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This ringbound book provides a reproduction of an important document from the U.S. Marine Corps, Marine Physical Readiness Training for Combat MCRP 3-02A. Physical fitness training in the Marine Corps has one purpose: to prepare Marines to physically withstand the rigors of combat. All other goals of physical fitness training are subordinate to and must support attainment of this goal. The idea that only infantry or reconnaissance units and their attachments normally face physically demanding combat is wrong. This error must not influence the priority commanders of combat support, combat service support, aviation, and headquarters units give to physical fitness for combat. This handbook provides guidance for all leaders, trainers, and planners of physical training programs. It describes unit physical fitness for combat training in the following chapters: a. Physical Readiness Leadership. Chapter 1 provides guidance to leaders in the conduct of physical combat readiness training. Physical Readiness Training Programs. Chapter 2 discusses how to structure programs to meet physical readiness goals in a variety of combat training situations. c. Physical Conditioning Activities. Chapter 3 discusses the primary physical conditioning activities which commanders may use to attain readiness for combat goals. Sections in this chapter address foot marches under load, strength-building activities, and activities which build confidence and the aggressive spirit needed in combat. d. Combat Water Survival. As an amphibious force, Marines cannot ignore the importance of combat water survival training. Chapter 4 describes a program for commanders to conduct this training. e. Competitive Conditioning Activities. Chapter 5 describes competitive activities which stress the relationship to combat actions, featuring team-building types of competition. f. Evaluation of Performance During Training. Chapter 6 describes tests which measure individual and unit physical fitness for combat. g. The Human Body. Chapter 7 covers the structure and functioning of the body. * Progressive Management has been a leader in military publishing for nearly a decade. Our news and educational titles are privately compiled collections of official public domain U.S. government files and documents - they are not produced by the federal government. They are designed to provide a convenient user-friendly reference work and educational tool.

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