

Weeks	Broad Principles	Life Guards	Para
1	Inspire and Inform	<ul style="list-style-type: none"> <li>• Move in</li> <li>• Basic personal administration</li> <li>• Initial clothing and equipment issue</li> <li>• Initial fitness assessment</li> <li>• Rifle and drill lessons</li> <li>• Financial brief and medicals</li> </ul>	
2		<ul style="list-style-type: none"> <li>• Rifle and drill lessons</li> <li>• Introductory exercise (overnight in the field)</li> <li>• Basic field craft</li> <li>• Introduction to physical training and sport</li> </ul>	
3-4		<ul style="list-style-type: none"> <li>• Rifle and drill lessons</li> <li>• Rifle weapon handling tests</li> <li>• Physical training</li> <li>• Introductory exercise (two nights in the field)</li> <li>• Parents' Day &amp; long weekend</li> <li>• Outdoor pursuits activity</li> </ul>	<ul style="list-style-type: none"> <li>• As Life Guards plus trainasium training</li> </ul>
5-7		<ul style="list-style-type: none"> <li>• Introductory exercise (three nights in the field)</li> <li>• Physical training</li> <li>• Introduction to Live Firing Marksmanship Training</li> <li>• Battlefield casualty drills</li> <li>• Map reading</li> <li>• Long weekend</li> </ul>	<ul style="list-style-type: none"> <li>• As Life Guards minus Battlefield casualty drills but plus:</li> <li>• Grenade training</li> <li>• Drill practice and drill test</li> <li>• Obstacle course</li> <li>• Light Machine Gun lessons</li> </ul>
8		Develop and Build	<ul style="list-style-type: none"> <li>• Live Firing Marksmanship Training to 300 metres</li> <li>• Signals and map reading</li> <li>• Arms drill and Adjutant's Drill Test</li> <li>• Obstacle course and Swimming</li> <li>• Battle fitness: loaded marches</li> <li>• Light Machine Gun lessons</li> </ul>

<p><b>9-11</b></p>		<ul style="list-style-type: none"> <li>• Live Firing Marksmanship Training to 400 metres and rifle marksmanship test</li> <li>• 6-mile loaded march</li> <li>• Arms drill</li> <li>• Battlefield casualty drills</li> <li>• Swimming</li> <li>• Introduction to signals training</li> </ul>	<ul style="list-style-type: none"> <li>• Live Firing Marksmanship Training to 300 metres</li> <li>• Loaded marches</li> <li>• Trainasium</li> <li>• Map reading</li> <li>• Light Machine Gun lessons</li> <li>• Under-slung Grenade Launcher lessons and weapon handling test</li> <li>• Battlefield casualty drills</li> <li>• Bayonet fighting</li> <li>• Signals training</li> <li>• Grenade throwing lessons and test</li> <li>• Tactical exercise 1</li> </ul>
<p><b>12-13</b></p>		<ul style="list-style-type: none"> <li>• Adventure Training in Lancaster: hill walking, kayaking, climbing, caving and map reading</li> <li>• Light Machine Gun lessons</li> <li>• Grenade training</li> <li>• Ceremonial drill lessons</li> <li>• Battlefield casualty drills</li> <li>• 6-mile loaded march</li> <li>• Signals training</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure Training in Lancaster: hill walking, kayaking, climbing, caving and map reading</li> <li>• Battlefield casualty drills</li> <li>• Loaded marches</li> <li>• Physical training: Steeplechase 2</li> <li>• Signals training</li> <li>• Under-slung Grenade Launcher simulated firing</li> <li>• Live firing Marksmanship Training to 400 metres</li> </ul>
<p><b>14</b></p>	<p>Coach and Enhance</p>	<ul style="list-style-type: none"> <li>• Tactical exercise 1</li> <li>• Ceremonial drill practice</li> <li>• Physical training: strength and conditioning training</li> <li>• Interim fitness assessment</li> <li>• Battlefield casualty drills</li> </ul>	<ul style="list-style-type: none"> <li>• Loaded marches</li> <li>• Live Firing Marksmanship Training to 400 metres and Marksmanship test</li> <li>• Physical training: stretcher and log race</li> <li>• Interim fitness assessment</li> <li>• Light Machine Gun lessons</li> <li>• Battlefield casualty drills</li> </ul>

<p><b>15-16</b></p>		<ul style="list-style-type: none"> <li>• Urban Combat Skills training</li> <li>• Light Machine Gun Live Firing Marksmanship Training and marksmanship test</li> <li>• Physical training: Obstacle course and boot runs</li> <li>• Signals training</li> <li>• Ceremonial drill lessons</li> <li>• Battlefield casualty drills</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical Exercise 2</li> <li>• Light Machine Gun Live Firing Marksmanship Training</li> <li>• Physical training: Steeplechase 3</li> <li>• Battlefield casualty drills and test</li> <li>• Loaded marches</li> </ul>
<p><b>17-18</b></p>		<ul style="list-style-type: none"> <li>• Tactical exercise 2: Patrolling</li> <li>• Counter-Improvised Explosive Device training</li> <li>• Physical training: 7-mile loaded march and circuit training</li> <li>• Long weekend</li> </ul>	<ul style="list-style-type: none"> <li>• Counter-Improvised Explosive Device training</li> <li>• Light Machine Gun Live Firing Marksmanship Training</li> <li>• Physical training: 9 mile loaded march, various runs, log race, Steeplechase 4, milling</li> <li>• Battlefield casualty drills</li> <li>• Preparation for P' Company</li> </ul>
<p><b>19-20</b></p>	<p>Confirm and Challenge</p>	<ul style="list-style-type: none"> <li>• Tactical exercise 3: Defence</li> <li>• Physical training: circuit training, 7-mile loaded march and obstacle course</li> <li>• Night Vision Goggles lesson and live firing at night</li> <li>• Live Firing: Close Quarter Marksmanship</li> <li>• Dress uniform issue</li> <li>• Ceremonial drill lessons</li> <li>• Basic IT training</li> </ul>	<ul style="list-style-type: none"> <li>• Light Machine Gun Marksmanship test</li> <li>• Physical training: Steeplechase 5, trainasium, various runs</li> <li>• Chemical, Biological, Radiological and Nuclear warfare training</li> <li>• Night Vision Goggles lesson and live firing at night</li> <li>• Basic IT training</li> <li>• Dress uniform issue</li> <li>• P' Company</li> </ul>

<p><b>21-22</b></p>		<ul style="list-style-type: none"> <li>• Physical training: 8-mile loaded march</li> <li>• Ceremonial drill lessons</li> <li>• Driver theory training</li> <li>• Live Firing: Individual battle shooting and section in defence</li> <li>• Bayonet fighting</li> <li>• Under-slung Grenade Launcher lessons and weapon handling test</li> <li>• Pyrotechnics and flares</li> <li>• Chemical, Biological, Radiological and Nuclear (NBC) warfare training</li> </ul>	<ul style="list-style-type: none"> <li>• P' Company and beret parade</li> <li>• Driver theory training</li> <li>• Tactical exercise 3</li> <li>• Urban Combat Skills training</li> </ul>
<p><b>23-24</b></p>		<ul style="list-style-type: none"> <li>• General Purpose Machine Gun lessons and weapon handling test</li> <li>• Ceremonial drill practice</li> <li>• Elementary drill test</li> <li>• Under-slung Grenade Launcher: simulated firing</li> <li>• Physical training: 8-mile loaded march and 5-mile run</li> <li>• Chemical, Biological, Radiological and Nuclear warfare training</li> <li>• Live Firing: automatic fire and firing at moving targets</li> <li>• Grenade throwing lessons, live grenade throwing and test</li> </ul>	<ul style="list-style-type: none"> <li>• General Purpose Machine Gun lessons and weapon handling test</li> <li>• Arms drills</li> <li>• Physical training: 8-mile run</li> <li>• Swimming</li> <li>• Live firing: Automatic fire and firing at moving targets</li> <li>• Live firing: Close-Quarter Marksmanship and live firing at night</li> <li>• Individual battle shooting and section in defence</li> </ul>
<p><b>25-26</b></p>		<ul style="list-style-type: none"> <li>• Live Firing Tactical Training battle camp</li> <li>• Battle drills under live firing conditions</li> <li>• Final exercise</li> <li>• field craft and tactics taught</li> </ul>	

<b>27-28</b>		<ul style="list-style-type: none"> <li>• Ceremonial drill and parade practice</li> <li>• March and shoot competition</li> <li>• Final medicals and administration</li> <li>• Pass Out Parade</li> </ul>	<ul style="list-style-type: none"> <li>• As Life Guards plus</li> <li>• Physical training: 10-mile loaded march</li> <li>• Final fitness assessment</li> </ul>
<b>29-30</b>		<ul style="list-style-type: none"> <li>• Practical driver training lessons and driving test</li> </ul>	