

TIMELINE: HELL DAY SAN CLEMENTE 8/7/202

Starting Address:

San Onofre State Beach Parking (3929 S El Camino Real, San Clemente, CA 92672)

Check-in

- 0830-0840:** Role Call
- 0840-0900:** Instructor Intros
- 0900-0930:** Drive to RTC, USMC Camp Pendleton
- 0930-1000:** 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
- 1730-1745:** Instructor Brief, Snack, Hydrate
- 1745-1830:** Log PT & Team Overland Movement
- 1830-1845:** Practice Team Skit, Snack, Hydrate

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 State Beach Parking Area

3.8 ★★★★★ 16 reviews

Parking lot

El Camino Real, California 92054

