



Recon is looking for a few of the finest!  
Do you have what it takes?

### MARINE RECON

Reconnaissance units are the commander's eyes and ears on the battlefield. They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines. Employed as part of the Marine Air-Ground Task Force, reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield. The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating. Division Reconnaissance units support the close and distant battlespace, while Force Reconnaissance units conduct deep reconnaissance in support of a landing force.

Common missions include, but are not limited to:

- Plan, coordinate, and conduct amphibious-ground reconnaissance and surveillance to observe, identify, and report enemy activity, and collect other information of military significance.
- Conduct specialized surveying to include: underwater reconnaissance and/or demolitions, beach permeability and topography, routes, bridges, structures, urban/rural areas, helicopter landing zones (LZ), parachute drop zones (DZ), aircraft forward operating sites, and mechanized reconnaissance missions.
- When properly task organized with other forces, equipment or personnel, assist in specialized engineer, radio, and other special reconnaissance missions.
- Infiltrate mission areas by necessary means to include: surface, subsurface and airborne operations.
- Conduct Initial Terminal Guidance (ITG) for helicopters, landing craft, parachutists, air-delivery, and re-supply.
- Designate and engage selected targets with organic weapons and force fires to support battlespace shaping. This includes designation and terminal guidance of precision-guided munitions.
- Conduct post-strike reconnaissance to determine and report battle damage assessment on a specified target or area.
- Conduct limited scale raids and ambushes.

## RECONNAISSANCE CREED

**R** realizing it is my choice and my choice alone to be a Reconnaissance Marine, I accept all challenges involved with this profession. Forever shall I strive to maintain the tremendous reputation of those who went before me.

**E**xceeding beyond the limitations set down by others shall be my goal, sacrificing personal comforts and dedicating myself to the completion of the Reconnaissance mission shall be my life. Physical fitness, mental attitude, and high ethics – The title of Recon Marine is my honor.

**C**onquering all obstacles, both large and small, I shall never quit. To quit, to surrender, to give up is to fail. To be a Reconnaissance Marine is to surpass failure: to overcome, to adapt and to do whatever it takes to complete the mission.

**O**n the battlefield, as in all areas of life, I shall stand tall above the competition. Through professional pride, integrity, and teamwork, I shall be the example for all Marines to emulate.

**N**ever shall I forget the principles I accepted to become a Reconnaissance Marine. Honor, Perseverance, Spirit and Heart. A Recon Marine can speak without saying a word and achieve what other can only imagine.

DISCLAIMER: This program is tailored for a physically fit individual who is preparing to attend the Basic Reconnaissance Course. One should consult a physician before beginning any strenuous exercise program, such as the one described here, or any diet modification, especially if there is a history of heart disease, high blood pressure, diabetes, or any other adverse medical conditions. The United States Government and any service member or civilian employed by the United States Government disclaims any liability, personal or professional, resulting from the misapplication of any training procedure, technique, or guidance described in this guide

## WHERE IT ALL BEGINS: Basic Reconnaissance Course (BRC)

*BRC is a 12-week course designed to train Marines in the tactics, techniques, and procedures of amphibious reconnaissance operations, and to qualify Marines for duty as a Reconnaissance Man (Military Occupational Specialty 0321). BRC is a high-risk course which imparts the knowledge and skills needed to effectively perform duties within a reconnaissance team. BRC is a combination of lectures, demonstrations, and practical application which emphasizes individual and team land navigation, water survival, supporting arms, surveillance, patrolling, communications, amphibious operations and combat conditioning. Upon successful completion of this course, the students are qualified for duties as a reconnaissance man capable of performing tasks associated with a world-wide deployable Reconnaissance Team.*

### Course Overview

*The Basic Reconnaissance Course is broken down in three distinct phases.*

*-Phase I: Primary focus, Reconnaissance individual and special skills.*

*-Phase II: Primary focus, individual and team open-ocean amphibious skills.*

*-Phase III: Primary focus, team communications and patrolling skills.*

### Physical Preparation

*This document is designed to assist prospective students in attaining the appropriate level of physical fitness to be successful at BRC. Marines and Sailors attending BRC will perform physical tasks involving obstacles, swimming while wearing utilities with boots, open-ocean swimming with fins in full combat equipment, and travelling long distances cross country while carrying a rucksack weighing as much as 85 pounds. Total body strength and physical endurance is mission critical to ensure success at BRC.*

### The Plan

*This is a 10-week program. The Preparation Guide Execution Matrix spells out exactly what tasks will be required for completion each day. This program will require you to train for five days a week with two days of rest. You will be training some muscle groups hard on one day and concentrate on another muscle group or skill the following day to avoid over training injuries. The program starts out slow with less demanding tasks, then ramps up over the 10 weeks to the level required of a BRC student. You should always have a buddy help you train and continue to push one another, but take your time and do not be discouraged if you do not see immediate gains in strength and/or endurance.*

## Habits

- Establish Smart Fitness Habits of Action: before and after each workout, 10-15 minutes should be devoted to stretching exercises.*
- Maintain a well balanced diet and increase your water intake while conducting your daily routines.*
- Do not allow inclement weather to interrupt your training if you can help it.*
- Your workouts should be conducted in a progressive manner to avoid injuries.*
- Overtraining or exceeding the progressive training plan will not allow proper bone growth and connective tissue conditioning. Progressive training will also ensure gains in physical strength and endurance are maintained and not easily lost.*

## Getting Started

*Before starting any strenuous exercise program it is imperative that your body is prepared to handle the demands of the program. In order to do this you must first understand the benefits to a proper warm up/cool down and how to properly stretch your body. An appropriate warm-up/stretching can improve performance and decrease the risk of injury during exercise events.*

*Other benefits include:*

- 1. Increased metabolic rate.*
- 2. Higher rate of oxygen exchange between blood and muscles.*
- 3. More oxygen released within muscles.*
- 4. Potentially help to prevent ischemia (lack of oxygen) to the heart muscle, which may occur with sudden strenuous exertion.*
- 5. Faster nerve impulse transmission (body's communication).*
- 6. Gradual redistribution of blood flow to working muscles.*
- 7. Decreased muscle-relaxation time following contraction.*
- 8. Improve muscle performance; increased speed and force of muscle contraction.*
- 9. Increased muscle elasticity.*
- 10. Increased flexibility of tendons and ligaments.*
- 11. Gradual increase in energy production, which limits lactic-acid buildup (i.e., muscle soreness).*
- 12. INJURY PREVENTION: Warm up increases the extensibility of connective tissue; it improves joint range of motion.*

*For more information on how to properly warm up/stretch please visit the following websites:*

*Movement Prep:*

*<http://www.ronjones.org/Handouts/MovementPrep.pdf>*

*Dynamic Range of Motion:*

*<http://www.cathletics.com/exercises/exercise.php?exercisID=159>*

## BASIC NUTRITION

Nutrition is the food you eat and how the body uses it. Food is made up of different nutrients needed for growth and health. Each nutrient has a specific use by the body. There are six basic nutrients: Three of these nutrients provide energy: carbohydrates, fats, and protein. Vitamins and minerals are needed, but in a small amount; they provide no energy. Water makes up over half of the human body. It is available from most solid foods as well as from beverages. If a variety of foods are eaten, the nutrients required will be consumed. **NO SINGLE FOOD OR FOOD GROUP CAN PROVIDE ALL THE ESSENTIAL NUTRIENTS IN THE PROPORTIONS NEEDED.** Everyone needs the same nutrients, but in varying amounts. The quantity of each nutrient required is influenced by age, sex, size, activity, and state of health.

**1. Eat a Variety of Foods.** To ensure an adequate diet is served, include daily selections of fruits, vegetables, whole-grain and enriched breads, cereals, and other products made from grains, milk, cheese and yogurt, meats, poultry, fish, and eggs.

**2. Maintain Desirable Weight.** To lose weight, eat a variety of foods that are low in calories and high in nutrients, consume less fat, sugar, and alcohol, and increase your physical activity.

**3. Avoid Too Much Fat, Saturated Fat and Cholesterol.** High blood cholesterol is a dietary risk factor. Eating extra saturated fat, excess calories, and high levels of cholesterol will increase blood cholesterol in many people. Of these, saturated fat has the greatest influence. To avoid too much fat, saturated fat and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources; use low-fat milk and milk products.

**4. Eat Foods With Adequate Starch and Fiber.** Complex carbohydrate foods such as legumes, whole grain breads and cereals, fruits, and vegetables contain many essential nutrients. Consumption of complex carbohydrates also increases dietary fiber. When fat intake is reduced, calorie deficits can be made up by carbohydrates. Carbohydrates contain less than half the number of calories per ounce that fats do.

**5. Avoid Too Much Sugar. Stay away from Fast Food.** The major health hazard from eating too much sugar is tooth decay (dental caries). Also excessive intake of refined sugars may replace other foods in your diet that are important sources of essential nutrients. Sugars provide calories, but few other nutrients.

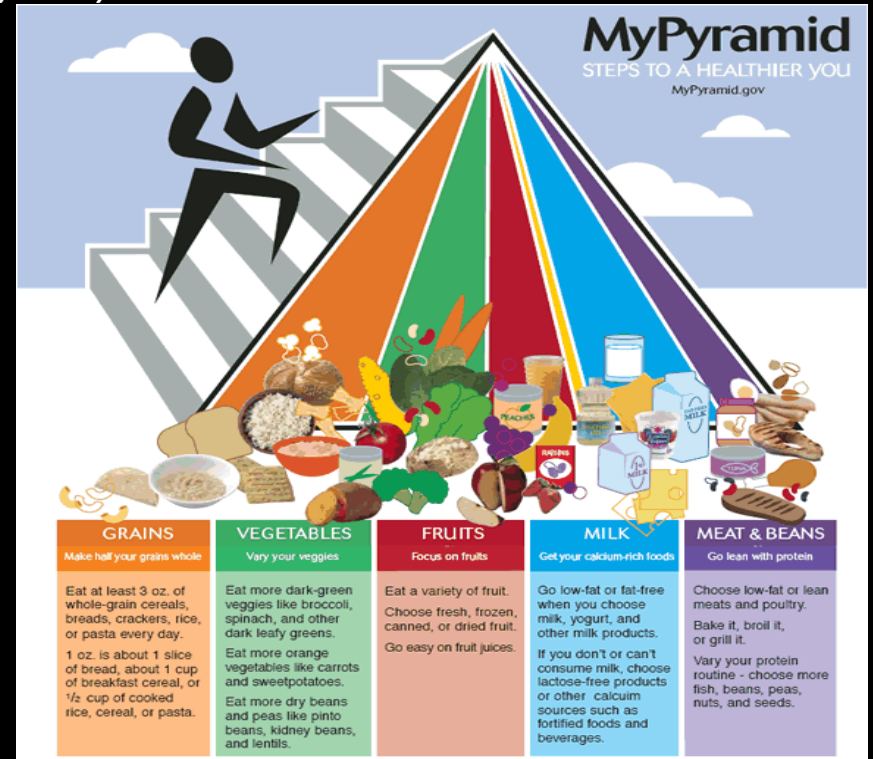
**6. Avoid Too Much Sodium.** Most Americans consume more sodium than they need. The major hazard of excess sodium is for persons who have high blood pressure. To avoid too much sodium, cook with only small amounts of salt; add little or no salt to food at the table; reduce intake of salty foods such as potato chips, condiments, pickled foods, and cured meats.

**7. If You Drink Alcoholic Beverages, Do So In Moderation.** Alcoholic beverages are high in calories and low in nutrients.

**8. Use the internet or health magazines for healthy eating tips.**

**9. Stay away from Fast Food and processed food.**

**10. Read food labels and “nutritional facts” to understand what your putting in your body.**



## BASIC RECONNAISSANCE COURSE PREPARATION WORKOUT GUIDE

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK 1	-Stretch (30 min), hydrate	-2 mi run	-swim 300m -15 min tread	-3 mi hike w/ 25 lbs, Goal 1:30 hr max	Stretch (30 min), hydrate, recover	-run 4X400m (sprints) -BRC card X1	-4 mi hike w/ 25 lbs, Goal 2:00 hr max
WEEK 2	-Stretch (30 min), hydrate, recover	-3 mi run	Swim 400m -15 min tread	-4 mi hike w/ 25lbs, Goal 1:45 hr max	Stretch (30 min), hydrate, recover	-run 4X400m (sprints) -BRC card X1	-5 mi hike w/ 25 lbs, Goal 2:00 hr max
WEEK 3	Stretch (30 min), hydrate, recover	-4 mi run -BRC card X1	Swim 5X100m @ max effort -15 min tread	-4 mi hike w/ 25lbs, Goal 1:30 hr max	Stretch (30 min), hydrate, recover	-run 5X400m (sprints) -BRC card X1	-5 mi hike w/ 25 lbs, Goal 1:45 hr max
WEEK 4	Stretch (30 min), hydrate, recover	-5 mi run -BRC card X1	-Swim 500m -15 min tread	-4 mi hike w/ 30 lbs, Goal 1:30 hr max	Stretch (30 min), hydrate, recover	-run 6X400m (sprints) -BRC card X1	-5 mi hike w/ 30 lbs, Goal 1:45 hr max
WEEK 5	Stretch (30 min), hydrate, recover	-2.5 mi run -BRC card X1	-Swim 600m -20 min tread	-MAX effort PFT -BRC card X1	Stretch (30 min), hydrate, recover	-BRC Card X2	-5 mi hike w/ 30 lbs, Goal 1:45 hr max
WEEK 6	Stretch (30 min), hydrate, recover	-6 mi run @ fast pace -BRC card X1	-Swim 6 X100m @ max effort -20 min tread	-4 mi hike w/ 35 lbs, Goal 1:30 hr max	Stretch (30 min), hydrate, recover	-run 7X400m (sprints) -BRC card X1	-5 mi hike w/ 35 lbs, Goal 1:45 hr max
WEEK 7	Stretch (30 min), hydrate, recover	-3 mi interval run (mi 1 max, mi 2 jog, mi 3 max) -BRC card X1	-Swim 7 X100m @ max effort -25 min tread	5 mi hike w/ 40 lbs, Goal 1:30 hr max	Stretch (30 min), hydrate, recover	-run 8X400m (sprints) -BRC card X1	-6 mi hike w/ 40 lbs, Goal 1:45 hr max
WEEK 8	Stretch (30 min), hydrate, recover	-2.5 mi run -BRC card X1	-Swim 800m -20 min tread	-MAX effort PFT -BRC card X1	Stretch (30 min), hydrate, recover	-BRC Card X2	-6 mi hike w/ 40 lbs, Goal 1:45 hr max
WEEK 9	Stretch (30 min), hydrate, recover	-6 mi run @ max effort -BRC card X1	-Swim 9 X100m @ max effort -25 min tread	6 mi hike w/ 40 lbs, Goal 1:45 hr max	Stretch (30 min), hydrate, recover	-run 8X400m (sprints) -BRC card X1	-7 mi hike w/ 40 lbs, Goal 2:00 hr max
WEEK 10	Stretch (30 min), hydrate, recover	-3 mi interval run (mi 1 max, mi 2 jog, mi 3 max) -BRC card X1	-Swim 1000m @ max effort -30 min tread	-7 mi hike w/ 45 lbs, Goal 2:00 hr max	Stretch (30 min), hydrate, recover	-run 10X400m (sprints) -BRC card X1	-8 mi hike w/ 45 lbs, Goal 2:15 hr max

### BRC CARD

*(30) Push Ups, (30) Air Squats, (30) Crunches, (10) Burpees, (10) Windmills, (stretch/relax), (30) Push Ups, (30) Mountain Climbers, (30) Flutter Kicks, (10) Burpees, (30) Crunches, (stretch/relax), (30) Push Ups, (30) Star Jumpers, (30) Back Extensions, (10) Burpees, (30) Crunches, (stretch/relax), (30) Push Ups, (30) Lunges, (30) Hello Dollies, (10) Burpees, (10) Trunk Twists, (stretch/relax), (1) max sets of dead hang pull ups*

**\*NOTE (1): EACH WORKOUT SHOULD START WITH PROPER DYNAMIC WARM UP AND LIGHT STRETCHING AND END WITH A COOL DOWN AND LONGER STRETCH PERIOD. IT IS RECOMMENDED THAT PART OF EVERY TRAINING DAY BEGINS WITH (4) SETS OF 5 PULLUPS.**

**\*NOTE (2): IF YOU CANNOT DO ALL THE EXERCISES DURING THE FIRST FEW WEEKS, DO YOUR MAX AND KEEP TRACK OF YOUR PROGRESS, THE GOAL IS TO BE ABLE TO DO THE BRC CARD TWICE.**





### Swimming Events

- All swim events are designed to be done in utilities, without boots.
- Utilize the breaststroke or the sidestroke only.
- While treading water, vary your routine by treading with only your feet, with your hands out of the water, and then with only your arms.
- When you start treading water, determine if you can tread for fifteen minutes without stopping; if you cannot, break it up into manageable lengths of time and then gradually lengthen the time as you get better.



### Running Events

- Mondays. The runs on Mondays are designed to be done at a comfortable pace. If you cannot carry on a conversation with your training partner, you're running too fast.
- Speed Work Fridays. If you want to run at a fast pace, you need to train at a fast pace at least once a week. Interval training, where you alternate fast running with jogging or walking, is a very effective form of "speed work."

### Hiking Events

- Work to improve your technique and keep track of your hike times to track progression and improvement. It is imperative that your mind and body are conditioned to complete the ruck hikes.
- Select boots that are comfortable and well broken in, but not worn out. Use insoles specifically designed to absorb shock to reduce injuries.
- The weight of your body must be kept directly over feet, and the sole of the boot must be placed flat on the ground by taking small steps at a steady pace.
- When descending steep slopes, keep your back straight and knees bent to absorb the shock of each step. Do not lock your knees and maintain sure footing.
- Practice walking as fast as you can with a ruck on your back. Do not run with a ruck on during training, it may cause injury.
- It is recommended that you hike along a road with a training partner and ample water.



### Strength Training

- Perform the Physical Training (PT) Card to max effort with no breaks if possible. Add repetitions as you improve and decrease repetitions if necessary in the beginning. Attempt to perform all exercises. As the weeks progress, you will see the workout requires two repetitions of the PT Card. This card is designed to hit the major muscle groups and provide a total body workout.

## Recommended Gear/Facilities

- Military style pack capable of holding 45 pounds. Do not use your water source to count toward 45 pound pack weight.
- Water source for use during PT events (bottle, canteen, etc.).
- An area where you can run 400m intervals (track, lightly trafficked road or PT field).
- Pull Up Bar.
- Running Shorts.
- T-Shirt.
- 1 Set of utilities (for swimming, hiking and PT).
- 1 pair of running shoes
- One pair of USMC regulation combat boots (broken in).
- Boot socks (Experiment with different hiking/trekking/backpacking socks; wool socks are highly recommended).
- Foot care kit with the following at a minimum:
  - (1) Mole skin.
  - (2) Ample foot powder.
  - (3) Petroleum based ointment (Vaseline, bag balm, skin lube, body glide, etc.).
  - (4) Band aids.
- Swim goggles (optional).
- Digital watch for keeping time.
- Notebook/journal for logging progress.

## Foot Care

-Break in the shoe/boot: Hiking in new boots or running in new shoes will seriously affect your performance and hurt your feet. Preventing blisters really does start with a good fitting shoe/boot. A poor fitting shoe/boot is a recipe for blisters. However, if your hiking boot fits almost fine but causes some hot spots (where the skin gets hot due to the boot rubbing on it) on uphill climbs, a cure for this is to use hiking boot inserts. Hiking Socks: Cotton socks quickly get wet, bunch up and begin to rub against your skin - causing blisters. Hiking socks, such as the Smartwool Hiking Socks are designed with moisture wicking material, drawing moisture away from the foot. Liner Socks: Liner socks are personal preference and may be worn in addition to the hiking sock. Liner socks, which are made of polypropylene, remove perspiration off your foot and transfer it to your hiking sock. Lace the Boots Properly: Make sure your hiking boot is properly laced. A hiking boot that is not laced tight enough can cause your foot to move around quite a bit. On the other hand, don't lace your boots too tight, as this will cause your feet to swell, which becomes very painful. Don't Forget the Moleskin: Blister First Aid Kit. When in doubt, contact your health care provider or an athletic trainer to receive further foot care education.

## To Find Out More

- Visit us on Facebook at our group, "[MARINERECON/0321](#)". You may also email us at [BASICRECONCOURSE@GMAIL.COM](mailto:BASICRECONCOURSE@GMAIL.COM).
- Entry-level/Pooler Recruits: Talk to your local USMC Recruiter about Active and Reserve Entry-Level Reconnaissance Contracts.
- Active Duty/LatMover: Talk to your Career Planner or stop by Building 5203152 in the Recon Training Company Area, located at the School of Infantry (West).

## Requirements (non-inclusive)

- Marines refer to MarAdmin 0412/09 or MarAdmin 033/11.
- Navy Corpsman refer to MILPERSMAN 1306-983.
- 1st Class PFT.
- Ability to achieve WS-I swim qualification.
- GT of 105 or higher.
- Vision correctable to 20/20.
- No color blindness.
- US Citizen with ability to hold a Secret Security Clearance.
- No NJP in the last six months.
- Solid character with a strong desire to win.

