



DEPARTMENT OF THE ARMY
HEADQUARTERS, 10TH MOUNTAIN DIVISION (LI) AND FORT DRUM
BUILDING P10000, 10TH MOUNTAIN DIVISION DRIVE
FORT DRUM, NEW YORK 13602

REPLY TO
ATTENTION OF

AFDR-CG

24 April 2020

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Memorandum 24, Foot March Program

1. References.

- a. FM 7-22: Army Physical Readiness Training, 26 Oct 2012
- b. ATP 3-21.18: Foot Marches, April 2017

2. Purpose. This policy is standardizes foot marching progressions across the 10th Mountain Division in order to increase individual and unit readiness while decreasing the risk of musculoskeletal injuries.

3. Applicability. This policy applies to all Soldiers assigned to the 10th Mountain Division on both Fort Drum, NY, and Fort Polk, LA.

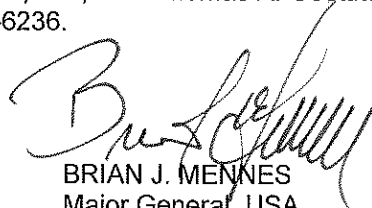
4. Vision. The 10th Mountain Division (10MD) is the United States Army's premier Light Infantry Division. Soldiers in the 10MD are comprehensively fit and relentless in the pursuit of excellence. We are proud to fight our Nation's battle anytime, anywhere. If need be we walk all day and night to find our enemy, close with, and destroy them.

5. Execution. To achieve this end, we must prepare ourselves for the physical demands of our profession.

a. Sequence. The 10th Mountain Division goal is for all soldiers to meet the EIB/ESB foot march standard of 12-miles in 3 hours with 35 pounds. Units will conduct marches weekly utilizing leader discretion to progress distance and weight. Units are encouraged to utilize foot marches to ranges and training areas to meet fitness goals. Units will conduct a 12-mile march quarterly in order to assess unit fitness. New soldiers should not complete the 12-mile march without having completed the requisite progression; units may evaluate new soldiers with a reduced distance or weight.

b. Uniform. Units will conduct foot marches in the Army Combat Uniform wearing authorized boots. *The Army Physical Fitness Uniform is not authorized for foot marches.* Units may use discretion in selecting headgear, including opting for no headgear. The fleece cap is authorized when the temperature is below 32° F. Units must maintain uniformity. All individuals must carry a water source.

6. The point of contact for this policy is the ACoS, G-3, LTC Thomas A. Goettke, thomas.a.goettke.mil@mail.mil, or at (315) 774-6236.


BRIAN J. MENNES
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Commanding

Distribution:

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