

Army Physical Fitness Test...

Photos by
Spc. Karen Sampson



3-349th PURSHING FORWARD.... Soldiers of the 3rd Battalion, 349th Regiment Logistics Support Battalion, participate in an Army Physical Fitness Test during Annual Training Aug. 17. Soldiers must complete a 2-mile run or 2.5 mile walk in standard time. Top right, Sgt. Shelia Heard, 3rd Battalion, 349th Regiment Logistics Support Battalion, completes the 2-mile run. Bottom right, Sgt. 1st Class Darryl Roy times Capt. Irene Causey as she participates in the sit-ups portion of an APFT. Bottom left, Spc. Richard Saxon participates in the 2-mile run portion of an Army Physical Fitness Test during Annual Training Aug. 17. Soldiers must complete a 2-mile run or 2.5 mile walk in standard time.



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