














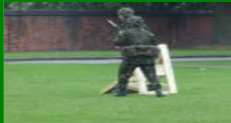






# 14 WEEK CMS(R) TRAINING PROGRAMME

<u>WEEK</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<b>1</b>	Recruit Reception Camp Orientation 	Medical/Dental Clothing/Kit issued 	Pay/Documents/ Exercise Ice Breaker 	Exercise Ice Breaker Cont....	Fitness assessment CO's welcome	Personal Admin	Intro to Church/ WRVS/Red Shield 
<b>2</b>	Swimming Test 	Weapon Training / Drill 	Weapon Training/ Drill Intro to Endurance 	Drill Various lectures 	Corps History brief ( Sqn 2i/c)	Weapon Training / Drill 	Church (Optional) Personal Admin 
<b>3</b>	Weapon Training Fieldcraft 	Weapon Training/ Drill 	Weapon Handling Test 	Ex First Nights 	Ex First Nights 	Troop Commanders Day	Church (Optional) Personal Admin 
<b>4</b>	Map Reading Battle PT 	Drugs lecture Drill 	Firing Drills/ (Electronic Indoor Range) 	Live Firing 1 (Grouping at 25m) 	Battlefield Tour of Ypres / Dunkirk  		
<b>5</b>	Map Reading 	Shooting Camp 1 (Zeroing the weapon) Fieldcraft 	Shooting Camp 1 Fieldcraft 	Shooting Camp 1 Fieldcraft 	Map Reading (Practical) 	Various Lessons Personal Admin	Church (Optional) Personal Admin 

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<b>6</b>	Map Reading Health Presentation Swim Re-Test 	First Aid /Chemical Biological Radiological & Nuclear  	First Aid /Chemical Biological Radiological & Nuclear  	Endurance Training Battlefield Casualty Drills / Health / Parade uniform Issue	Vaccinations Sport 	Map Reading Ex Health & Hygiene Written Test	Church (Optional) Personal Admin 
<b>7</b>	Fitness and Strength Training Various Lessons 	Battle PT/ Drill Map Reading 	Passing Off Square (Long Weekend)	(Long Weekend)	(Long Weekend)	(Long Weekend)	(Long Weekend)
<b>8</b>	Compulsory Drugs Test / PT 	Exercise Half Way   				Various Lessons Personal Admin	Church (Optional) Personal Admin 
<b>9</b>	Adventurous Training    					Various Lessons Personal Admin	Church (Optional) Personal Admin 
<b>10</b>	First Aid Endurance Training 	Chemical Biological Radiological & Neuclear 	Drill 	Visit to Trade Training (Blandford or Minley)	Live Fire & Check Zero (Electronic Indoor Range)	Various Lessons Personal Admin	Church (Optional) Personal Admin 

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<b>11</b>	Bayonet Fighting Battle PT 	Advanced Shooting 	Weapons Test 	Re-Shoots Night Shoot 	Moving Target Map Reading Test 	Various Lessons Personal Admin 	Church (Optional) Personal Admin 
<b>12</b>	Map Reading Practical Test 	Interviews / PT / First Aid Tests 	Endurance Training Drill 	Chemical Biological Radiological & Nuclear 	Loaded March Sennybridge (Ex Final Fling) 	Final Exercise 	
<b>13</b>	Final Exercise    					Personal Admin 	Church (Optional) Personal Admin 
<b>14</b>	Loaded March Re-Test 	Admin / Drill 	CO's Farewell 	Pass Out Parade & Leave 			