Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
05:30-06:00	*Wake-up & hygiene*						
06:00-08:30	Physical training Personal hygiene Travel time						
08:30-09:15	*Breakfast*	*Breakfast*	*Breakfast – short*	*Breakfast*	*Breakfast*	*Delayed Breakfast*	*Breakfast*
09:15-12:00	Travel time TNG – Obstacle Course Travel time	Travel time TNG – Dry gap rope bridging Travel time	Travel time to Lake Laura TNG – Water Safety TNG – Small boat operations	Travel time TNG – Leadership Course; Officer role TNG – .22 cal rifle training Travel time	Travel time TNG – Weapons safety TNG – English Instruction Travel time	Travel time TNG – Extended PT session TNG – Leader Lessons from Officer/T Travel time	Travel time TNG – Extended PT session TNG – Briefing on Squad Stakes
12:00-12:45	*Lunch*	*Lunch - short*	*SACK Lunch*	*Lunch*	*Lunch*	*Lunch*	*Lunch - MRE*
12:45-17:30	Travel time TNG – English Instruction TNG – Rappelling Travel time	Travel time to Chapman's Landing TNG – Asst. Wet-G rope bridging: RR TNG – Asst. Poncho Rafts: RR TNG – Asst. Suspens. Bridge tour: RR Travel time back to MMA	TNG – Water Operations: RR - poncho TNG – Water Operations: RR – boat TNG – Water Operations: RR - race Travel time to MMA	Travel time TNG – RR: Lead Drill & Ceremonies TNG – RR: Athletic Competition Travel time	Travel time TNG – Air Rifle Training & RR TNG – Drill and Ceremonies Travel time	Travel time TNG – RR: Road march w/pack Travel time	TNG – Multi-event squad stakes Travel time
17:30-18:15	*Dinner*	*Dinner - short*	*Dinner – late*	*Dinner*	*Dinner*	*Dinner*	*Dinner*
18:15-20:30	Travel time Introduction to Water Operations	Travel time Lake water safety	Travel time Weapons safe handling	Travel time Review of weapons safety	Travel time Techniques for Road Marches	Travel time Prepare for Squad Stakes	Travel time Archery safety
20:30-22:00	*Evening hygiene & Personal Time*						
22:00	*Lights out*						