



# ARMY RECRUIT TRAINING COURSE



WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	
<b>INDUCTION</b>		Hair Cuts Emergency Evacuation Administration	Fitness Assessment Phase 1 Issues Military Dress Training	Battle Smart Inoculations Dental	Weapon Issue Soldierly Conduct	Health Briefs Swim Test Assemble Field Equipment	Church Barrack Administration	
	<b>1</b>	Injury Prevention Weapon Handling Inoculations	Weapon Handling	Weapon Handling Inoculations	2km March Weapon Handling Drill Org of Army	Intro to Circuit Weapon Handling	Weapon Handling Drill	Church Weapon Handling
<b>Loyalty &amp; Honour</b>	<b>2</b>	Circuit Training Marksmanship Theory	2.5km March Range Intro F88 Qualifying Practice	Drill Marksmanship Swim Test	Marksmanship	2.4km Run Marksmanship	Inspection Circuit Training Radio Operation	Church Radio Operation
<b>Mateship &amp; Teamwork</b>	<b>3</b>	3km Run Drill Marksmanship	3km March High Wire Flying Fox	Survival Swim Marksmanship Radio Operation	Interval Training Marksmanship Fire Positions	Marksmanship Military Customs	Drill Corps Function	Church Drill
<b>Physical &amp; Moral Courage</b>	<b>4</b>	Marksmanship Weapon Handling Operate Personal Computer	Inspection Circuit Training Marksmanship	Marksmanship Interval Training	4km March Marksmanship Counselling	Marksmanship Assessment	Fartlek Training Local Leave Cinema	Church Use of Night Vision Goggles
<b>Compassion &amp; Honesty</b>	<b>5</b>	Visit Australian War Memorial	Light Support Weapon Circuit Training	5km March Character Development Training	Light Support Weapon Defence Theory Soldier Career Management	Light Support Weapon	Light Support Weapon Assessment Cinema	Church Local leave Defence Theory History of the Army
<b>Dedication to Duty</b>	<b>6</b>	Battle PT Circuit Inoculations Light Support Weapon Night Fighting Equipment	Army First Aid Training	Pool Circuit Army First Aid Training	Army First Aid Training	Battle PT Army First Aid Training	Inspection Navigation Theory	Church Navigation Theory
	<b>7</b>	Phase 2 Issues Navigation Theory Assessment Ropes PT	Inoculations IED Theory	Grenade Practice	Obstacle Course Navigation Practice	6km March Grenade Practice	Stretcher Carry Drill Field-Craft	Church Drill
	<b>8</b>	Fitness Assessment First Try Exercise	Obstacle Course First Try Exercise	Navigation Practical Assessment	Bayonet Fighting	Survival Swimming Personal Development	Local Leave	Church Navigation Practical Assessment
<b>Will to Win</b>	<b>9</b>	PESA Field Ex Prep Drill	Second Try Exercise Types of Patrol	Second Try Exercise	Second Try Exercise	Obstacle Course Field Practical Lesson	Field Exercise	Field Exercise
	<b>10</b>	Field Exercise	Field Exercise	Field Exercise	Field Exercise	Challenge	Drill Dress & Equip Preparation Cinema	Church Drill Barracks Inspection
	<b>11</b>	Drill	March-Out Parade Rehearsal Inoculations	Dress Assessment March-Out Parade Rehearsal	Inspection March-Out Parade Rehearsal	March-Out Parade Rehearsal	Local Leave Cinema	Church Prepare for Departure