

**APPENDIX D
TRAINING SCHEDULE
WK-1**

TUESDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
12:00 - 16:00	4:00	IN PROCESSING	CI	ADMIN:0900	SH	1,2,3	SVC A
16:00 - 17:00	1:00	EVENING MEAL	CI		MH	4	UTIL
17:00 - 19:00	2:00	IN PROCESSING	CI/SI	ADMIN:0900	SH	5,6,7	UTIL

NOTES:

1. STUDENTS WILL REPORT IN SERVICE UNIFORM "A" AND CHANGE INTO UTILITIES FOR PROCESSING
2. INSTRUCTORS VALIDATE STUDENT MEDICAL RECORDS, SDA CHECKLIST AND FINANCIAL WORKSHEET
3. ALL POVs WILL BE PROPERLY DOD-LICENSED TO INCLUDE CURRENT REGISTRATION, DRIVER'S IMPROVEMENT COURSE AND INSURANCE; ALL MOTORCYCLISTS MUST ADHERE TO DEPOT REGULATIONS AND HAVE CURRENT MOTORCYCLE SAFETY COURSE DOCUMENTATION
4. BWT INSTRUCTOR WILL MAKE LIASON WITH MR. WARD AT MIRAMAR FOR THE 5/8 MILE HIKES
PHONE 858-864-4438
5. CHIEF INSTRUCTOR WILL USE THIS TIME TO DISTRIBUTE INSTRUCTIONAL MATERIALS, VALIDATE DI SCREENING AND TO INTRODUCE IN-HOUSE PROCEDURES
6. REQUEST FUNDS FOR 1STSGT SPOUSE BRIEF
7. IDENTIFY MARINES THAT RATE A BARRACKS ROOM AND HAVE EXECUTED PCA/S ORDERS, IN ORDER TO GET A ROOM AT THE PERMANENT PERSONNEL BARRACKS.

TRAINING SCHEDULE

WK-1

T-1

WEDNESDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
6:00 - 7:00	1:00	REV/MORNING MEAL	CI		SH/MH		PT-2/1
7:00 - 8:00	1:00	IN PROCESSING (DIRECTOR/1STSGT WELCOME ABOARD)	STAFF	ADMIN:0900	CR-1		UTIL
8:00 - 10:00	2:00	IN PROCESSING	STAFF	ADMIN:0900	SH	1, 2	UTIL
10:00 - 11:00	1:00	GUEST SPEAKERS (RTR CO /SGTMAJ WELCOME ABOARD)	STAFF	ADMIN:0904	CR-1		UTIL
11:00 - 12:00	1:00	INFORMATION BRIEFS (ACADEMICS BRIEF)	AC	ADMIN:0903	CR-1	3	UTIL
12:00 - 13:00	1:00	NOON MEAL	DI		MH	4	UTIL
13:00 - 15:00	2:00	INTRODUCTION TO COMBAT CONDITIONING	PT	CC:0101LP	SH	5, 6	PT-2/1
15:00 - 16:00	1:00	INTRO TO TEACHBACKS	DM	COD:0002LP	CR-1/PD	6	UTIL
16:00 - 17:00	1:00	MENTORING (INITIAL COUNSELING)	SI	LEAD:0401	SH		UTIL
17:00 - 18:00	1:00	EVENING MEAL	DI		MH		UTIL
18:00 - 19:00	1:00	MENTORING (INITIAL COUNSELING)	SI	LEAD:0401	SH		UTIL

NOTES:

1. URINALYSIS, TATTOO SCREENING, VEHICLE INSPECTIONS INCLUDING MOTORCYCLE PPE. COUNSELINGS WILL BE CONDUCTED (COMBAT CAMERA WILL TAKE PHOTOS OF STUDENTS' TATTOOS FOR SCREENINGS/DOCUMENTATION) IF NECESSARY
2. PT INSTRUCTOR WILL CONDUCT A HEIGHT AND WEIGHT ON ALL STUDENTS
3. THIS BRIEF WILL CONSIST OF ACADEMICS OVERVIEW OF WHAT WILL BE COVERED AND WHAT STUDENTS CAN EXPECT DURING THE COURSE
4. CHIEF INTRUCTOR SUBMIT CLASS ROSTER TO DEPOT SECURITY MANAGER TO VALIDATE STUDENTS WHO POSSESS A SECRET CLEARANCE
5. PT INSTRUCTOR WILL REVIEW STRETCHING PROCEDURES AND HOW THE CONDUCT OF PT WILL BE EXECUTED TO INCLUDE A BRIEF ON HOW MAN DOWN DRILLS WILL BE EXECUTED ; THE PT INSTRUCTOR WILL SUBMIT A CLASS ROSTER TO THE ADMIN CHIEF FOR THE ANNUAL TRAINING COMPLETION OF PHYSICAL TRAINING, CODE (BE)
6. IRF

TRAINING SCHEDULE

WK-1

T-2

THURSDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
6:00 - 7:00	1:00	REV/MORNING MEAL	CI		SH/MH		PT-2/1
7:00 - 9:00	2:00	COMBAT CONDITIONING TRAINING (PHILOSOPHY)	PT	CC:0102 IL	CR-1	1	PT-2/1
9:00 - 11:00	2:00	INTRO TO CONDUCT OF DRILL	DM	COD:0001 IL	CR-1/PD	1	SVC C
11:00 - 12:00	1:00	INFORMATION BRIEFS (GOV TRAVEL CARD)	GTC	ADMIN:0903	CR-1	2	SVC C
12:00 - 13:00	1:00	NOON MEAL	DI		MH		SVC C
13:00 - 15:00	2:00	INTRODUCTION TO RTO (CASE STUDY)	1STSGT	RTO:0200 CA	CR-1	1, 3	SVC C
15:00 - 17:00	2:00	INTRODUCTION TO GUIDON MANUAL	DM	COD:0005 IL/D	CR-1/PD		SVC C
17:00 - 18:00	1:00	EVENING MEAL	DI		MH		SVC C
18:00 - 18:30	0:30	CONDUCT OF DRILL (SWORD ISSUE)	DM	COD:0001	ARMORY	4	SVC C
18:30 - 19:00	0:30	INTRODUCTION TO REINFORCE MARINE CORPS COMMON SKILLS	MCCS	MCCS:0300	CR-1	1	SVC C

NOTES:

1. IRF
2. MRS KIRSTEN WILL BRIEF GOVERNMENT TRAVEL CARDS
3. RTO INSTRUCTOR WILL GIVE AN INTRODUCTORY OVERVIEW OF DEPOT REGULATIONS AS WELL AS AN INCENTIVE TRAINING (I.T.) BRIEF AS IT PERTAINS TO WHAT WILL BE REQUIRED OF THE STUDENTS DURING PT SESSIONS IDENTIFIED FOR PRACTICAL APPLICATIONS OF I.T. DURING THE CYCLE
4. THE DRILL MASTER WILL ISSUE SWORDS, GUIDONS, AND RUBBER RIFLES SIZE STUDENTS FOR BLACK BELTS AND ISSUE DRILL CARDS

TRAINING SCHEDULE

Wk-1

T-3

FRIDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
5:00 - 6:00	1:00	REV/MORNING MEAL	CI		SH/MH		PT-2/1
6:00 - 6:15	0:15	MOVEMENT TIME	PT	ADMIN:0901	SH		PT-2/1
6:15 - 8:45	2:30	COMBAT CONDITIONING TRAINING (INITIAL PFT)	PT	CC:0102	TA-11	1	PT-2/1
8:45 - 9:00	0:15	MOVEMENT TIME	PT	ADMIN:0901	SH		PT-2/1
9:00 - 10:30	1:30	UNIFORM REGULATIONS I	UNIF	MCCS:0304	CR-1	2	SVC C
10:30 - 11:30	1:00	INFORMATION BRIEFS (SPORTS MEDICINE BRIEF)	CIV	ADMIN:0903	CR-1		SVC C
11:30 - 12:30	1:00	NOON MEAL			MH	2	SVC C
12:30 - 14:30	2:00	PERFORMANCE NUTRITION	CIV	CC:0103	CR-1	3, 4	SVC C
14:30 - 16:30	2:00	RECRUIT TRAINING ORDER (PX CALL)	UNIF	SOP:0200	REC PX	5	SVC C
15:30 - 16:30	1:00	INDIVIDUAL DRILL MOVEMENTS W/O ARMS	DM/SI	COD:0006	PD/SH		SVC C
16:30 - 17:30	1:00	EVENING MEAL	DI		MH		SVC C
17:30 - 19:00	1:30	INDIVIDUAL MOVEMENTS W/O ARMS (TEACHBACK POA EVALUATION)	DM/SI	COD:1002X (P)	PD/SH	6	SVC C
19:00 - 20:00	1:00	WEEKEND SAFETY BRIEF	1STSGT	LEAD:0401	CR-1	7	SVC C

NOTES:

1. PT TO BE CONDUCTED: (INITIAL PFT)
DYNAMIC WARM-UP EXERCISES
PULLUPS, 3 MILE RUN, CRUNCHES
SAFETY REQUIREMENTS: CORPSMAN, VEHICLE W/(2) 5-GALLON WATER CANS, ICE, AED, TOWELS
STUDENTS WILL RECEIVE A DEMONSTRATION BY INSTRUCTORS
* END OF EVENT MAY FLUCTUATE DEPENDING ON THE SIZE OF THE CLASS
2. CHIEF INSTRUCTOR WILL SUBMIT CLASS ROSTER TO THE SECURITY MANAGER CHIEF FOR COMPLETION OF SECURITY CODE (AJ) AND PERSONAL IDENTIFIABLE INFORMATION (PII) CONTACT MRS. TERRY
3. IRF
4. PT INSTRUCTOR WILL GIVE A INFORMAL LECTURE FOR THE FIRST HOUR AND ALLOW THE STUDENTS TO ASK QUESTIONS UTILIZING THE SOCRATIC METHOD FOR THE SECOND HOUR OF THE CLASS
5. WITH THE SQUAD INSTRUCTORS, THE STUDENTS WILL GO TO THE RECRUIT PX TO MAKE A PX CALL IF NEEDED, AND OBSERVE THE RECRUIT PX CALL PROCESS
6. THE STUDENTS WILL BE EVALUATED ON THE POSITION OF ATTENTION TEACHBACK
7. 1STSGT WILL COVER A CASE STUDY AND ALLOW THE STUDENTS TO PARTICIPATE UTILIZING THE SOCRATIC METHOD

TRAINING SCHEDULE
WK-1

SATURDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
0:00 - 23:59	23:59	WEEKEND ROUTINE	DI		SH/MH		N/A

WK-1

SUNDAY	TIME	ACTIVITY	INSTR	REF	LOCATION	NOTES	UNIF
0:00 - 23:59	23:59	WEEKEND ROUTINE	DI		SH/MH		N/A