

AMERICA'S #1 RESOURCE FOR SPECIAL OPERATIONS CAREER PREP


 THE OFFICIAL CHANNEL OF

SEND ME **SOCOM ATHLETE** 

ONLINE COMMUNITY | EVENTS | WORKOUT PROGRAMS | PODCAST | MENTORSHIP

HELL DAY TIMELINE (EXAMPLE)

Starting Address: USMC Camp Pendleton Visitor's Center Parking (51916 Basilone Rd, CA 92672)

Check-in

- 0830-0840: Role Call & Base Passes
- 0840-0900: Instructor Intros
- 0900-0930: Transit to USMC Camp Pendleton
- 0930-1000: Equipment Issued & RTC Brief

Fitness Test

- 1000-1015: Stretch, Hydrate
- 1015-1030: 1.5 Mile Run Evaluation
- 1030-1040: Calisthenic Form Demos
- 1040-1130: Push-up, Pull-up, & Sit-up Evaluations
- 1130-1140: Change to Pool Gear, Hydrate, Snack

Pool Evolutions

- 1140-1150: Pool Safety Brief
- 1150-1200: Entering-The-Water Procedures
- 1200-1300: 500/250 yard Swim test
- 1300-1430: Pool Comp/Water Confidence Course
- 1430-1445: Change Clothes, Hydrate, Snack

Overland Evolutions

- 1445-1500: Instructor Brief
- 1500-1515: Stretch, Hydrate, Snack
- 1515-1630: Ruck March "The Hill"
- 1630-1645: Instructor Brief, Hydrate, Snack
- 1645-1700: Equipment Checks
- 1700-1720: Drive to Beach Parking Lot
- 1720-1730: Unload Logs
- 1730-1800: Log PT Class, Snack, Hydrate
- 1800-1845: Log PT & Team Overland Movement

Amphibious Evolutions

- 1845-1915: Surf PT
- 1915-2015: Instructor Gauntlets
- 2015-2045: Log PT & Team Overland Movement
- 2045-2050: Team Skit
- 2050-2100: Top Performer Award
- 2050-2100: Load Logs, Return Rifles

End Exercise



San Onofre Gate
 4.4 ★★★★★ 12 reviews
 Military base







 Basilone Rd, San Clemente, CA 92672
 Open 24 hours
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