



Individual Training Course Read-Ahead Package

Changes are made as necessary.
Check periodically for the most current version at:

[http://www.marsoc.marines.mil/Units/Marine-Raider-
Training-Center/ITC/](http://www.marsoc.marines.mil/Units/Marine-Raider-Training-Center/ITC/)

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Earlier versions obsolete

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UNITED STATES MARINE CORPS
MARINE RAIDER TRAINING CENTER
MARINE FORCES SPECIAL OPERATIONS COMMAND
PSC BOX 20185
CAMP LEJEUNE NC 28542-0185

1000
MRTC
16 Aug 21

From: Commanding Officer, Marine Raider Training Center
To: Individual Training Course Students

Subj: WELCOME ABOARD

1. Welcome to MARFORSOC! Congratulations on your selection to ITC.
2. Individual Training Course (ITC) will teach you the basic skills demanded of an operator in SOCOM and MARFORSOC. You will be expected to master a variety of skills, to include: tactical combat casualty care; communications; fire support; light infantry tactics; reconnaissance tactics, techniques, and procedures; close quarter's battle; foreign internal defense; irregular warfare; as well as cultural and interpersonal skills. This comprehensive training will result in awarding you the special operations MOS and will be the foundation for your career as a Marine Special Operator.
3. ITC is demanding both physically and mentally, and as such it is imperative that you come prepared for the challenges ahead. At a minimum you should have a solid fitness base prior to arriving and doing so will directly benefit our efforts to enhance your cognitive abilities and intellectual capacity. You should arrive with the mindset that this period of your development is your primary duty, if not your sole responsibility.
4. ITC will place frequent demands on your time, but the schedule does balance the volume of instruction with your needs for personal time. Just as with any other military endeavor prepare your families now for the upcoming training; while comprehensive it is manageable for students and staff alike. There are frequent periods where training is either offsite or everyone is required to reside in the barracks due to training events. When possible, you will still be able to take liberty and receive visitors on weekends. You and your family will be part of the Marine Raider Training Center (MRTC) during your time here so our Family Readiness Team is at your disposal. Prior to the commencement of ITC, all married Marines will be required, and spouses will be encouraged, to attend a family orientation. This brief is designed to facilitate your transition, provide your family with important schedule information, and update your Family Readiness information in Marine Online.
5. ITC instructors and staff are here to train you. The role of everyone is to teach, coach, mentor and do everything in our power to turn you into the finest special operations operator we can. Prepare yourself now and you will be well rewarded. Good luck and we look forward to seeing you soon.

W. E. CONARD II
MASTER GUNNERY SERGEANT
SENIOR ENLISTED LEADER

A. S. CONWAY
COLONEL
COMMANDING OFFICER

Raider Creed

My title is Marine Raider. I will never forget the tremendous legacy and sacrifice of those who came before me.

At all times my fires will be accurate. With cunning, speed, surprise, and violence of action, I will hunt the enemies of my country and bring chaos to their doorstep. I will keep my body strong, my mind sharp and my kit ready at all times.

Raiders forged the path I follow. With Determination, Dependability and Teamwork I will uphold the honor of the legacy and valor passed down to me. I will do the right thing always, and will let my actions speak for me. As a quiet professional, I will not bring shame upon myself or those with whom I serve.

Spiritus Invictus, an Unconquerable Spirit, will be my standard. I will never quit, I will never surrender and I will never fail. I will adapt to the situation. I will gain and maintain the initiative. I will always go a little farther and carry more than my share.

On any battlefield, at any point of the compass I will excel. I will set the example for all others to emulate. At the tip of the spear, I will teach and prepare others to seek out, dismantle and destroy our common enemies. I will fight side by side with my fellow countryman and partners and will be the first in and the last out of any mission.

Conquering all obstacles of mind, body, and spirit; the honor and pride of serving my country will be my driving force. I will remain always faithful to my fellow Raiders and always forward in my service.

Administrative Instructions

Marines attending ITC will receive Permanent Change of Station/Assignment Orders from M&RA to report to MCC KAT. These orders will be issued within Basic Orders System (BOS). Commands will be required to ensure the detaching endorsement has the Marine directed to report to the Commanding Officer, Marine Raider Training Center, Camp Lejeune NC.

HAND CARRY THE FOLLOWING ITEMS:	
	Current DoD Common Access Card with certificates good for at least 12 months
	Naturalization papers if not a US born citizen
	SRB / OQR If no electronic copies available
	Hard copy of your orders
	<p>Medical Record SO Physical must be completed and signed as physically qualified by an Undersea Medical Officer within 2 years of the class start date. Any waivers required must be completed, approved by HQMC, and attached to the physical. A current interim waiver is acceptable if the formal waiver request has been submitted to BUMED and is pending approval. (Bring a hard copy of the physical and waivers).</p> <p>Within 60 days of the class start date all students need to update their Physical Health Assessment (PHA), including Type II dental exam, hearing test and completion of any outstanding Post Deployment Health assessments. Additionally, immunizations requirements should be projected one year from the date of the PHA</p>
	<p>Dental Record Students must be a minimum of class 2 dental. A Type II dental exam must be completed within 60 days of class start date</p>
	Copy of your Will and any Power of Attorney – not required but encouraged.
	Completion certificates for Marine Net courses and Joint Special Operations University (JSOU) courses listed on Page 10.
	Students must possess current secret eligibility adjudicated by DOD CAF and verifiable on the Defense Information System for Security (DISS).
	Completed hard copy of your SF86 (Officers only for SCI Screening)
	All student records will be reviewed at the MRTC during in-processing.

Orders and Entitlements

Government messing is directed for enlisted personnel. Billeting is available for all Marines. (note: Officers will not be assigned to government quarters or messing.)

All Enlisted Marines single/married will receive a Discounted Meal Rate (Meal Card Deduction) for the duration of ITC. Upon graduating ITC or dropping to the Marines Awaiting Orders Platoon, married Marines will be able to submit to have their Discounted Meal Rate stopped and receive Basic Allowance for Subsistence.

Rental car is not authorized.

Marines issued PCA orders to the Marine Raider Training Center coming from local Permanent Duty Station (PDS) as defined by the Joint Travel Regulation (JTR) do not rate any entitlements.

Marines traveling from East Coast commands are authorized to use POV for travel to and from Marine Raider Training Center, Camp Lejeune NC, Bldg RR-5; MRTC compound (Stone Bay). In and around mileage is not authorized.

Marines are authorized commercial air or POV under PCS orders as per JTR. Mileage will be reimbursed not to exceed the cost of Government Travel Rate (GTR). In and around mileage not authorized.

Transportation costs from Jacksonville airport (OAJ) to MRTC compound will be reimbursed with receipt.

Enlisted Marines executing PCS move external to the CLNC area are not authorized Dislocation Allowance (DLA) entitlements unless dependents accompany the Marine.

Officers with or without dependents will rate DLA.

Marines electing not to relocate their dependents **WILL NOT** rate Family Separation Allowance (FSA).

- **If you elect to move your dependents from your PDS to another location other than Camp Lejeune, you will be entitled to receive the BAH at the Camp Lejeune rate.**

IAW the ACTSMAN, any Marine not able to execute CMC directed orders will submit official naval correspondence to M&RA. Contact your recruiter for further guidance.

Fitness reports/JEPES: students will require a "TR" fitness report or "TR" JEPES evaluation prior to reporting. Upon graduation, MRTC will submit an academic fitness report that will cover the duration of the course.

Due to the duration and fast pace of ITC, students should complete all required annual training and required (in grade) PME (**MARADMIN 521-14**) prior to reporting date.

Single Sergeants and below arriving from external commands will not be authorized BAH and will not be authorized to reside off base. Government billeting is provided.

If the member is a local Marine and currently in receipt of BAH without dependents you must submit a request to retain BAH.

Students do not rate any Special Duty Assignment Pay until executing orders to an operational battalion.

BASIC ORDERS printed from MOL are not valid orders. Marines need their signed PCS/PCA orders from their IPAC or S-1.

Reporting

Report in the Service "A" Uniform.

Students will report to MRTC ITC Class Proctor, Bldg RR-5, Camp Lejeune with their reporting orders-. Any students who will not meet the below timeline are required to contact the MRTC POC's listed in this package.

NOTE: For anticipated ITC Course Check-In Date being finalized, continue to use <http://www.marsoc.marines.mil/Units/Marine-Raider-Training-Center/ITC/> for all future updates on all Course Check-In dates for both Officers and Enlisted.

Housing

There are many factors that could cause your removal from the course. Due to this, we **highly recommend** that you do not purchase a home until after you receive orders to an operational battalion. This could cause a serious financial burden on you and your family.

If you decide to move your dependents and household goods, arrange delivery of household goods during the block leave period prior to the course commencing, or be prepared to have someone receive your household goods for you via a power of attorney.

Single enlisted marines coming from commands external to MCB Camp Lejeune or enlisted married to another service member stationed outside of the Camp Lejeune area are not authorized to secure off-base housing before check-in or during the ITC. BAH own right **WILL NOT be authorized.**

DMO Storage: Appropriation data for Long Term Storage is on BOS. Contact Defense Management Office for setting up Long Term Storage.

Promotion

In order to rate a non-competitive promotion to Sergeant you must meet the following requirements: successfully lateral move to 0372 with a PMOS of 0300 and an IMOS of 0372, PME complete for grade, 1 year time in grade, and 4 years' time in service. Once you have met the requirements you will be eligible for a non-competitive promotion to Sergeant the following month. If you meet the requirements upon lateral move before you leave your old command, they will submit your non-competitive promotion package. If you meet the requirements while at MRTC, the S-1 will submit your non-competitive promotion package. If you are dropped from ITC, not recycled, and MOS Reclassified; your non-competitive promotion will be pulled, and you will be administratively reduced to the rank of Corporal.

Leave

Emergency leave will be granted on a case by case basis and will likely require the student to be recycled to a follow-on class if the missed training cannot be made up in time.

DTS/GOVC

Upon check in MRTC you will provide your Proctor with a copy of your Programs & Policies - Travel Card Program (Travel Card 101) certificate and DTS (Basic) - DTS Travel Documents (DTS 101) certificate.

Career Planner

Marines will need to submit for lateral move/reenlistment as soon as possible with their unit Career Planner in order to receive a response back from HQMC in a timely manner. Marines will be required to reenlist for **no more than 60 or 72 months (dependent upon current SRBP MARADMIN) months of obligated service in order to rate a full SRBP payment.** 23-month lateral move extensions will be granted for those Marines that do not fall under the current fiscal year to submit for retention. **Do not sign a contract for anything over 60 or 72 months.** Marines who accept a lateral move into MOS 0372 are considered for promotion under their intended MOS 0372 upon the date of acceptance.

Marines approved for a lateral move into MOS 0372 will see this statement in the total force retention system (TFRS) approval text: "I understand that this reenlistment contract is contingent upon my successful completion of the training requirements for MOS 0372. Should I fail to complete the training requirements for MOS 0372, I may be separated from the Marine Corps."

What the above statement means to you is if you accept a lateral move into MOS 0372 and subsequently fail to complete the required training or no longer meet the requirements for MOS 0372 you will need to see the Career Planner to submit a MOS reclassification request in adherence with the current fiscal year submission guidelines. Contact the MRTC Career Planner for details at 910-440-2723.

***Prior to departure from your command please ensure that your ECC/EAS/MOS is updated and your enlistment was successfully run in Marine Corps Total Force System (3270).**

Prerequisite Training

Before you check-in, complete the following Marine Net and Joint Special Operations University (JSOU) Courses. Bring completion certificates with you.

√	COURSE NUMBER	COURSE NAME	
	CYBER M0000	CYBER AWARENESS	Marine Net
	SOC 1210	INTRO TO SOF (ISOF)	JSOU

The ISOF course is an introduction to U.S. Special Operations Forces (USSOF). It will help students get familiarized with activities, functions, and employment of USSOF as well as concepts and terms. The course is fully on-line and does not require the user to have a CAC Reader.

Go to the link below and click on the Introduction to Special Operations Forces (Fully Online) link (Course # SOC 1210). Click on the yellow, register for this course, tab. Fill out the registration sheet.

Duty Title: Student
Organization: Marine Raider Training Center
Organization Address: Stone Bay, Camp Lejeune
SOF Category: Non SOF, 0 yrs experience
Command: MARFORSOC
Justification: MARFORSOC Student

If you experience issues, contact the JSOU Help Desk

Site: <https://jsou.socom.mil/pages/courses.aspx>.

FAMILIARIZE YOURSELF WITH MICROSOFT OFFICE 2010, WORD, POWERPOINT AND EXCEL BEFORE ARRIVING.

All students should be PME complete in accordance with MARADMIN 474/21.

All students should be at a minimum a MCMAP Green Belt.

Complete the Defense Language Aptitude Battery Test prior to arriving for ITC. Your score will be maintained in the DLAB Database

From MARADMIN 0551/09 -The following sites have been established and approved by CMC (MPP-50 Testing) to administrator DLPT and/or DLAB Tests:

SITE	PHONE NUMBER
TBS Quantico, VA	(703) 784-6400
RTR MCRD San Diego, CA	(619) 524-6123
MCRD Parris Island, SC	(843) 228-3426
MCB Camp Lejeune, NC	(910) 451-3092
MCAS Cherry Point, NC	(252) 466-5196
MCB Camp Pendleton, CA	(760) 725-6660
HQBN Henderson Hall, VA	(703) 614-9104

MCAS Beaufort, SC	(843) 228-7474
MCLB Albany, GA	(229) 639-5162
MCAGCC 29 Palms, CA	(760) 830-4702
MCAS Miramar, CA	(858) 577-1801
MFR New Orleans, LA	(504) 697-7211
MCAS Iwakuni, JA	DSN: 253-4803/3855
MCB Hawaii	(808) 257-6730
MCAS Yuma, AZ	(928) 269-3589
Okinawa, JA	DSN: 645-2469

Marines not co-located with any of the above-listed test sites may test at any sister service test site provided the test site approves and can support the request.

MRTC Security Manager

Clearance Requirements:

ALL Marines assigned to MRTC to attend ITC, must possess and be able to maintain a Finally Adjudicated Secret Clearance (minimum), No Exceptions.

ANYONE who has been subject to any Administrative or Disciplinary Action (NJP, 6105, etc.) or derogatory Law Enforcement or Legal encounter, Alcohol or Drug incident (DUI/DWI), PO/MPO, adverse financial issues, and or had an Incident Report submitted via JPAS or DISS, MUST contact this units Security Manager before executing PCA/PCS orders to attend ITC! Security POC is, Mr. Tim Abbey, 910-440-2736 or timothy.abbey@socom.mil.

Officers with a final SECRET Clearance:

All Officer's that do Not already hold TS/SCI eligibility will be processed for a Top Secret/SCI clearance by the MARSOC SSO. Subject personnel must be prepared to provide applicable information going back TEN (10) years, until your 18th birthday, or as requested in the questionnaire (some questions are "Have you EVER").

Go to the following website: <http://www.opm.gov/forms/html/sf.asp>

Once there, scroll down to the most recent **SF-86 (National Security Questionnaire)**. Open it, save it to your desktop or hard drive so you have a copy available. This form Must Be completed prior to arriving for ITC. The form can filled out via computer then printed or printed and filled out manually. Bring the completed hard copy SF-86 and any other documentation with you when returning for ITC. You are going to need the info in the completed SF-86 during the first stages of ITC when filling out the E-Qip form (on-line) for your TS/SCI investigation.

The MRTC Security Manager and ITC Staff will make arrangements for further clearance screening and processing with the MARSOC SSO. **Do NOT Submit the SF-86 or E-Qip for your TS/SCI with your current Security Manager or SSO!** This must be submitted and tracked by the MARSOC SSO (start to finish)!

ALL Personnel:

All personnel executing orders to MARFORSOC/MRTC need to Completely check-out with their S2/G2/SSO and make sure they are dropped from JPAS & DISS.

Operational Security. During the course of recruitment, A&S and now ITC you will have heard multiple "SOF Truths and Axioms". "MARSOC Silent Warriors" is one that comes to mind. This holds true for you "and" your families. Please be very careful with

the information that you pass via open e-mail and especially anything that is posted on Facebook or exchanged over other social mediums. **Times, Dates, Locations, Events, Other Details, Pictures or anything that speaks to a capability or limitation should Never be posted to any social medium or discussed via civilian e-mail (Hotmail, Gmail, AOL, Yahoo, etc.).**

For additional Security Information or concerns please contact me directly at:

Mr. Tim Abbey
 MRTC Security Manager
timothy.abbey@socom.mil
 910-440-2736 Office

Equipment List

You will be responsible for providing the following uniforms, clothing and equipment. An inspection will be conducted during ITC in-processing. Students will turn in all CIF / NBC gear prior to arrival.

You will **ONLY** be allowed to wear USMC issued gear unless specifically directed.

Uniform Items			
√	ITEM	Min QTY	REMARKS
	Service "A" Uniform	1	
	Service "C" Uniform	1	
	Coat, Cammie, MARPAT Desert	2	
	Trouser, Cammie MARPAT Desert	2	
	Cover, Cammie, MARPAT Desert	2	
	Boonie, Cammie, MARPAT Desert	1	
	Coat, Cammie, MARPAT Woodland	2	
	Trouser Cammie MARPAT Woodland	2	
	Cover, Cammie, MARPAT Woodland	2	
	Boonie, Cammie, MARPAT Woodland	1	
	T-shirts, green	6	
	Boots Marine Corps Issue	2	Must have 1pr cold weather boots
	Boot socks	6	Good socks recommended
	Socks, white (calf or ankle length)	6	

	PT Uniform Summer top & bottom	2	Green on Green
	PT Uniform Winter top & bottom	1	USMC Green Sweats
	Shoe, running	1	New
	MARPAT Desert Name Tapes	4	For marking equipment
	Dress Socks (for service uniforms)	2	
	Underwear	6	
Civilian clothes			
√	ITEM	QTY	REMARKS
	Shirt Polo or button up	4	Appropriate attire
	Pants	4	2 must be khakis (non- blue jeans)
	Belt	1	
	Socks	4	
	Jacket /wind breaker season appropriate	1	
	Shoes	1	Business Casual
Additional equipment			
√	ITEM	QTY	REMARKS
	Copy of orders	3	
	SRB/OQR (if not electronic)	1	
	Medical record	1	(to include a copy of NSW/SO physical and medical waivers)
	Dental Record	1	
	ID Card	1	Notify S-1 at check in if it will expire during course
	ID Tags with Breakaway Chain	1	
	Medical Alert Tags or Bracelet	1	As required
	Reflective belt	1	
	Sea Bag	1	
	Eyeglasses (military issue)	2	As required
	Eyeglasses, retainer band	2	As required
	Notebook, pocket size	1	
	Pens	10	
	Pencils	10	
	Pocket Knife	1	Multi-tool recommended
	Sewing Kit	1	
	Wristwatch	1	
	Combination Locks	4	
	Swim goggles	1	

	Mouth guard	1	
	Map Pen set w/ eraser	1	
	Cammie paint	1	
	*** DO NOT BUY OR BRING FINS, YOU WILL USE WHAT YOU ARE ISSUED***		
Recommended hygiene gear list			
	Finger/toe nail clippers	1	
	Foot Powder, (Anti-fungal)	1	
	Razor, shaving	1	
	Razor Blades	1	
	Shaving Cream	1	
	Shower Shoes	1	
	Soap, bars	1	
	Soap Dish	1	
	Sunscreen	1	
	Lip Balm	1	
	Toothbrush	1	
	Toothpaste	1	
	Towels, large	2	
	Towels (wash cloth)	2	
	Laundry Detergent	1	
	Baby Wipes	1	
	Hand sanitizer		
	Shampoo		
	Deodorant		
	Body Lotion		

MRTC Community Readiness Coordinator

Greetings and Welcome to the Marine Raider Training Center.

As the MRTC Community Readiness Coordinator, I will ensure to educate, assist and empower Marines and families, and guide members to maintain a high state of personal and family readiness. Per the MCO 1754.9B, it states: "Personal and family readiness is the ability of the individual Marine and his family to successfully balance the challenges of a military lifestyle, family, career, and mission events." I represent the Commanding Officer on all matters pertaining to the Unit, Personal and Family Readiness. It is my duty to provide you with official communication, information, resources, and training opportunities.

Overall, this is an overview of what we provide to all families here at MRTC:

- Link to resources within SOCOM, POTFF or the community at large.
- Disseminate information to you in regards to relevant resources, command & local events, as well as command communication through newsletters & Facebook.
- Serve as the primary point of contact for all families of MRTC service members.

- Coordinate with various programs & spouse volunteers, to plan unit activities & provide informal opportunities for spouses to meet & build a network.

For Marines and families new to MRTC, we have a mixed population of permanent personnel and students. Both permanent and student personnel's readiness is vital to the overall fundamental mission of the Marine Corps. If you are interested in being involved in the Marine Raider Training Center Community Readiness Program, please contact: nicole.franklin.ctr@socom.mil. This is a great way to be involved with the program and to have your voice heard at the same time.

A few days after your class starts there will be a Community Readiness meeting required for all students who are married. Local spouses are highly encouraged to attend with their service member. At this meeting you will meet the command, learn about the resources are available to you, and, learn what to expect during the course.

In closing, I look forward to getting to know you and your families. Please feel free to email with questions, comments, and/or concerns.

STUDENT MAILING ADDRESS

STUDENT NAME / ITC CLASS # - #
MARSOC MRTC
PSC BOX 20185
CAMP LEJEUNE, NC 28542-0185

Family Preparation

ITC is a demanding course, so please prepare your family accordingly.

You will be allowed to retain cell phones and have regular access to e-mail for the majority of the ITC. Phones cannot be carried during the training day.

During phases I-IV, you are authorized to go home during the work week when the training schedule permits. When training extends beyond 2000 local time, you may be required to remain overnight in the barracks.

You will be required to stand duty for the duration of the ITC, to include weekends and holidays. The only exceptions will be for the Thanksgiving weekend, and Christmas and New Year's leave period.

If you miss extended amounts of training due to family situations (childbirth, EFMP, etc.) you may be pulled from the course and recycled to a follow-on class. Students are strongly encouraged to make appropriate personal preparations to facilitate continuity of training.

There will be blocks of training during ITC which are executed offsite, at which times students generally do not have access to cell phones or e-mail. These training blocks generally last 2-3 weeks. You are encouraged to make family preparations accordingly.

There will be a family brief during in-processing for you and your spouse/significant other. It is highly encouraged that they attend this brief. There will be other meet up's on a regular basis to help families network with one another during this course.

The MRTC Community Readiness POC, Nicole Franklin, is here to assist you and your family. If you or your family have specific questions prior to or while attending the course, contact Nicole during normal working hours (EST) prior to their arrival at (910) 440-1155 or email at nicole.franklin.ctr@socom.mil.

ITC Expectations

At the Marine Raider Training Center, we adhere to the SOF Truths:

- Humans are more important than hardware.
- Special Operations Forces cannot be mass-produced.
- Quality is better than quantity.
- Competent Special Operations Forces cannot be created after emergencies occur.
- Most SOF operations require non-SOF assistance.

ITC graduates are the future of MARFORSOC. Prior to assignment to ITC, you completed a rigorous Assessment and Selection process. However, you need to understand that A&S was only the beginning in a lifelong challenge to prove and improve yourself; MARSOF Marines are evaluated every day throughout their MARSOC career, starting with ITC. MARSOF Marines will be evaluated by their seniors, juniors, team-mates and by all other Marines. They will be evaluated by other SOF units and by those they are tasked to train and advice. Finally, MARSOF are evaluated by those they fight; in combat, second place is last place.

If you fail to develop and maintain high standards of MARSOF you will not be successful. Any momentary lapse in judgment may impact the credibility of MARFORSOC and US Special Operations. The SOF Imperatives state that we must ensure the legitimacy and credibility of special operations. In order to accomplish this, MARSOF operators must be highly trained, technically and tactically proficient, and must maintain and strengthen the MARSOF Attributes and Mindset.

The foundation of excellence is a "brilliance in the basics" approach to training. Among the most basic fundamentals are inspections and rehearsals. Professionals inspect everything and rehearse every aspect of their missions. If you fail in this, you invite mission failure. The nation will task MARSOF Marines with missions that carry political implications; understanding the operational environment and considering the long-term effects of their actions are not options. MARSOF Marines must understand the relationship between the direct and indirect approaches and learn to apply either at the right time and place. MARSOF Marines must not fail in any of these tasks.

You must understand that others look to MARSOF operators as an example. Your behavior must be above reproach. MARSOF Marines will wear their uniform with pride and adhere to all uniform and grooming regulations. You will demonstrate courtesy in your dealings with instructors and seniors and will apply fairness and understanding in dealings with your juniors. MARSOF Marines proactively seek out responsibility and shoulder more than their share of the burden.

Do not be the weak link that leads to mission failure. MARSOF Marines constantly demand more of themselves and their teammates than they think possible; to accept mediocrity is to accept failure. This is not an option. The goal of ITC is to develop your individual skills and teach you the MARSOF Mindset. The skills you learn will add capability to your operational Marine Special Operations Team (MSOT) and will increase your ability to contribute to the accomplishment of any mission. You must understand that your most important weapon is your mind; your ability to out-think and out-act the enemy is critical to success. Maximize your training time here. Study, discuss, and ask questions, debate. It is not enough to be able to recite the book answer, you must understand and be able to apply the concepts you will be taught in uncertain environments under adverse conditions. MRTC instructors will accept nothing less than excellence because they will one day serve with you in combat. MRTC instructors will make every effort to provide assistance or remedial training however, you must realize that remediation is required and ask for assistance. The ball is in your court.

Physical Preparation

Continue to:

Conduct the movement preparation and post workout regeneration taught at A&S.
Follow the nutrition and hydration information taught at A&S.
Strive for 7 hours of sleep each night
Enroll in the Train Heroic AP and follow the workouts.
Alternate increasing distance with increasing speed.
Use good form; your focus should be on quality over quantity
Use one day per week for recovery
Reduce workload one week per month
Prevent injury- take care of small problems before they become big ones

During In processing ITC students must achieve a minimum of a **1st class PFT**. A 1st class PFT is an MOS requirement. Additionally you are encouraged to arrive at ITC able to run a 285 PFT or higher.

You must arrive prepared to pass the Operator Fitness Test (OPFITT): You should be able to complete each of these events or any combination of them without being completely used up.

5 mile run in PT gear at an 8 minute per mile minimum pace.
10 mile hike in the MCCU with weapon, LBE, and 45 lb ruck+ water in 2.5 hours max.
500 meter combat stroke (Side/Breast) swim in a maximum of 12.5 minutes (Swim trunks).

2 consecutive running's of the Marine Corps obstacle course in a maximum of 5 minutes.

Be prepared to complete the Water Safety Advanced (WSA) swim qualification.

Principles of Exercise

Progression: Following this principle means that you take a systematic approach to increasing the physical demands over time. For example, if you have been performing long runs of 35 minutes and you want to progress to 60, then you need a plan for doing so. The general rule of thumb is to progress time/distance by no more than 10% per week. When you do the math, you see that it will take about six weeks to safely progress from 35 to 60 minutes. The principal of gradual progression is just as important for resistance training. Start by mastering core stability and control of body weight exercises. Add external resistance and/or volume (number of reps over a given period of time) gradually as long as control of the movement is well maintained. Many injuries can be traced to attempting workouts that are beyond an individual's current capability.

Regularity: Marines don't generally have a problem with this. However, two points should be noted. First, if for whatever reason you cannot PT for two or more consecutive weeks, assume you've lost some degree of fitness. You should then resume PT at a lower level and gradually build back up. Second, even though you may be doing PT on a regular basis, if you stop doing a particular component of PT (agility or plyometric training, for example), then you should re-master the basics of those drills before jumping back into an aggressive workout. Note that endurance is lost faster than strength.

Overload: To improve strength, endurance, or movement skills, you must provide a stimulus. This means moving outside your comfort zone...Progressively lifting a little more, running a little faster or farther, practicing agility drills that don't come easy, etc. It is extremely easy to overload. The challenge is to do it intelligently. You must apply the principles of progression and recovery together with overload.

Variety: Over the years, researchers and trainers have learned that athletes maximize their potential by dedicating a given period of time to a particular aspect of physical development, then changing the focus at regular intervals. For example, many strength programs begin with the focus on mass producing workouts, then strength, later emphasizing general power training, and finally move to activity specific strength/power drills. Such regular changes to workouts force the body to continue adapting. If you stay with the same routine, your body becomes accustomed to it and development stops. Maintaining variety in a program also helps to control overuse injuries. If all of your endurance training comes from running, you are more susceptible to stress-related injuries (stress fracture, tendonitis, etc.). Finally, variety in physical training is absolutely necessary to be prepared for the broad-ranging physical requirements of MARSOC missions.

Recovery: The principal of recovery is closely related to the principals of overload and progression. Overload must be followed by some degree of recovery. Some workouts demand more recovery than others. Sessions that aggressively train speed, power, jumping/landing/cutting, or heavy lifting should be followed by either a day of rest or PT that involves a moderate session of some other component (an easy run/swim and some mat-

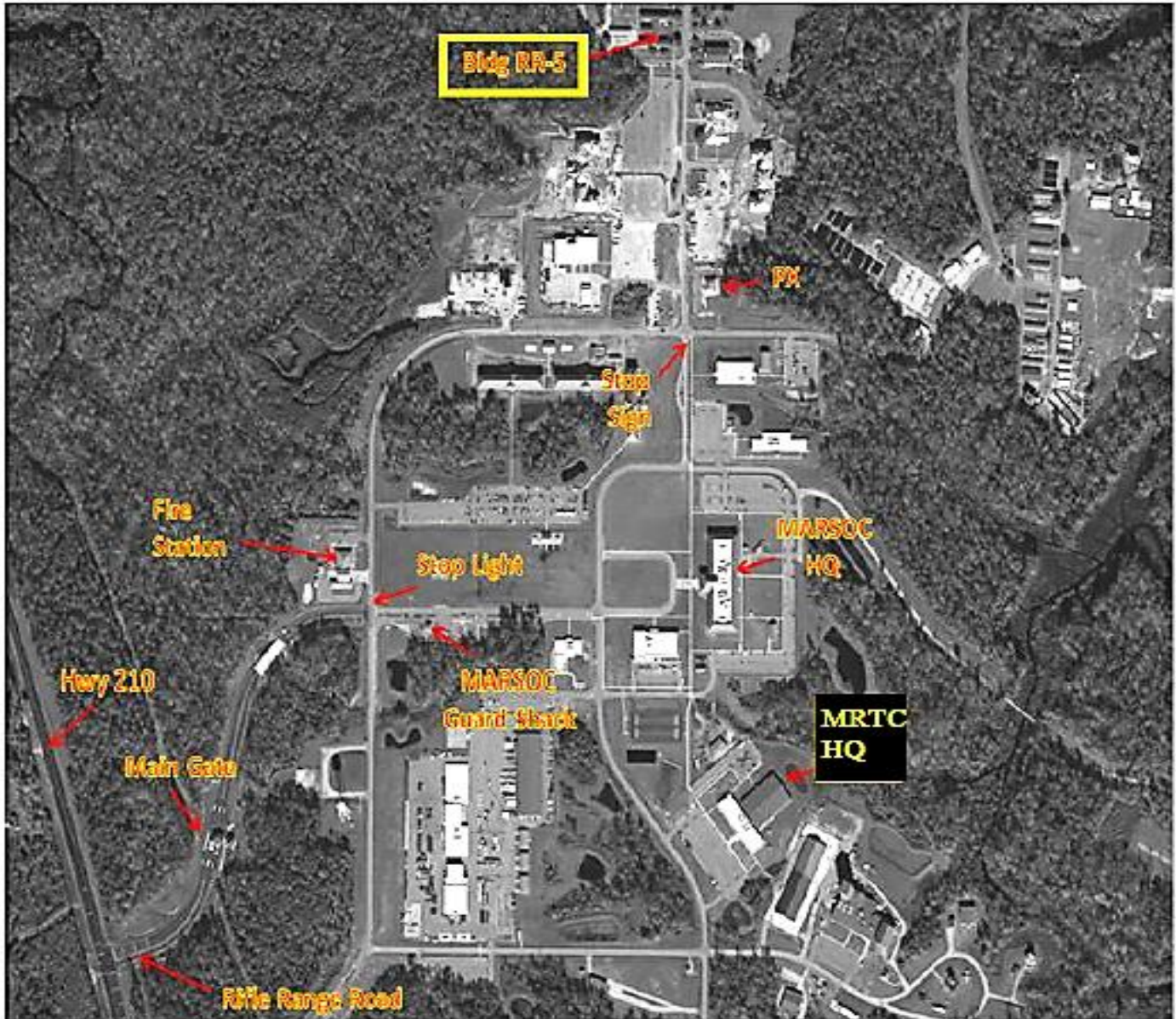
based core training, for example). Regarding progression and recover, some periods, whether it is a day, a week, or several weeks, will involve PT that is relatively easy compared to the hardest days or training cycles. Another way of saying this is: you should not be red-lining every day, nor burn out at the end of each week. Attempting to maintain maximum workouts for several months runs the risk of over-training, which is related to not only muscle/bones/tendons stress injuries, but also disruption of hormonal balance. By incorporating relatively less training-intensive volume during a portion of the training cycle, the body is much less likely to break down.

Balance: For a Marine Special Operator, a balanced approach to PT scheduling means your program consistently incorporates strength, endurance, and movement skills (Power, Agility, Coordination, etc.). Taking this notion a step further, strength must be balanced by performing some workouts with body/weight resistance, some with moderate/heavy resistance, and some with a moderate resistance that is moved quickly (power training). Endurance should be balanced by performing a mix of aerobic and anaerobic training.

Specificity: Following this principle ensures that you will be fit for the important stuff. Whenever the idea of fitness is discussed, the question “fit for what?” should be part of the discussion. For Marine Special Operators, the answer is “fit for current and potential MARSOC training and combat missions.” This doesn’t mean that every workout must look like a combat mission. It does mean that you should always be aware of your big-picture PT objectives and understand how each workout, each week, each month of PT contributes to it. At least part of a training cycle needs to focus directly on tactical fitness. Such training must involve an operationally relevant degree of intensity and volume but should be preceded by general fitness development (strength, endurance, movement skills).

Precision: This term refers to a biomechanical correctness of movement. We know through observation and research that some movement patterns are efficient and effective, while other are inefficient and possibly destructive (over time, likely to lead to injury). For example, spinal stability not only protects the spine but also creates a stable base of support from which the arms and legs can generate power. There will be times during training when we must push ourselves through fatigue and perhaps sacrifice perfect form. However, these should be the exceptions and not the everyday norms.

AERIAL MAP AND DIRECTIONS TO BUILDING RR-5



1. When coming off of HWY 210 you will make a left or right depending on the direction you are coming onto Rifle Range Road.
2. Go through the Main Gate and continue until you get to the 1st stop light and make a left.
3. Follow this road until you get to a 4 way stop. (You will see the MCX in front of you on the left.) Make a left at this 4 way stop.
4. You will now continue until you get to another 4 way intersection you will continue to go straight. You will then see a white gym on the right and across from the gym you will see building RR-5 on the left.

Points of Contact List

MARINE RAIDER TRAINING CENTER

CDO.....	(910) 440-2727 Cell: (910) 478-8379
S-1.....	(910) 440-1179
Career Planner.....	(910) 440-2723
Entitlements.....	(910) 440-1179
Community Readiness POC	(910) 440-1155
MRTC Security Manager.....	(910) 440-2736
Medical	(910) 440-0011 / 0195
Enlisted Proctor.....	(910) 440-2003 / 2004 Cell: (910) 388-7492
Training & Education Branch	(910) 440-0027
Student Barracks (Bldg RR5).....	(910) 440-2004

When calling with questions, be sure to identify yourself with your name, rank and that you are a future ITC student.