

AMERICA'S #1 RESOURCE FOR SPECIAL OPERATIONS CAREER PREP



THE OFFICIAL CHANNEL OF



SEND ME SOCOM ATHLETE ©

READINESS | HUMAN PERFORMANCE | LEADERSHIP | DEVELOPMENT | ASSESSMENT |

EXAMPLE TIMELINE: FRIDAY DEVELOPMENT

Starting Address:

Naval Air Station North Island Visitor Center Parking (See Location Below)

- 1600-1610:** Role Call & Base Passes
- 1610-1630:** Instructor Brief
- 1630-1645:** Carpool/Transit to VADM Martin Fitness Center Parking Lot
- 1645-1745:** Push-up, Sit-up, Pull-up Form Analysis & Critiques
- 1745-1830:** Lower Body Mobility: Lecture & Application
- 1830-1840:** Change to Swim Gear
- 1840-1850:** Transit to Grocery Store (Commissary) & GNC
- 1850-1950:** Nutrition: Lecture & Application
- 1850-1950:** Transit to Pool
- 2000-2200: Pool Training:**
 - Water Safety Brief (10 min)
 - Entering the Water Procedures (10 min)
 - Shotgun Assessment: Treading, Surface Swim, Underwater Swim (30 min)
 - Assign Ability Groups: Beginner, Experienced, Advanced (10 min)
 - Stations: 15 min. Each (60 min)

2200: End Exercise

NASNI Visitors Lot
4.8 ★★★★★ 16 reviews
Parking lot

Directions
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📍 Coronado, CA 92118

📍 MRX8+JC Coronado, California

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