

MATRIX



MARINE CORPS RECRUIT DEPOT SAN DIEGO

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TRAINING MATRIX: FOUR PHASES

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	
PICK UP						Initial Strength Test/ Pick-Up F1	In-House Procedures F2	Religious Services/ S.U.L.D. Time F3	
	RECEIVING WEEK								
1		Intro to Core Values/ M16 Issue F4	4X-400M Intervals/ SAFRI 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	4X-400M Intervals/ Bases I/Combat Care III T7	Bagnet Techniques/ Pugil Sticks T8	O-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/4X-400M 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	
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	6K Hike T29	Religious Services/ S.U.L.D. Time S5	
6	TEAM WEEK / INTERIOR GUARD								
		PPT II T30	Bagnet 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		4X-400M Intervals & Bases III/RCO Issue T36	6K Hike T37	T38	T39	T40	6K Hike T41	Religious Services/ S.U.L.D. Time S7	
8	GRASS WEEK								
		T42	T43	T44	Table I Pre-Qual T45	Qualification Day T46	15K Hike/ MCMAP Sustainment T47	Religious Services/ S.U.L.D. Time S8	
9	TABLE I								
		T48	T49	T50	T51	Qualification Day T52	CFT II/Written Exam II T53	Religious Services/ S.U.L.D. Time S9	
10	FIELD WEEK								
		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	
11	CRUCIBLE								
		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 SDI/MCT Brief M9	Grad Practice Gear De-Issue M10	Battalion CMDR Inspection/ Weapons De-Issue M11	Moto Run/Family Day M12	Graduation M13	*If M13 is a holiday, then Graduation will be on a Thursday. Matrix updated by USMC, September 2019 Design Created by <i>MarineParents.com</i> , April 2021		

PHASE 1

PHASE 2

PHASE 3

PHASE 4