

MARINE CORPS RECRUIT DEPOT SAN DIEGO

# RECRUIT TRAINING

# MATRIX

WEEK		MON	TUES	WED	THUR	FRI	SAT	SUN		
PICK UP		<b>RECEIVING WEEK</b>					INITIAL STRENGTH TEST / PICK-UP <b>F1</b>	IN-HOUSE PROCEDURES <b>F2</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>F3</b>	<b>PHASE 1</b>
1		INTRO TO CORE VALUES / MCR ISSUE <b>F4</b>	4X3 MINUTE INTERVALS / SAPRI CLASS <b>T1</b>	INTRO TO MCMAP <b>T2</b>	CIRCUIT COURSE / COMBAT CARE I <b>T3</b>	INTRO TO O-COURSE / MCMAP <b>T4</b>	INTRO TO CFT / COMBAT CARE II <b>T5</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S1</b>		
2		MCMAP <b>T6</b>	4X400M INTERVALS / BASES I / COMBAT CARE III <b>T7</b>	BAYONET TECHNIQUES / PUGIL STICKS I <b>T8</b>	OBSTACLE COURSE II / MCMAP <b>T9</b>	MCMAP <b>T10</b>	2 MILE INDIVIDUAL EFFORT RUN / CIRCUIT COURSE <b>T11</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S2</b>		
3		CONFIDENCE COURSE II / MCMAP <b>T12</b>	DEBIT CARDS <b>T13</b>	ADMIN / ID CARDS / COMBAT CONDITIONING (CCX) <b>T14</b>	SDI INSPECTION <b>T15</b>	INITIAL DRILL <b>T16</b>	2.5 MILE S&E ABILITY GROUP RUN <b>T17</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S3</b>		
4		COMBAT WATER SURVIVAL BASES II / 4X400M INTERVALS <b>T18</b>	COMBAT WATER SURVIVAL <b>T19</b>	COMBAT WATER SURVIVAL / INDIVIDUAL PHOTOS <b>T20</b>	COMBAT WATER SURVIVAL / CONFIDENCE COURSE II <b>T21</b>	COMBAT WATER SURVIVAL FINAL ATTEMPT <b>T22</b>	5K HIKE / O-COURSE III <b>T23</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S4</b>	<b>PHASE 2</b>	
5		MCMAP / PUGIL STICKS II / BODY SPARRING <b>T24</b>	3 MILE INDIVIDUAL EFFORT RUN / 1ST UNIFORM FITTING <b>T25</b>	3 MILE INDIVIDUAL EFFORT RUN / 1ST UNIFORM FITTING <b>T26</b>	MCX / HAIRCUTS <b>T27</b>	CFT I <b>T28</b>	5K HIKE <b>T29</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S5</b>		
6		<b>TEAM WEEK / INTERIOR GUARD</b>								
7		PFT I <b>T30</b>	BAYONET ASSAULT COURSE / PUGIL STICKS II <b>T31</b>	EXAM I <b>T32</b>	ADMIN / ORDERS MCMAP TEST <b>T33</b>	SERIES CMR INSPECTION / UNIFORM ISSUE <b>T34</b>	FINAL DRILL / MOVEMENT TO WFTEN <b>T35</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S6</b>		
8		4X400 INTERVALS & BASES III / RCO ISSUE <b>T36</b>	8K HIKE <b>T37</b>	COMBAT MARKSMANSHIP <b>T38</b>	CFT II <b>T39</b>	RANGE OPERATIONS <b>T40</b>	13K HIKE <b>T41</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S7</b>	<b>PHASE 3</b>	
9		<b>GRASS WEEK</b>								
10		ZERO RCO <b>T42</b>	LIVE-FIRE <b>T43</b>	LIVE-FIRE <b>T44</b>	TABLE I PRE-QUAL <b>T45</b>	QUALIFICATION DAY <b>T46</b>	PFT II <b>T47</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S8</b>		
11		<b>TABLE 1</b>							<b>PHASE 4</b>	
12		TABLE II <b>T48</b>	QUALIFICATION DAY <b>T49</b>	INTRO TO UNKNOWN DISTANCE / FIELD SKILLS <b>T50</b>	COPELANDS ASSAULT <b>T51</b>	DAY & NIGHT LAND NAVIGATION / CONFIDENCE CHAMBER <b>T52</b>	LAND NAVIGATION REMEDIATION / WRITTEN EXAM II <b>T53</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S9</b>		
13		6K NIGHT RE-SUPPLY HIKE <b>T54</b>	NIGHT DRAWS COURSE <b>T55</b>	CRUCIBLE HIKE / EMBLEM CEREMONY <b>T56</b>	GEAR CLEANING <b>M1</b>	GEAR TURN IN / HAIRCUTS <b>M2</b>	MOVEMENT TO MCRD <b>M3</b>	RELIGIOUS SERVICES / S.U.L.D. TIME <b>S10</b>		
14		<b>CRUCIBLE</b>							<b>PHASE 4</b>	
15		FORCE FITNESS / 2ND UNIFORM FITTING <b>M4</b>	1 MILE RUN <b>M5</b>	MCMAP SUSTAINMENT / MUSEUM VISIT <b>M6</b>	2 MILE RUN <b>M7</b>	RAPPEL TOWER / UNIFORM ISSUE <b>M8</b>	COMPANY CMR INSPECTION / FIELD MEET <b>M9</b>	RELIGIOUS SERVICES / S.U.L.D. TIME / BASE LIBERTY <b>S11</b>		
16		GRAD PRACTICE SOI / MCT BRIEF <b>M10</b>	GRAD PRACTICE GEAR DE-ISSUE <b>M11</b>	BATTALION CMR INSPECTION / WEAPONS DE-ISSUE <b>M12</b>	MOTO RUN / FAMILY DAY <b>M13</b>	GRADUATION <b>M14</b>				