

2A/4B SED TRAINING PLAN
0700-1630 HOURS

TIMELINE:

- 0700-0800 WORKOUT
- 0800-0830 SHOWER AND CHANGE
- 0830-0930 BREAKFAST AT MISSION GRILL*
- 1000-1530 RANGE
- 1530-1630 CLEAN AND DOWNLOAD

WHAT TO BRING:

- FULL DUTY BELT
- ALL FIREARMS THAT YOU WANT TO QUALIFY WITH
- BDUS OR SIMILAR CLOTHING IS FINE
- SNACKS (WE WILL NOT BE BREAKING FOR LUNCH)

RANGE OUTLINE:

- DOT DRILLS WITH HANDGUN (WARMUP)
- BASIC HANDGUN DRILLS
- PARTNER HANDGUN DRILL WITH DUMMY ROUNDS
- CADANCE DRILLS
- HANDGUN SHOOTING FROM BARICADES
- BASIC INITIAL ENTRY POINT TRAINING-FOCUSING ON FIELDS OF FIRE AND NOT OVER-PENETRATING
- QUALIFICATION-HANDGUN
- SNACK BREAK AND TIME TO QUAL WITH BACKUPS
- FRIENDLY COMPETIONS FOR PRIZES