wikipedia, the free encyclopedia

Air is a mixture of many gases and tiny dust particles. It is the clear gas in which living things live and breathe. It has an indefinite shape and volume. It has mass and weight, because it is ...

Wildfire smoke puts Toronto among worst in the world for air ...

Jul 14, 2025 · Parts of the Greater Toronto Area remained under a special air quality statement and a heat warning on Monday night.

Air Canada flight deals and great fares

Sep 25, 2010 · Find great everyday fares and special offers to exciting destinations with Air Canada

Toronto weather: Extreme heat, smoke causing poor air quality

Environment Canada has ended its air quality warning for Toronto late Monday afternoon, though poor conditions still persist.

Elevate your skills with our comprehensive air assault training plan. Discover how to enhance your performance and achieve your goals. Learn more now!

[Back to Home](#)