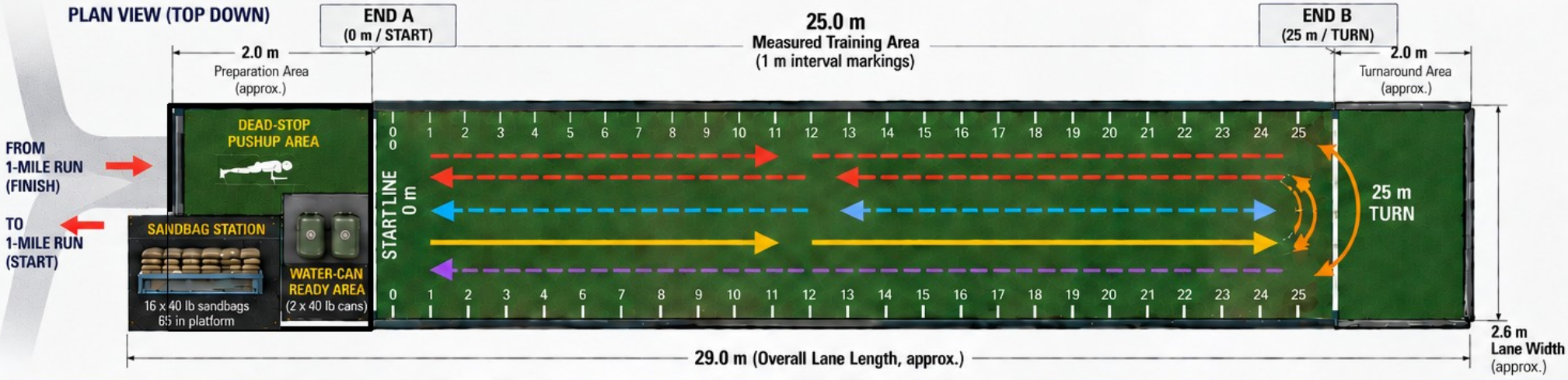
X-TIC Warfighter Mobile Physical Readiness Training Lane

SINGLE-LANE CONFIGURATION

ONE LANE. ANY SURFACE. EVERY MISSION.

PATENTED.
PURPOSE BUILT.
MISSION READY.

PLAN VIEW (TOP DOWN)



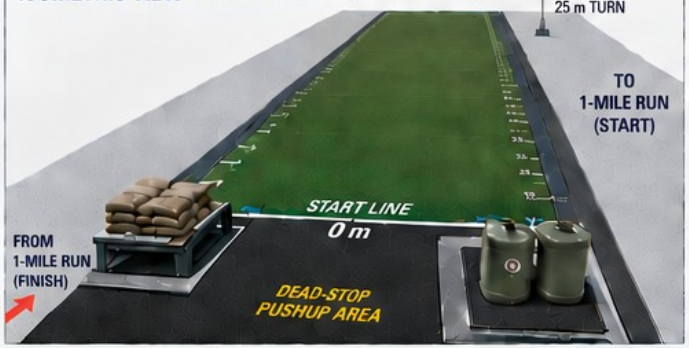
MOVEMENT PATH LEGEND

- 100 m Sprint (4 x 25 m)
- 50 m Water-Can Carry (2 x 25 m)
- 25 m High Crawl (1 x 25 m)
- 25 m 3–5 Second Rush (1 x 25 m)
- Turnaround Movement
- Transition / Run Course

EVENT SEQUENCE & MOVEMENT PATHS

1. 1-MILE RUN (External Course)	2. DEAD-STOP PUSHUPS (End A)	3. 100 m SPRINT (End A → B → A → B → A)	4. SANDBAG LIFT (End A)	5. 50 m WATER-CAN CARRY (End A → B → A)	6A. 25 m HIGH CRAWL (End A → B)	6B. 25 m RUSH (End B → A)	7. 1-MILE RUN (External Course)
							
Complete 1-mile run to End A.	**30 repetitions** Chest to ground, hands lift.	**4 x 25 m = 100 m** Use turnaround at 25 m.	**16 x 40 lb** bags onto 65 in platform.	**2 x 25 m = 50 m** Set cans upright at End A. (Dragging or throwing prohibited.)	**25 m** High crawl technique per CFT guidance.	**25 m** 3–5 second rush (approx. three ~ 8 m bounds). Finish prone at End A.	Exit End A and complete second 1-mile run.

ISOMETRIC VIEW (LOOKING DOWN LANE FROM END A)



KEY DIMENSIONS (APPROXIMATE)

Overall lane length	29.0 m
Measured training area	25.0 m
Start/preparation area (End A)	2.0 m
Turnaround area (End B)	2.0 m
Lane width	2.6 m
Surface	X-TIC turf system
Markings	1 m intervals (0–25)

EQUIPMENT PLACEMENT (END A)

Dead-stop pushup area	On lane (prep. area)
Sandbag station (16 x 40 lb)	Adjacent to lane
Water cans (2 x 40 lb)	On lane (ready area)
Start line (0 m)	At lane entry

TWO ARMY VALIDATIONS

1. **100 m SPRINT CONFIGURATION**
   Use of 4 x 25 m shuttle (A→B→A→B→A) is not explicitly authorized in current guidance.
   Requires Army validation for record testing.

2. **50 m WATER-CAN CARRY CONFIGURATION**
   Use of 25 m out-and-back (A→B→A) is not explicitly authorized in current guidance.
   Requires Army validation for record testing.

NOTES

1. Configuration based on current CFT Directive and Testing Guidance (Apr 2026).
2. 1-mile runs conducted on validated external course.
3. Turnaround areas are existing X-TIC/MPRTL lane features.
4. Event sequence and movement techniques per official Army guidance.
5. This schematic is a training configuration.

MOBILE. VERSATILE. MISSION READY.

WMPRTL

Warfighter Mobile Physical Readiness Training Lane.

Powered by X-TIC™ | **Built for What's Next.**

DISTRIBUTION A. Approved for public release.

ONE LANE – MULTIPLE PHYSICAL READINESS TRAINING EVENTS.

v1.0 2025-08-28