

TENNESSEE NATIONAL GUARD HOLISTIC HEALTH & FITNESS (H2F) NEWSLETTER



Welcome to the Tennessee National Guard Holistic Health & Fitness (H2F) newsletter. Each month, your Tennessee H2F team will send out a resource or two (short video, blog post, interesting research article with a short summary, etc.) in one of the five domains.

The five domains of the holistic health and fitness (H2F) program build the Army’s readiness goals and are based on the principles of optimization, individualization, and immersion. The goal is to improve each Soldier’s physical lethality and mental toughness through the linking of physical readiness, nutritional readiness, mental readiness, spiritual readiness, and sleep readiness (FM 7-22)

Physical Readiness

Physical readiness is the ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy.

Holistic Health and Holistic Fitness, or H2F, is the Army’s system to improve Soldier Readiness and Lethality. One of the major updates in the new doctrine is the addition of running skill training. The Pose Method of Running is the method for the running skill training published in the US Army Holistic Health and Fitness Field Manual (FM 7-22, Ch.7).

Check out a brief description of the Pose Method:



Running Warmup Drills - ALWAYS warmup prior to working out!!



Return to Running 6 Week Plan

	Day 1	Day 2	Day 3
Week 1	Run/Walk Intervals (20 min total) 30 sec run 2 min walk	Cardio machine (not running) 30 min steady state	Run/Walk Intervals (25 min total) 30 sec run 2 min walk
Week 2	Run/Walk Intervals (30 min total) 1 min run 2 min walk	Cardio machine (not running) 3 rounds 10 min work (moderate) 2 min rest	Run/Walk Intervals (30 min total) 1 min run 90 sec walk
Week 3	Run/Walk Intervals (30 min total) 1 min run 1 min walk	Cardio machine (not running) 4 rounds 6 min work (moderate) 3 min rest	Run/Walk Intervals (30 min total) 1 min run 1 min walk
Week 4	Run/Walk Intervals (30 min total) 1 min run 30 sec walk	Cardio machine (not running) 6 rounds 2 min work (hard) 2 min rest	1 mile run -Rest/walk easy 5 min- 3 x 25m sprint Rest as needed between efforts
Week 5	Run/Walk Intervals (30 min total) 1 min run 30 sec walk	Cardio machine (not running) 8 rounds 1 min work (very hard) 2 min rest	1.5 mile run -Rest/walk easy 5 min- 4 x 25m sprint Rest as needed between efforts
Week 6	Run/Walk Intervals (30 min total) 1 min run 30 sec walk	Cardio machine (not running) 30 min steady state	2 mile run

Upcoming H2F Events

H2F TN GRIT (Guard Readiness Improvement Training) Class 24-02

- 4-18 May, 15-16 June, 13-14 July, Smyrna TN

H2F TN OCS Brief

- 14 March, Smyrna

H2F TN GRIT RSP

- 16-17 March, Jackson
- 23-24 March, Cookeville
- 13-14 April, Smyrna
- 8-9 June, Chattanooga
- 3-4 August, Smyrna
- 24-24 August, Clinton
- 7-8 September, Johnson City
- 21-22 September, Millington



H2F TN GRIT FLLC

- 8-14 April, Smyrna

CONTACT

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