

# Recruit Training Schedule

## Week 1

Intro to Physical Training  
Intro to Core Values  
Intro to the M-16A2  
Service Rifle  
Intro to Circuit Course  
Obstacle Course I  
Marine Corps Martial Arts Program

## Week 2

Strength & Endurance Course  
Pugil Sticks I  
Bayonet Training  
First Aid classes  
Marine Corps Martial Arts Program  
Core Values classes  
Academic classes  
Physical Training  
Obstacle Course II

## Week 3

Log Drills  
First Aid classes  
Senior Drill Instructor  
Inspection Confidence Course I  
Pugil Sticks II  
Academic classes  
Physical Training  
Initial Drill Evaluation  
Marine Corps Martial Arts Program

## Week 4

Initial Physical Fitness Test  
Core Values Classes  
Marine Corps Martial Arts Program  
Pugil Sticks III  
Museum Tour  
Academic classes  
Movement to WFTBN  
Confidence Course II  
Series Officer Inspection

# RECRUIT TRAINING MATRIX

**MCRD/WRR SAN DIEGO**

WK	CO	MON	TUE	WED	THU	FRI	SAT	SUN
<b>PR</b>		RECEIVING 	RECEIVING 	RECEIVING 	RECEIVING 	IST/PICK UP 	IN HOUSE PROCEDURES 	IN HOUSE PROCEDURES 
<b>PHASE I</b>	<b>1</b>	T-2 	T-1 	T-2 	T-3 	T-4 	T-5 	H-1 
	<b>2</b>	T-6 	T-7 	T-8 	T-9 	T-10 	T-11 	H-2 
	<b>3</b>	T-12 	T-13 	T-14 	T-15 	T-16 	T-17 	H-3 
	<b>4</b>	T-18 	T-19 	T-20 	T-21 	T-22 	T-23 	H-4 
<b>PHASE II</b>	<b>5</b>	T-24 	T-25 	T-26 	T-27 	T-28 	T-29 	H-5 
	<b>6</b>	T-30 	T-31 	T-32 	T-33 	T-34 	T-35 	H-6 
	<b>7</b>	T-36 	T-37 	T-38 	T-39 	T-40 	T-41 	H-7 
	<b>8</b>	T-42 	T-43, T-44, T-45 <b>CRUCIBLE</b> 			T-46 	T-47 	H-8 
<b>PHASE III</b>	<b>9</b>	T-48 	T-49 	T-50 	T-51 	T-52 	T-53 	H-9 
	<b>10</b>	T-54 	T-55, T-56, T-57, T-58 <b>SWIM WEEK</b> 				T-59 	H-10 
	<b>11</b>	T-60 	T-61 	T-62 	T-63 	T-64 	T-65 	H-11 
	<b>12</b>	T-66 	T-67 	T-68 	T-69 	T-70 	T-71 	REV. 10MAR04 

[Download the Training Matrix \(.PDF/17MB\)](#)  
[Download the Training Matrix - compressed \(.PDF/477KB\)](#)

*Week 5*

3 Mile Hike  
Marksmanship Training  
5 Mile Hike  
Core Values classes  
Physical Training

*Week 6*

Marksmanship  
Qualification  
Physical Training

*Week 7*

Marine Corps Martial Arts  
Program  
8-Mile Hike  
Field Training  
Confidence (Gas) Chamber  
Field Firing

*Week 8*

The Crucible  
Core Values classes  
Warrior's Breakfast  
Equipment Inspection  
Movement back to MCRD

*Week 9*

1st Uniform Issue & Fit  
Swim qualification  
Marine Corps Martial Arts  
Program- Testing  
Core Values classes  
Defensive Driving Course  
Intermediate Physical  
Fitness Test

*Week 10*

Small Unit Leadership  
Final Uniform Issue & Fit  
Interior Guard  
Physical Training  
Blood Drive  
Obstacle Course III

*Week 11*

Family of the Corps  
Presentation  
Practical Examination  
Final Physical Fitness Test

Rappelling  
Company Commander's  
Inspection

*Week 12*

Final Drill Evaluation  
Battalion Commander's  
Inspection  
Motivation Run  
Emblem Ceremony  
Family Day and Base  
Liberty  
Graduation