

Typical 5-day Basic Airborne Course training week schedule, on shortened duty weeks, schedule may change or condense due to less workdays. Graduation time, date and location may change due to Jump Week progression.

GROUND WEEK

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
MONDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Flexed Arm Hang/Reach Assessment	1SG	TOWER BRANCH	TC 3-21.220
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Airborne 5000	1SG	ENROUTE	FM 3-21.5
0900	1000	Airborne In Action / Airborne 5000	PI	TOWER BRANCH	ABN POI
1015	1030	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1030	1100	MDIE Class / Orient Students to Ground Branch	PI	GROUND BRANCH	ABN POI
1100	1130	Draw Parachutes	PSG	GROUND BRANCH	GROUND SOP
1130	1200	Donning and Fitting T-11	PI	GROUND BRANCH	TC 3-21.220
1200	1215	Movement to Battalion Area	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1700	MDIE PE	PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Battalion Area	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1830	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
TUESDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Company 3 Mile Run	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0845	0930	MTIE Class	PI	GROUND BRANCH	ABN POI
0930	1200	MTIE PE	PSG	GROUND BRANCH	GROUND SOP
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement To Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1700	MTIE PE	PSG	GROUND BRANCH	GROUND SOP
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
WEDNESDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	PRT	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	1000	Parachute Landing Fall Class	PI	GROUND BRANCH	ABN POI
1000	1030	Side Grass Drills	PI	GROUND BRANCH	ABN POI
1030	1200	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement to Ground Branch	PI	GROUND BRANCH	ABN POI
1315	1345	Front Grass Drills	PI	GROUND BRANCH	ABN POI
1345	1700	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
THURSDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Company 3 Mile Run	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	0930	Rear Grass Drills	PI	GROUND BRANCH	ABN POI
0930	1100	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1100	1200	MOLLE 4K RIGEX Class	PI/PSG	GROUND BRANCH	ABN POI
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	ABN POI
1300	1315	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1330	Layout PE Equipment	PSG	GROUND BRANCH	GROUND SOP
1330	1700	Methods of Recovery PE/ RIGEX PE	PI / PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released To PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
FRIDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP

0600	0700	PRT	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	1100	Layout Training Area of All Equipment	PI / PSG	GROUND BRANCH	ABN POI
1100	1200	Rehab All Equipment	PI / PSG	GROUND BRANCH	GROUND SOP
1200	1215	Movement to Company	1SG	ENROUTE	CO SOP
1215	1300	Lunch	PSG	DFAC	FM 3-21.5
1300	1315	Movement to Ground Branch	1SG	ENROUTE	CO SOP
1315	1630	Retraining	PI / PSG	GROUND BRANCH	GROUND SOP
1630	1645	Movement to Tower Branch	1SG	ENROUTE	FM 3-21.5
1645	1715	Parachute Orientation	PI	TOWER BRANCH	ABN POI
1715	1730	Movement to Company	PI	TOWER BRANCH	ABN POI
1730	1830	Dinner	PSG	DFAC	CO SOP
1845	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

TOWER WEEK

Start Time	End Time	Event	Who	Location	Reference
Monday					
0545	0600	Accountability Formation	All	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0645	Company Run	CDR	OFF TRACK	TC 3-22-20/ CO SOP
0645	0715	Personal Hygiene	PSG	CO AREA	CO SOP
0715	0800	Breakfast	PSG	DFAC	BACSOP
0800	0815	Movement to Tower Branch	CADRE	ENROUTE	FM 3-21.5
0815	0845	Count 3 Hit It Exercise	PI	TOWER BRANCH	ABN POI
		<u>1ST SECTION</u>			
0845	1115	Suspended Harness-1 Class/PE	1ST/2ND	TOWER BRANCH	ABN POI
1115	1130	Movement to DFAC	1ST/2ND	ENROUTE	FM 3-21.5
1130	1215	Lunch	1ST/2ND	DFAC	BACSOP
1215	1230	Movement to Tower	1ST/2ND	ENROUTE	FM 3-21.5
1230	1315	ISLT Class	1ST/2ND	TOWER BRANCH	ABN POI
1315	1700	ISLT Pes	1ST/2ND	TOWER BRANCH	ABN POI
1700	1715	Movement to Company	1ST/2ND	ENROUTE	FM 3-21.5
1715	1730	Movement to DFAC	1ST/2ND	ENROUTE	FM 3-21.5
1730	1830	Dinner	1ST/2ND	DFAC	BACSOP
1830	2200	Released to PLT	1ST/2ND	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP
		<u>2ND SECTION</u>			
0845	0930	MDME Class	3RD/4TH	TOWER BRANCH	ABN POI
0930	1015	C-130 Class	3RD/4TH	TOWER BRANCH	ABN POI
1015	1115	MDME/C-130 PE	3RD/4TH	TOWER BRANCH	ABN POI
1115	1130	Movement To DFAC	3RD/4TH	ENROUTE	FM 3-21.5

1130	1215	Lunch	3RD/4TH	DFAC	BACSOP
1215	1230	Movement to Tower	3RD/4TH	ENROUTE	FM 3-21.5
1230	1315	Mock Tower Mass Exit Class	3RD/4TH	TOWER BRANCH	ABN POI
1315	1700	Mock Tower Mass Exit PE	3RD/4TH	TOWER BRANCH	ABN POI
1700	1715	Movement to Company	3RD/4TH	ENROUTE	FM 3-21.5
1715	1730	Movement to DFAC	3RD/4TH	ENROUTE	FM 3-21.5
1730	1830	Dinner	3RD/4TH	DFAC	BACSOP
1830	2200	Released to PLT	3RD/4TH	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP

Start Time	End Time	Event	Who	Location	Reference
Tuesday					
0545	0600	Accountability Formation	All	CO AREA	BACSOP
0600	0645	PRT	CDR	TOWER BRANCH	TC 3-22-20/ CO SOP
0645	0715	Personal Hygiene	PSG	CO AREA	CO SOP
0715	0800	Breakfast	PSG	DFAC	BACSOP
0800	0815	Movement To Tower Branch	CADRE	ENROUTE	FM 3-21.5
		<u>1ST SECTION</u>			
0845	1115	ISLT PE	1ST/2ND	TOWER BRANCH	ABN POI
1115	1130	Movement to DFAC	1ST/2ND	ENROUTE	FM 3-21.5
1130	1230	Lunch	1ST/2ND	DFAC	BACSOP
1230	1245	Movement to Tower	1ST/2ND	ENROUTE	FM 3-21.5
1245	1315	250' Tower Class	All	TOWER BRANCH	ABN POI
1315	1400	Mock Door Mass Exit Class	1ST/2ND	TOWER BRANCH	ABN POI
1400	1415	C-130 Class	1ST/2ND	TOWER BRANCH	ABN POI
1415	1630	Mock Door Mass Exit/C-130 PE	1ST/2ND	TOWER BRANCH	ABN POI
1630	1645	Movement to Company	1ST/2ND	ENROUTE	FM 3-21.5
1730	1830	Dinner	1ST/2ND	DFAC	BACSOP
1830	2200	Released To PLT	1ST/2ND	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP
		<u>2ND SECTION</u>			
0845	1115	Mock Tower Mass Exit PE	3RD/4TH	TOWER BRANCH	ABN POI
1115	1130	Movement to DFAC	3RD/4TH	ENROUTE	FM 3-21.5
1130	1230	Lunch	3RD/4TH	DFAC	BACSOP
1230	1245	Movement to Tower	3RD/4TH	ENROUTE	FM 3-21.5
1245	1315	250' Tower Class	All	TOWER BRANCH	ABN POI
1330	1600	Mock Tower Mass Exit PE	3RD/4TH	TOWER BRANCH	ABN POI
1600	1630	Suspended Harness 1 Class	3RD/4TH	TOWER BRANCH	ABN POI
1630	1645	Movement to Company	3RD/4TH	ENROUTE	FM 3-21.5
1730	1830	Dinner	3RD/4TH	DFAC	BACSOP
1830	2200	Released to PLT	3RD/4TH	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP

Start Time	End Time	Event	Who	Location	Reference
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Wednesday					
Start Time	End Time	Event	Who	Location	Reference
0545	0600	Accountability Formation	All	Company Area	BACSOP / TC 3-22-20 / CO SOP
1ST SECTION					
0600	0615	Movement to Tower Branch	1ST/2ND	ENROUTE	FM 3-21.5
0615	0715	PLFs/Set Up 250/ Base SGT Orientation	1ST/2ND	TOWER BRANCH	CO SOP
0715	0745	Breakfast (MRE)	1ST/2ND	TOWER BRANCH	BACSOP
0745	1200	250 Tower Ops	1ST/2ND	TOWER BRANCH	ABN POI
1200	1230	Lunch (MRE)	1ST/2ND	TOWER BRANCH	BACSOP
1230	1600	250 Tower Ops	1ST/2ND	TOWER BRANCH	ABN POI
1600	1630	Break Down 250 Ops	1ST/2ND	TOWER BRANCH	ABN POI
1630	1700	MTME Class	1ST/2ND	TOWER BRANCH	ABN POI
1700	1715	Movement to Company	1ST/2ND	ENROUTE	FM 3-21.5
1730	1830	Dinner	All	DFAC	BACSOP
1830	2200	Released to PLT	1ST/2ND	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP
2ND SECTION					
0600	0645	PRT	3RD/4TH	TOWER BRANCH	TC 3-22-20/ CO SOP
0645	0715	Personal Hygiene	3RD/4TH	CO AREA	CO SOP
0715	0800	Breakfast	3RD/4TH	DFAC	BACSOP
0800	0815	Movement to Tower Branch	3RD/4TH	ENROUTE	FM 3-21.5
0815	1045	Suspended Harness 1 PE	3RD/4TH	TOWER BRANCH	ABN POI
1045	1115	ISLT Class	3RD/4TH	TOWER BRANCH	ABN POI
1115	1130	Movement to DFAC	3RD/4TH	ENROUTE	FM 3-21.5
1130	1230	Lunch	3RD/4TH	DFAC	BACSOP
1230	1245	Movement to Tower	3RD/4TH	ENROUTE	FM 3-21.5
1245	1645	ISLT PE	3RD/4TH	TOWER BRANCH	ABN POI
1645	1700	Movement to Company	3RD/4TH	ENROUTE	FM 3-21.5
1730	1830	Dinner	3RD/4TH	DFAC	BACSOP
1830	2200	Released to PLT	3RD/4TH	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP

Start Time	End Time	Event	Who	Location	Reference
Thursday					
0545	0600	Accountability Formation	All	CO AREA	BACSOP
1ST SECTION					
0600	0645	PRT	1ST/2ND	TOWER BRANCH	TC 3-22-20/ CO SOP
0645	0715	Personal Hygiene	1ST/2ND	CO AREA	CO SOP
0715	0800	Breakfast	1ST/2ND	DFAC	BACSOP
0800	0815	Movement to Tower Branch	1ST/2ND	ENROUTE	FM 3-21.5
0815	1115	Mock Tower Mass Exit PE	1ST/2ND	TOWER BRANCH	ABN POI
1115	1130	Movement to DFAC	1ST/2ND	ENROUTE	FM 3-21.5
1130	1230	Lunch	1ST/2ND	DFAC	BACSOP
1230	1245	Movement to Tower	1ST/2ND	ENROUTE	FM 3-21.5
1245	1600	Mock Tower Mass Exit PE	1ST/2ND	TOWER BRANCH	ABN POI

1600	1700	SH-2/ Tree Jumper Class	All	TOWER BRANCH	ABN POI
1700	1715	Movement to Company	All	TOWER BRANCH	ABN POI
1730	1830	Dinner	All	DFAC	BACSOP
1830	2200	Released to PLT	1ST/2ND	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP
<u>2ND SECTION</u>					
0600	0615	Movement to Tower Branch	3RD/4TH	ENROUTE	FM 3-21.5
0615	0715	PLFs/Set Up 250/ Base SGT Orientation	3RD/4TH	CO AREA	CO SOP
0715	0745	Breakfast (MRE)	3RD/4TH	CO AREA	BACSOP
0745	1200	250 Tower Ops	3RD/4TH	TOWER BRANCH	ABN POI
1200	1230	Lunch (MRE)	3RD/4TH	TOWER BRANCH	BACSOP
1230	1540	250 Tower Ops	3RD/4TH	TOWER BRANCH	ABN POI
1540	1600	Break Down 250 Ops	3RD/4TH	TOWER BRANCH	ABN POI
1600	1700	SH-2/ Tree Jumper Class	All	TOWER BRANCH	ABN POI
1700	1715	Movement to Company	All	ENROUTE	FM 3-21.5
1730	1830	Dinner	All	DFAC	BACSOP
1830	2200	Released to PLT	3RD/4TH	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP

Start Time	End Time	Event	Who	Location	Reference
Friday					
0545	0600	Accountability Formation	All	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0645	Company Run	CDR	TOWER BRANCH	TC 3-22-20/ CO SOP
0645	0715	Personal Hygiene	PSG	CO AREA	CO SOP
0715	0800	Breakfast	PSG	DFAC	BACSOP
0800	0815	Movement to Tower Branch	CADRE	ENROUTE	FM 3-21.5
0815	1045	SH-2 PE	1ST/2ND	TOWER BRANCH	ABN POI
0815	1045	ISLT/ Tower HH/ Clear TA	3RD/4TH	TOWER BRANCH	ABN POI
1045	1115	Company Manifest	All	TOWER BRANCH	ABN POI
1115	1130	Movement to Company	All	ENROUTE	FM 3-21.5
1130	1215	Lunch	All	DFAC	BACSOP
1215	1230	Movement to Tower Branch	All	ENROUTE	FM 3-21.5
1230	1445	SH-2 PE	3RD/4TH	TOWER BRANCH	ABN POI
1245	1445	Clear Ta	1ST/2ND	TOWER BRANCH	ABN POI
1445	1530	Malfunctions Class	All	TOWER BRANCH	ABN POI
1530	1545	Movement to Company	All	ENROUTE	FM 3-21.5
1545	1730	Retraining	PI/ PSG	TOWER BRANCH	Tower SOP
1730	1830	Dinner	All	DFAC	BACSOP
1830	2200	Released to PLT	All	CO AREA	BACSOP
2200		Curfew	All	CO AREA	BACSOP

JUMP WEEK

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
MONDAY					
0600	0615	Movement To McCarthy Hall	ALL	COMPANY AREA	CO SOP
0615	0630	Jump Week Orientation (AJ 104)	ALL	MCCARTHY HALL	CO SOP
0630	0700	Pre-Jump Training/ PLF	ALL	MCCARTHY HALL	TC 3-21.220
0700	0800	Mock Door Training/ JM Brief	ALL	MCCARTHY HALL	TC 3-21.220
0800	0830	Breakfast	ALL	MCCARTHY HALL	CO SOP
0830	0900	Parachute Issue	ALL	MCCARTHY HALL	CO SOP
0900	1145	Don Parachutes and JMPI	ALL	MCCARTHY HALL	ABN POI
1145	1215	AMB (Company Commander, 1SG, PJ For Each Aircraft)	CO, 1SG, PJS	MCCARTHY HALL	TC 3-21.220
1145	1200	MACO Brief	ALL	MCCARTHY HALL	TC 3-21.220
1215	1300	Front And Rears	ALL	MCCARTHY HALL	ABN POI
1300		Load Time (Jump #1)	ALL	MCCARTHY HALL	TC 3-21.220
1300	UTC	Airborne Operations (A/NT, ADEPT Option 2)	ALL	FRYAR DZ	TC 3-21.220
TBD		Chow	ALL	MCCARTHY HALL	CO SOP
TBD		Shake Parachutes	Select PAX	PACK SHED	CO SOP
TUESDAY					
0700	0730	Jumpmaster Rehearsal / Strap Manifest	JM and Guests	MCCARTHY HALL	TC 3-21.220
0715	0730	Movement to McCarthy Hall	ALL	COMPANY AREA	CO SOP
0730	0900	Mock Door Training/ JM Brief	ALL	MCCARTHY HALL	TC 3-21.220
0900	0930	Pre-Jump Training/ PLF	ALL	MCCARTHY HALL	CO SOP
0930	1000	Breakfast	ALL	MCCARTHY HALL	TC 3-21.220
1000	1100	Parachute Issue	ALL	MCCARTHY HALL	CO SOP
1100	1230	Don Parachutes And JMPI	ALL	MCCARTHY HALL	CO SOP
1230	1245	MACO Brief	ALL	MCCARTHY HALL	ABN POI
1230	1300	Front and Rears	ALL	MCCARTHY HALL	TC 3-21.220
1300		Load Time (Jump #2)	ALL	MCCARTHY HALL	TC 3-21.220
1300	UTC	Airborne Operations (A/NT, ME)	ALL	MCCARTHY HALL	ABN POI
TBD		Chow	ALL	MCCARTHY HALL	TC 3-21.220
1800		Load Time (Jump #3)	ALL	FRYAR DZ	TC 3-21.220
1800	UTC	Airborne Operations (A/NT/N, ME)	ALL	MCCARTHY HALL	CO SOP
TBD		Chow	ALL	MCCARTHY HALL	CO SOP
TBD		Shake Parachutes	Select PAX	PACK SHED	
WEDNESDAY					
0630	0700	Jumpmaster Rehearsal / Strap Manifest	JM and Guests	MCCARTHY HALL	TC 3-21.220
0645	0700	Movement To McCarthy Hall	ALL	COMPANY AREA	CO SOP
0700	0830	Mock Door Training/ JM Brief	ALL	MCCARTHY HALL	TC 3-21.220
0830	0900	Pre-Jump Training/ PLF	ALL	MCCARTHY HALL	CO SOP
0900	0930	Breakfast	ALL	MCCARTHY HALL	TC 3-21.220
0930	0945	Parachute Issue	ALL	MCCARTHY HALL	CO SOP
0945	1230	Don Parachutes and JMPI	ALL	MCCARTHY HALL	CO SOP
1030	1045	MACO Brief	ALL	MCCARTHY HALL	ABN POI

1230	1300	Front And Rears	ALL	MCCARTHY HALL	TC 3-21.220
1300		Load Time (Jump #4)	ALL	MCCARTHY HALL	TC 3-21.220
1300	UTC	Airborne Operations (A/NT/CE, ME)	ALL	MCCARTHY HALL	ABN POI
TBD		Chow	ALL	MCCARTHY HALL	TC 3-21.220
1800		Load Time (Jump #5)	ALL	FRYAR DZ	TC 3-21.220
1800	UTC	Airborne Operations (A/NT/CE/N, ME)	ALL	MCCARTHY HALL	CO SOP
TBD		Chow	ALL	MCCARTHY HALL	CO SOP
TBD		Shake Parachutes	Select PAX	PACK SHED	
THURSDAY					
TBD		Weather Day	ALL	MCCARTHY HALL	
FRIDAY					
TBD		Weather Day	ALL	MCCARTHY HALL	

(1) 5-day "standard" training week:

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
M O N D A Y					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Flexed Arm Hang/Reach Assessment	1SG	TOWER BRANCH	TC 3-21.220
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Airborne 5000	1SG	ENROUTE	FM 3-21.5
0900	1000	Airborne In Action / Airborne 5000	PI	TOWER BRANCH	ABN POI
1015	1030	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1030	1100	MDIE Class / Orient Students to Ground Branch	PI	GROUND BRANCH	ABN POI
1100	1130	Draw Parachutes	PSG	GROUND BRANCH	GROUND SOP

1130	1200	Donning and Fitting T-11	PI	GROUND BRANCH	TC 3-21.220
1200	1215	Movement to Battalion Area	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1700	MDIE PE	PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Battalion Area	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1830	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
TUESDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Company 3 Mile Run	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0845	0930	MTIE Class	PI	GROUND BRANCH	ABN POI
0930	1200	MTIE PE	PSG	GROUND BRANCH	GROUND SOP
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement To Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1700	MTIE PE	PSG	GROUND BRANCH	GROUND SOP
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
WEDNESDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	PRT	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	1000	Parachute Landing Fall Class	PI	GROUND BRANCH	ABN POI
1000	1030	Side Grass Drills	PI	GROUND BRANCH	ABN POI
1030	1200	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	CO SOP
1300	1315	Movement to Ground Branch	PI	GROUND BRANCH	ABN POI
1315	1345	Front Grass Drills	PI	GROUND BRANCH	ABN POI
1345	1700	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5

1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
THURSDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	Company 3 Mile Run	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	0930	Rear Grass Drills	PI	GROUND BRANCH	ABN POI
0930	1100	PLF Wall / LDA Operations	PSG	GROUND BRANCH	ABN POI
1100	1200	MOLLE 4K RIGEX Class	PI/PSG	GROUND BRANCH	ABN POI
1200	1215	Movement to Company	1SG	ENROUTE	FM 3-21.5
1215	1300	Lunch	PSG	DFAC	ABN POI
1300	1315	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
1315	1330	Layout PE Equipment	PSG	GROUND BRANCH	GROUND SOP
1330	1700	Methods of Recovery PE/ RIGEX PE	PI / PSG	GROUND BRANCH	ABN POI
1700	1715	Movement to Company	1SG	ENROUTE	FM 3-21.5
1715	1815	Dinner	PSG	DFAC	CO SOP
1815	2200	Released To PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP

START TIME	END TIME	EVENT	WHO	LOCATION	REFERENCE
FRIDAY					
0545	0600	Accountability Formation	ALL	CO AREA	BACSOP / TC 3-22-20 / CO SOP
0600	0700	PRT	CDR	GROUND BRANCH	TC 3-21.220 / BACSOP
0700	0745	Personal Hygiene / Barracks Maintenance	PSG	CO AREA	CO SOP
0745	0830	Breakfast	PSG	DFAC	CO SOP
0830	0845	Movement to Ground Branch	1SG	ENROUTE	FM 3-21.5
0900	1100	Layout Training Area of All Equipment	PI / PSG	GROUND BRANCH	ABN POI
1100	1200	Rehab All Equipment	PI / PSG	GROUND BRANCH	GROUND SOP
1200	1215	Movement to Company	1SG	ENROUTE	CO SOP
1215	1300	Lunch	PSG	DFAC	FM 3-21.5
1300	1315	Movement to Ground Branch	1SG	ENROUTE	CO SOP
1315	1630	Retraining	PI / PSG	GROUND BRANCH	GROUND SOP
1630	1645	Movement to Tower Branch	1SG	ENROUTE	FM 3-21.5
1645	1715	Parachute Orientation	PI	TOWER BRANCH	ABN POI
1715	1730	Movement to Company	PI	TOWER BRANCH	ABN POI
1730	1830	Dinner	PSG	DFAC	CO SOP
1845	2200	Released to PLT	ALL	CO AREA	BACSOP
2200		Curfew	ALL	CO AREA	BACSOP