

## WARRIOR LEADER COURSE PHYSICAL REQUIREMENTS

1. Students must be able to meet the following physical requirements during the course:
  - a. Pass the APFT.
  - b. Conduct, demonstrate, and lead physical fitness training.
  - c. Negotiate rough terrain under varying climatic conditions.
  - d. Walk a minimum of 3,200 meters with load carrying equipment (LCE) in a minimum of three hours.
  - e. Lift and carry all required packing list items (OCIE and CTA 50-900) for short distances.
  - f. Carry a 48 pound combat load that contains mission essential equipment (weapon, helmet, uniform, LCE included in 48 lbs).
  - g. Lift and carry fuel, water, ammo, MREs or sandbags.
  - h. Low crawl, high crawl and rush for three to five seconds.
  - i. Move over, through, and around obstacles.
  - j. Carry and fire individually assigned weapon.
2. These are WLC graduation requirements and cannot be supplemented.

WARRIOR  
LEADER COURSE

