

Enclosure 5: Training Survey

Training Survey		
1	How long was your train-up (months)? _____	
2	When was your "peak" in training? _____	
Physical Training (in hours)		
3	Running	_____ # of hours
4	Weight training	_____ # of hours
5	Rucking	_____ # of hours
6	Obstacle Courses	_____ # of hours
7	Calisthenics	_____ # of hours
8	Swimming	_____ # of hours
Marksmanship Training (in hours)		
9	Rifle	_____ # of hours
10	Carbine	_____ # of hours
11	Pistol	_____ # of hours
12	Shotgun	_____ # of hours
13	AT/HE weapon	_____ # of hours
14	Swimming	_____ # of hours
Skills Training (in hours)		
15	Radios	_____ # of hours
16	Ranger First Responder	_____ # of hours
17	Weapons	_____ # of hours
18	Land Navigation	_____ # of hours
19	Other	_____ # of hours