RECRUIT TRAINING MATRIX

MARINE CORPS RECRUIT DEPOT SAN DIEGO

WEEK		MON	TUES	WED	THUR	FRI	SAT	SUN	
PICK UP		RECEIVING WEEK				INITIAL STRENGTH TEST / PICK-UP F1	IN-HOUSE PROCEDURES F2	RELIGIOUS SERVICES / S.U.L.D. TIME F3	PHASE 1
1		INTRO TO CORE VALUES / M16 ISSUE F4	4X400M INTERVALS / SAPR I CLASS T1	INTRO TO MCMAP T2	CIRCUIT COURSE / COMBAT CARE I T3	INTRO TO O-COURSE / MCMAP T4	INTRO TO CFT / COMBAT CARE II T5	RELIGIOUS SERVICES / S.U.L.D. TIME S1	
2		MCMAP T6	4X400M INTERVALS / BASES I / COMBAT CARE III T7	BAYONET TECHNIQUES / PUGIL STICKS I T8	OBSTACLE COURSE II / MCMAP T9	MCMAP T10	2.5 MILE S&E COURSE T11	RELIGIOUS SERVICES / S.U.L.D. TIME S2	
3		CONFIDENCE COURSE I / MCMAP T12	CLOSE ORDER DRILL T13	ADMIN / ID CARDS / COMBAT CONDITIONING (CCX) T14	SDI INSPECTION T15	2.5 MILE S&E ABILITY GROUP RUN T16	INITIAL DRILL T17	RELIGIOUS SERVICES / S.U.L.D. TIME S3	
4		COMBAT WATER SURVIVAL / BASES II / 4X400M INTERVALS T18	COMBAT WATER SURVIVAL / CONFIDENCE COURSE II T19	COMBAT WATER SURVIVAL / INDIVIDUAL PHOTOS T20	MCMAP/ PUGIL STICKS II / BODY SPARRING T21	PFT I T22	ACADEMIC REVIEW / O-COURSE III T23	RELIGIOUS SERVICES / S.U.L.D. TIME S4	PHASE 2
5		SWIM WEEK							
		LOG DRILLS T24	2.5 MILE S&E COURSE / 1ST UNIFORM FITTING T25	2.5 MILE S&E COURSE / 1ST UNIFORM FITTING T26	MCX / HAIRCUTS T27	CFT I T28	5K HIKE T29	RELIGIOUS SERVICES / S.U.L.D. TIME S5	
6		TEAM WEEK / INTERIOR GUARD							
		PFT II T30	BAYONET ASSAULT COURSE / PUGIL STICKS III T31	WRITTEN EXAM I T32	ADMIN / ORDERS MCMAP TEST T33	SERIES CMDR INSPECTION / UNIFORM ISSUE T34	FINAL DRILL / MOVEMENT TO WFTBN T35	RELIGIOUS SERVICES / S.U.L.D. TIME S6	
7		4X400M INTERVALS & BASES III / RCO ISSUE T36	5K HIKE T37	T38	T39	T40	8K HIKE T41	RELIGIOUS SERVICES / S.U.L.D. TIME S7	PHASE 3
		GRASS WEEK							
8		T42	T43	T44	TABLE 1 PRE-QUAL T45	QUALIFICATION DAY T46	13K HIKE / MCMAP SUSTAINMENT T47	RELIGIOUS SERVICES / S.U.L.D. TIME S8	
		TABLE 1							
9		T48	T49	T50	T51	QUALIFICATION DAY T52	CFT II / WRITTEN EXAM II T53	RELIGIOUS SERVICES / S.U.L.D. TIME S9	
		FIELD WEEK			TABLE II				
10		SATO TICKET / CONFIDENCE CHAMBER T54	6K NIGHT HIKE T55	T56	15K REAPER HIKE / EMBLEM CEREMONY T57	GEAR TURN IN / HAIRCUTS M1	MOVEMENT TO MCRD M2	RELIGIOUS SERVICES / S.U.L.D. TIME S10	PHASE 4
			CRUCIBLE						
11		FORCE FITNESS PT I / 2ND UNIFORM FITTING M3	MARINE PANEL M4	FORCE FITNESS PT II / MUSEUM VISIT M5	FORCE FITNESS PT III, IV M6	RAPPEL TOWER / UNIFORM ISSUE M7	COMPANY CMDR INSPECTION M8	RELIGIOUS SERVICES / S.U.L.D. TIME / BASE LIBERTY S11	
12		GRAD PRACTICE SOI / MCT BRIEF M9	GRAD PRACTICE GEAR DE-ISSUE M10	BATTALION CMDR INSPECTION / WEAPONS DE-ISSUE M11	MOTO RUN / FAMILY DAY M12	GRADUATION M13			

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