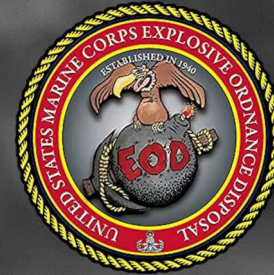


United States Marine Corps



Explosive Ordnance Disposal

Lateral Move Information

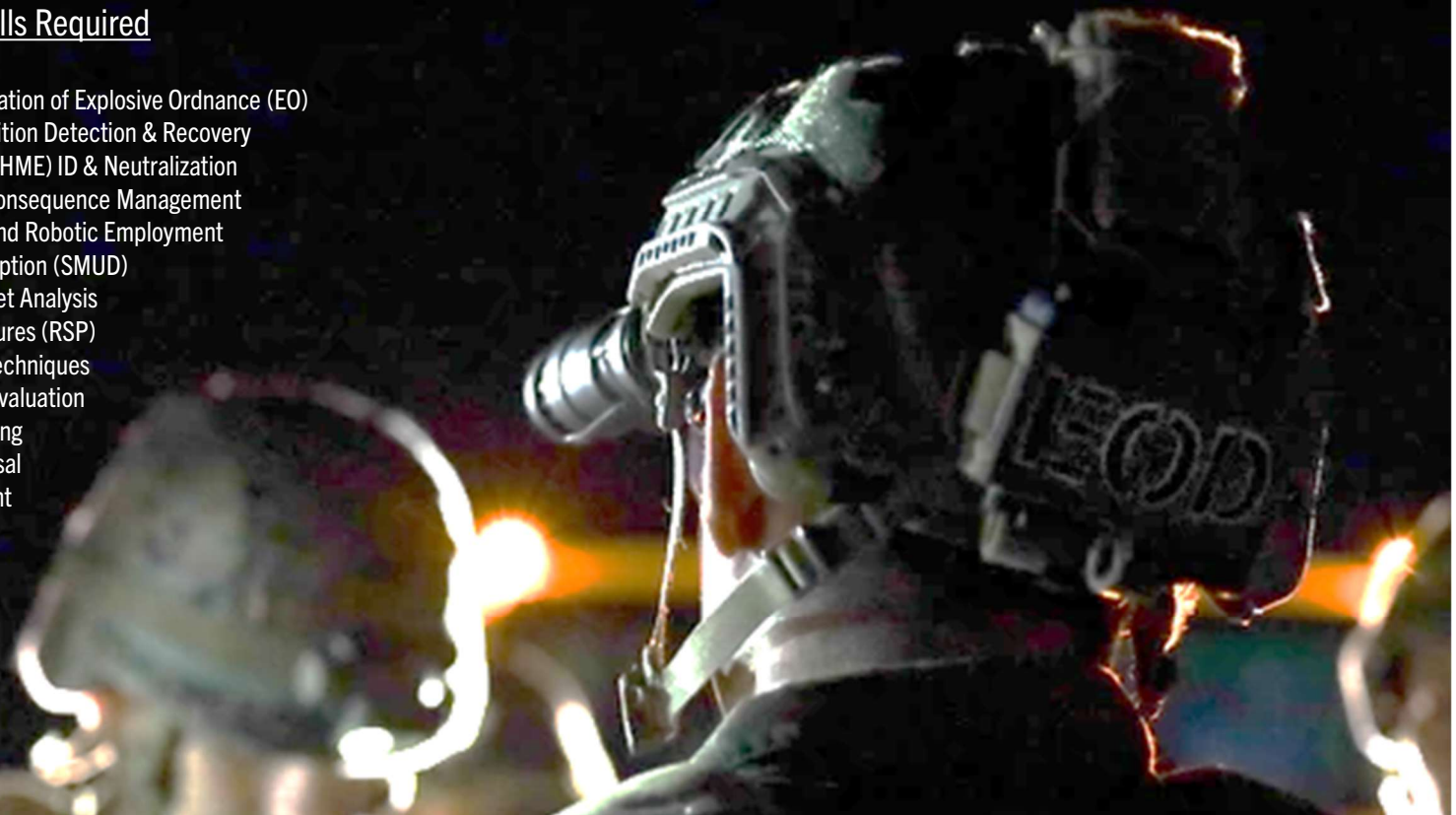


EXPLOSIVE ORDNANCE DISPOSAL

Simply put, EOD forces are task-organized to detect, neutralize, and dispose of explosive hazards to protect lives & property in support of the MAGTF, SOF, and other government agencies. Marine Corps Explosive Ordnance Disposal (EOD) Technicians are highly dedicated, uniquely trained Marines that undertake some of the Marine Corps' most dangerous missions in some of the most unforgiving locations across the globe, both as individuals and in teams. This elite, all-volunteer community is as close-knit as it is challenging and demands the very best of its members each and everyday.

Common Mission Skills Required

- Neutralization & Exploitation of Explosive Ordnance (EO)
- Subsurface Buried Munition Detection & Recovery
- Homemade Explosives (HME) ID & Neutralization
- Crisis, CBRN, & WMD Consequence Management
- Advanced Electronics and Robotic Employment
- Standoff Munition Disruption (SMUD)
- Site Exploitation & Target Analysis
- EO Render Safe Procedures (RSP)
- Specialized Explosive Techniques
- Technical Intelligence Evaluation
- EO Disassembly & Inerting
- UXO Clearance & Disposal
- Vulnerability Assessment
- Post Blast Investigation
- IED Defeat Operations
- Blast Mitigation





EOD INSIGNIA: "THE CRAB"

The Wreath

Symbolic of the achievements and laurels gained by minimizing accident potentials, through the ingenuity and devotion to duty of its members. It is in memory of the EOD personnel who have given their lives while performing EOD duties.

The Bomb

Copied from the design of the World War II Bomb Disposal Badge; the bomb represents the historic and major objective of the EOD attack, the unexploded bomb. The three fins represent the major areas of nuclear, conventional, and chemical/biological warfare.

The Lightning Bolts

Symbolizes the potential destructive power of the bomb and the courage & professionalism of EOD personnel in their endeavors to reduce hazards as well as to render explosive ordnance harmless.

The Shield

Represents the EOD mission, which is to protect personnel and property in the immediate area from an inadvertent detonation of hazardous ordnance.



EOD SCREENING & CANDIDACY

PREREQUISITES

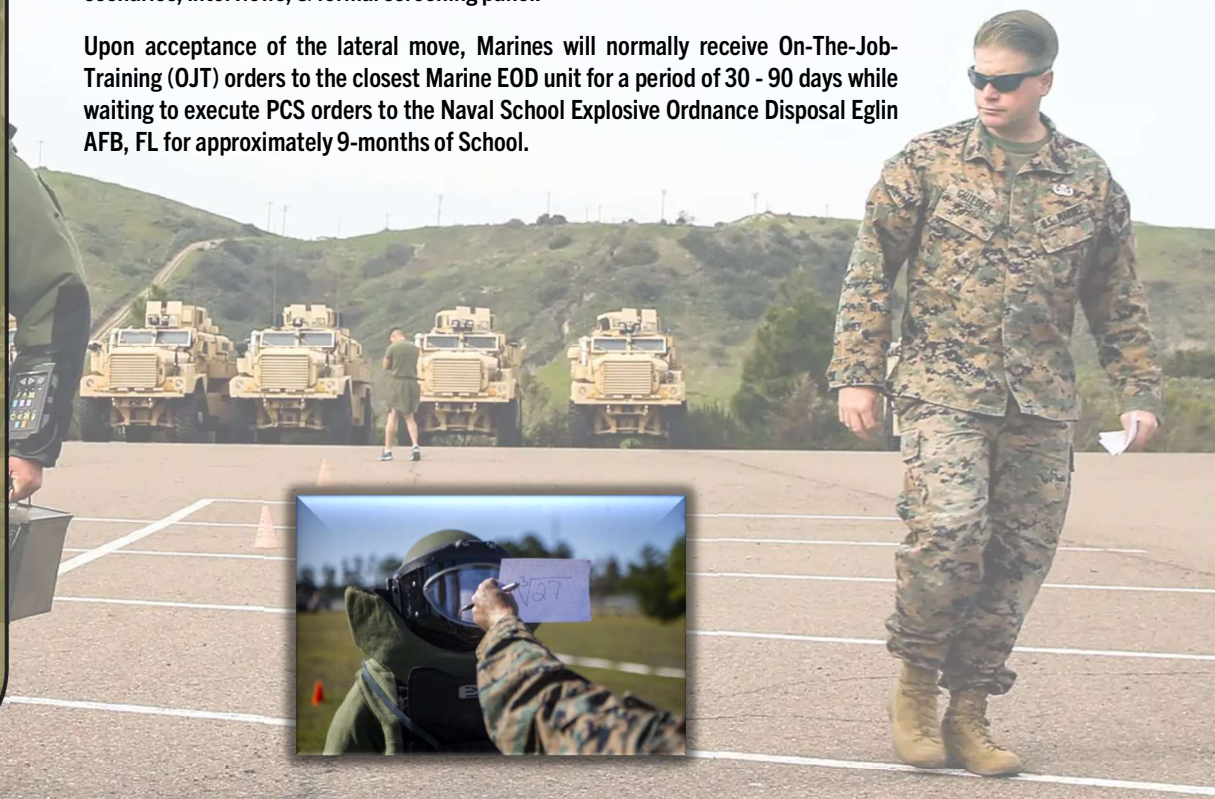
- Volunteer in the grade of E-4 or E-5*
- GT Score: 110 or higher*
- U. S. Citizenship, no dual citizenship
- TS-SCI Eligible based on SSBI/T5
- 1st Class PFT & CFT
- Normal Color Vision
- No Claustrophobic Tendencies
- Meet all requirements for Explosive Handler & Explosive Driver (Art 15-107, NAVMED P-117)
- Obligate 36-Mos of additional service following graduation
- Approved & recommended NAVMC 11361 EOD Lateral Move Screening Checklist
- Additional Information:
 - MCO 3571.2H – EOD Program
 - NAVMC 11361 – EOD Screening
 - NAVMC 1200.1L – MOS Manual

* For all eligibility, criteria waiver and screening related questions, please contact the MMEA PMOS Monitor at (703) 784-9234 or at the listed [23XX Monitor POC](#).

Interested Marines should contact their Career Planner to ensure they meet the prerequisites in accordance with the references. Marines meeting the prerequisites should contact the closest Marine EOD unit to arrange for an EOD screening or reach out directly to the EOD Monitor. After successfully completing the screening, the Marine will receive a recommendation that will be forwarded to Manpower Management Enlisted Assignments by the Career Planner via the Total Force Retention System (TFRS).

EOD Candidates will conduct a 5-day screening with an EOD Unit and undergo a series of cognitive and physical tests including the PFT, CFT, and Bomb Suit Agility Test; several aptitude and practical application scenarios, interviews, & formal screening panel.

Upon acceptance of the lateral move, Marines will normally receive On-The-Job-Training (OJT) orders to the closest Marine EOD unit for a period of 30 - 90 days while waiting to execute PCS orders to the Naval School Explosive Ordnance Disposal Eglin AFB, FL for approximately 9-months of School.





NAVAL SCHOOL EXPLOSIVE ORDNANCE DISPOSAL

Naval School Explosive Ordnance Disposal (NAVSCOLEOD), Eglin Air Force Base, Florida is a jointly staffed school (Army, Navy, Air Force, Marine Corps) under the authority of DoD Directive 5160.62, providing high-risk specialized, basic and advanced EOD training to U.S. and partner nation military and selected U.S. government personnel. Annual student quotas across the DoD average approximately 1,200-seats and training is conducted in the (8) divisions listed on the right:

Quick Facts

- Located at Eglin AFB, FL
- 206 Total Training Days
- (8) Training Divisions
- All Instructors are EOD graduates
- PCS move to NAVSCOLEOD w/ follow-on PCS post-graduation
- Opportunity to screen for MARSOC or LEON while at NAVSCOLEOD

For all check-in and curriculum related questions, please contact the MARDET GySgt or S-1 at (850) 882-7017 or (850) 882-5408.



Demolition Division: Military Explosive & Demolition Materials, Mathematical Conversions & Equations; Explosive Transportation, Storage Requirements, & Firing Systems; Ordnance Disposal & Specialized Explosive Techniques, Burn Operations.

Tools & Methods Division: Buildup, Placement, & Live-fire of Explosively Actuated tools, Tape & Line procedures, Ordnance Locators and Metal Detectors; Rigging, Access & Recovery; Metallic Shielding, Fuze Gaggling, and Lodged Projectile Removal.

Core Division: Ordnance Identification, Fuzing, Firing, and Functioning; Mobile Field Kit (MFK), Basic Ordnance Reconnaissance and Research.

Ground Ordnance Division: Identification, Render Safe, and Disposal of Grenades, Rockets, Projectiles, and Landmines.

Air Ordnance Division: Identification, Render Safe, and Disposal procedures of Aircraft Explosive Hazards (AEH), Guided Missiles, Bombs, Dispensers & Payloads.

Improvised Explosive Device (IED) Division: Basic IED fundamentals including Component Recognition, Construction, Diagnostics (X-Ray), Neutralizations, Targeting, Operations, Robotics, and Disposal procedures in Permissive and Non-permissive environments.

Chemical & Biological Division: Introduction to Chemical and Biological Agents, Effects, Contamination, Detection Methods, Personal Protective Equipment (PPE), Mitigation and Disposal Methods.

Radiological & Nuclear Division (RND): Counter-WMD (CWMD) Methodology, Nuclear Physics, Detection Equipment, PPE, Accident Response, Improvised Nuclear Device (IND) and Radiological Dispersal Device (RDD) Response Operations.





ROLES & RESPONSIBILITIES

As a newly minted **Basic EOD Technician** assigned to an EOD Team, Marines can expect to immediately begin their role as a Team Member where they will learn to perform various duties necessary in progressing their skillset. An EOD Team Member must be a non-linear thinker who has a vision for the future. They can immediately assume a position within an EOD element and be functionally supportive, while also continuing their EOD education, unit sustainment training, and attending formal schools to improve their technical and tactical ability. They must pursue an aggressive physical and professional training regimen to be successful in this career field aimed towards progressing to becoming a Team Leader.



Basic EOD Insignia

The **Senior EOD Technician** typically performs the duties of a Team Leader of an EOD response element during independent operations and assumes positions of leadership within a MAGTF element, providing technical expertise to the commander and staff sections. The Senior EOD Technician has enhanced their training by mastering all Individual Events in the EOD T&R Manual for their rank. This Marine must garner real world operational experience to effectively assume the role of a Response Element Leader or Assistant Section Leader. From that experience and exposure, many of these competent Marines are also then qualified to fulfil the wide variety of formal instructor positions pivotal in educating the next generation of EOD Technicians.



Senior EOD Insignia

The **Master EOD Technician** is a true artisan of the EOD trade and must be able to function in both a staff and operational capacity. They have received specialized training that will compliment core, core plus skills, and formal training to support operations at the MAGTF, MARFOR; Service, Theater, and National levels; supporting establishment and external agencies. They have acquired advanced training in numerous areas of EOD expertise and are capable of supervising the full spectrum of EOD operations. They are familiar with all aspects of the MAGTF and each individual components need for EOD. This Marine may assume the role of EOD Section leader, Platoon Sergeant, Operations Chief, and a myriad of various one-of-one positions. Their subject matter expertise and extreme competence provides synergy between the supported Command and an EOD Section while conducting tactical operations and/or functioning as an EOD planner at the staff level.



Master EOD Insignia



CONUS DUTY STATIONS

1st EOD Co
MCB Pendleton
MWSS 372
CLB 1
CLB 5
CLB 11
CLB 13
CLB 15
I EOTG
I MIG

MCB 29 Palms
EOD ATC
TTECG
MCTOG
CLB 7

MCAS Yuma
MWSS 371

DNWS

MCBH Kaneohe Bay
MWSS 174
3D LLB
DPAA

MCAS Miramar
MWSS 373

MWSS-473
(Reserves - CA)

MWSS-471
(Reserves - MI/MN)

MCB Quantico
MCIA
DTRA
MOEC
MMEA

MCAS Cherry Point
MWSS 271

MCAS New River
MWSS 272

MCAS BEAUFORT
MWSS 273

NAVSCOLEOD

MWSS-472
(Reserves - NJ)

CBIRF
TECHDIV

2nd EOD Co
MCB Lejeune
CLB 2
CLB 6
CLB 8
CLB 22
CLB 24
CLB 26
MRTC
1st MRB
2nd MRB
3rd MRB
II EOTG
II MIG



OCONUS DUTY STATIONS

MAINLAND JAPAN

CATC Fuji

MCAS Iwakuni
MWSS 171

3rd EOD Co
CLB 4
CLB 31
12th LLB
III EOTG

MCB Butler
MWSS 172

OKINAWA

Camp Blaz

GUAM



CAREER PROGRESSION PATHWAYS



After successfully completing NAVSCOLEOD, Marines are assigned to a team to assume their new role as an EOD Technician however, the training does not end at graduation. From the rank of Sergeant through Master Gunnery Sergeant and across the Officer Corps, their careers will be continuously marked with follow-on schools, courses, and operations. The following slides highlight a few of the training opportunities and reoccurring missions that many EOD Technicians will take part in over their careers.



Additional opportunities exist later for qualified and recommended Marines to be selected to become EOD Officers (PMOS 2305) for Warrant Officer through Chief Warrant Officer 5 and subsequent selection to Limited Duty Officer ranks of Captain through Lieutenant Colonel.



The NMOS of 2339 EOD Diver and BMOS 8071 Special Operations Capability Specialist – Echo (SOCS-E) are available to those EOD Technicians who are screened, assessed, and selected for assignment in the LEON Program or at MARSOC. Qualified students who have been screened may opt to pursue either following graduation from NAVSCOLEOD while others elect to wait until later in their careers.





TRAINING OPPORTUNITIES

New EOD Technicians should expect to continue their education in a wide variety of schools and courses both in and out of the Department of Defense throughout the duration of their careers. Below are a few common examples of schools & courses that EOD Technicians regularly attend but this is not inclusive of all available opportunities. Pre-deployment workup and detailed mission profiles necessitate the inclusion of a wide variety of other skill sets, training and education requirements from the DoD, various agencies/organizations, and civilian contractors

- EOD Supervisors Course
- EOD Chiefs Course
- Explosive Ordnance Exploitation Course
- Advanced IED Disposal
- Homemade Explosives Courses (LANL, JATAC, ATF, etc.)
- Tactical Combat Casualty Care (TCCC)
- Defense Nuclear Weapons School
- Advanced Diagnostics Training I & II (ADT)
- Joint Nuclear EOD Course (JNEODC)
- Methods of Entry (MOEC)
- EOTG Packages (Raids, CQB, VBSS, HRST)
- Combat Sustainability Course
- MARSOF EOD Level I
- Airborne, Freefall, SCUBA, MK16 Rebreather
- Scott-Donelan Tracking School: BTAC I & II
- Foreign Weapons Instructor Course (FWIC)
- Incidental Radio Operators Course (IROC)
- Mountain Warfare Training Center Courses
- Jungle Warfare Training Center Courses
- The Lightning Academy, SERE





REOCCURRING MISSIONS/PROGRAMS

Very Important Persons Protection Support Activity (VIPPSA)



EOD Technicians are on-call continuously to support the United States Secret Service (USSS) VIPPSA Mission, and are responsible for locating, accessing, and identifying explosive ordnance, including CBRNE (Chemical, Biological, Radiological, Nuclear, and High-Yield Explosive) threats, IEDs, and WMDs. The missions are ISO POTUS and VPOTUS for all travel periods nationally and internationally, with personnel requirements being shared proportionally amongst the DoD EOD forces.



Defense POW/MIA Accounting Agency (DPAA)



The DPAA fulfills our nation's obligation for repatriation by maximizing the number of missing personnel accounted for while ensuring timely, accurate information is provided to their families. EOD Technicians support these missions due to the inevitability of explosive hazards that are often present in the area of excavation and recovery. This joint agency, military & civilian mission takes place in locations that have endured military fighting dating back to World War II and is currently most active across the Indo-Pacific and European AOs.



Humanitarian Mine Action (HMA)



The DoD HMA Program provides assistance to Partner Nation (PN) civilian populations plagued by landmines, explosive remnants of war (ERW), and the hazardous effects of unexploded ordnance (UXO) by developing indigenous PN capacity for humanitarian demining, land-based and underwater explosive ordnance disposal, and physical security and stockpile management (PSSM) of conventional munitions. EOD Technicians plan and execute these missions by executing "train-the-trainer" programs of instruction designed to build organic capabilities in conducting a wide range of HMA activities within the host nation. USMC EOD Technicians have and continue to support HMA activities across INDOPACOM and AFRICOM





REOCCURRING MISSIONS/PROGRAMS

Maritime Raid Force (MRF)



EOD ISO the MRF provide the raid force with technical information, identification, RSP, and disposal capability on EO that may be encountered. This allows EOD Technicians to be integrated as force multipliers for the following specific missions: Show of Force/Raid/Strike Operations; Precision Raids, Tactical Recovery of Aircraft and Personnel (TRAP), Maritime Interdiction Operations (MIO), Gas & Oil Platforms (GOPLAT); Visit, Board, Search, and Seizure (VBSS), etc. Screening occurs at the unit level and selection to support the MRF is contingent on satisfying all pre-deployment criteria to include successful completion of all required EOTG packages.



Littoral Explosive Ordnance Neutralization (LEON) (NMOS 2339)



EOD LEON teams search, detect, locate, confirm, and neutralize explosive ordnance in the littoral zone. This is achieved through the use of both Autonomous Unmanned Underwater Vehicles (UUV), Unmanned Surface Vehicles (USV) and crawlers outfitted with various visual and electromagnetic sensors to aid in the detection and localization of explosive hazards and obstacles. EOD Marines who are screened and successfully complete the Navy SCUBA Diver course, Basic Underwater Vehicle Operator & Maintainer Course, and NAVSCOLEOD Underwater division will obtain the NMOS 2339 and be assigned to a 2339 BIC.



SOCs-E (BMOS 8071)



EOD Technicians can voluntarily submit and be recruited, screened, assessed, and then selected for permanent assignment to a Marine Raider Battalion. MARSOC EOD technicians then receive specific SOF training in order to support tasks of an individual nature as required. EOD candidates applying for assignment to MARSOC must have a written recommendation from their EOD OIC and SNCOIC. Must successfully complete Special Operations Training Course (STC), MARSOEOD Level I, and Survival, Evasion, Resistance, and Escape (SERE). Successful graduates will be assigned a BMOS of 8071 and be assigned to MARSOC for a minimum of 60-Mos.





EOD ADVANCED TRAINING CENTER

The mission of the Explosive Ordnance Disposal Advanced Training Center (EOD ATC) is to serve as the central Marine Corps organization for the development, implementation, and execution of advanced EOD training and education for both officer and enlisted, and to provide the technical and tactical skills necessary to conduct full spectrum EOD operations. The EOD ATC is run by EOD Technicians, for EOD Technicians.

For all check-in and curriculum related questions, contact the EOD ATC at EODATCStaff@usmc.onmicrosoft.com



EOD Exploitation Course: The Explosive Ordnance Exploitation Course (EOEC) will provide training for EOD officers and enlisted in the tactics, techniques, and procedures for exploiting explosive ordnance to include U.S. and foreign ordnance items. The EOEC is designed as a 15-training day course emphasizing the detailed planning and operation of exploitation events utilizing approved and validated procedures that encompass disassembly, stripping, and inerting of explosive ordnance and components. This course will provide instruction in the EOD suite of exploitation tools, development of written procedures, and the conduct of exploitation operations.



EOD Supervisor Course: The purpose of the Explosive Ordnance Disposal Supervisor Course (EODSC) is the development of professional leadership, technical proficiency, analytical skills, critical thinking, and risk management of Marine Corps EOD Response Element Leaders/Supervisors. This course will enhance EOD Response Element Leader/Supervisor skill sets in the areas of leadership, administration, supervision, and implementation of EOD specific publications, orders, and directives. This course will produce a more technically and tactically proficient EOD Response Element Leader to better serve the needs of the EOD community, MAGTF, and the Marine Corps as a whole.



EOD Chief Course: This course covers management functions performed by EOD SNCOICs, section leaders, platoon sergeants and EOD planners in both CONUS and OCONUS environments critical to supporting the MAGTF, Homeland Security and outside agencies. This will be accomplished by enhancing proficiency in leadership, administrative requirements, operational planning, and other applicable supervisory and advanced skillsets in accordance with EOD specific publications, orders and directives. The result is a more technically and tactically proficient EOD Chief.

EOD Officer Course: The EOD Officer Course emphasizes mastery of fundamental skills and techniques required by EOD officers to plan, develop, and execute EOD operations. The course provides instruction in: directing unit administrative readiness, directing EOD personnel and personnel readiness, directing EOD training, collating information, directing EOD operations, and directing ordnance exploitation operations. This training provides EOD officers that are prepared to support the Marine Air Ground Task Force (MAGTF), the Joint Force, special operations, and supporting establishments.



EOD RESERVE OPPORTUNITY

The Direct Affiliation Program (DAP) offers a pathway into the Marine Corps Reserves for individuals to extend their service beyond active duty. There are numerous opportunities in both the Selected Marine Corps Reserve (SMCR) and Individual Mobilization Augmentee (IMA) components throughout the country.

Joining a reserve unit not only ensures continuity and familiarity but also establishes valuable connections to the job market and the local area through fellow Marines. Benefits such as ongoing promotion, affordable medical and dental coverage, and deployment opportunities further underscore the advantages of involvement with a Marine Corps Reserve unit. USMC EOD Reserve units are located in:

- MWSS-471 – Split between Selfridge ANGB, MI & MN
- MWSS-472 – McGuire AFB, NJ
- MWSS-473 – MCAS Miramar, CA



The Individual Mobilization Augmentee (IMA) program offers specialty advertised billets for Marines through the units Operational Sponsor which are typically Active Duty EOD Teams in the FMF. These reservists often seamlessly integrate into local communities, fostering a sense of unity and camaraderie when faced with relocation after transitioning from the active forces.

The Individual Ready Reserve (IRR) is composed of Marines who have finished their active duty or USMCR obligation, however their names remain on record to be activated in case of crisis or other contingency needs.

HQMC DAP OIC Phone: (703) 432 - 9152
HQMC DAP Retention Chief Phone: (703) 432 - 9571
EOD Monitor: (703) 784 - 9234



FREQUENTLY ASKED QUESTIONS

1. My GT Score is 107, can I submit for a waiver?

No, EOD is not accepting GT Score waivers at this time. This can be quickly rectified by scheduling a reattempt of the ASVAB through your base education office to obtain the requisite minimum score of 110 for screening.

2. I am selected for or already a Staff Sergeant, can I still submit for a Lateral Move (LM) to EOD?

Possibly, please reach out directly to the EOD Monitor to learn more. Applicants need to consider the possibility of disadvantages by conducting a LM this far into a career which may include stagnated promotion potential, subjection to ECFC service limitations, lack of competitiveness amongst their 2336 peers, and/or net decrease in aggregate pay & allowances over time in comparison to their prior-MOS peers.

3. My Career Planner said I need to have 24-Months Time on Station to be eligible to LM, is this true?

No, this is not true however, the losing PMOS Monitor may be less receptive to your request if you have recently PCS'd and/or reenlisted utilizing that MOS' boatspace. Keep in mind that HQMC Enlisted Assignments Monitors do not have approval authority, they make recommendations based on their holistic and objective view of a given MOS populations health and staffing requirements. Please reach out to the EOD Monitor for further guidance.

4. How do I find out about the next EOD Screening in my area?

Begin by reaching out to your Career Planner, local EOD team, and/or directly to the EOD Monitor and they will guide you on the next steps.

5. I am scheduled for an EOD Screening, what can I do to prepare?

Beyond physical preparation, a fluid knowledge of the EOD mission, functional areas of responsibility, and integration in joint operations will undoubtedly aid in a candidate's ability to speak with screening staff and ultimately, the board. Candidates should understand how EOD enables efficient, effective, and safe employment of available EOD forces to support a range of military operations in support of the MAGTF, the joint Service environment, and homeland defense missions. The following educational preparation materials are suggestions to learn more about what EOD does and the screening process:

- JP 3-42 – Joint Explosive Ordnance Disposal
- MCO 3571.2H – Explosive Ordnance Disposal Program
- MCTP 10-10D – MAGTF Explosive Ordnance Disposal
- NAVMC 1200.1L – Military Occupational Specialties Manual

6. I don't have any USMC EOD teams near me to screen with, what should I do?

IAW MCO 3571.2H, Ch. 2, Para. 4.e., those candidates who are geographically isolated (ex. Marine Security Guards, I&I, Recruiters, etc.) may be screened telephonically by NAVSCOLEOD and in coordination with the EOD Monitor. Successful applicants will bypass EOD OJT time and report directly to school.



FREQUENTLY ASKED QUESTIONS

7. I was recommended by the EOD Screening Board, what happens next?

You will now return your recommended EOD Screening (NAVMC 11361) to your Career Planner to submit the necessary RELM type to HQMC. All FTAP RELMs will route directly to the EOD Monitor for review and recommendation. All STAP RELMs will route to the losing PMOS Monitor first and then the EOD Monitor for review and recommendation. This process typically takes 15-30 days from submission to decision where it will then be returned to the unit for the applicant to accept, if approved.

8. What are the most common issues seen by HQMC when processing RELMs?

The most common issues that prolong an applicant's LM package are outdated versions of EOD Screening Checklists (NAVMC 11361, dtd 07-24) and not submitting an appropriate Security Eligibility Letter. Marine's requesting LM to an MOS that requires Top-Secret clearance eligibility must be eligible based on a completed Tier 5 investigation. Marines are required to conduct a SCI Pre-Screening with a Special Security Officer. If you do not have an SSO available in your local area, please contact **HQMC SSO**: (703) 693-6005 - **DSN** 223-6005 - **Email**: hqmc_intel_sso@usmc.mil

9. How long after my screening before I can begin On-the-Job Training (OJT) with a local EOD Team?

If the RELM is approved and accepted, the EOD Monitor will, in most instances, issue PCA orders to the nearest, recommended EOD team to begin OJT time two-weeks from notification that the candidate accepted the LM.

10. How long after beginning EOD OJT process should I expect orders to EOD School (NAVSCOLEOD)?

Marines should expect to execute orders to NAVSCOLEOD 60-90 days after beginning OJT.

11. At what point in school do I receive follow-on orders to an EOD team?

The MARDET requests orders for students in IED Division, all orders are issued with an execution NET date beginning on their forecasted graduation day.

12. What happens if I academically fail out of EOD School?

Marines who academically fail NAVSCOLEOD will receive a Drop Letter that annotates the nature of their removal and a recommendation on whether they will be eligible to rescreen later or not. The MARDET will initiate an MOS Reclassification RELM for submission to the EOD Monitor where it is typically routed to the Marines previous PMOS Monitor for acceptance back. Some applicants attempt an alternate LM to another MOS and additional options may be discussed with the MATSG-21 Career Planner, as required.

13. Are EOD Technicians subject to the annual HSST?

Historically, EOD Technicians have been 'fenced off' most years due to their High-Demand, Low-Density, critical requirements. However, this is reviewed by HQMC annually and may be subject to change with organizational requirements. Individual EOD Technicians may still seek voluntary assignment to an SDA or special programs after discussion with their PMOS Monitor at HQMC.



EXAMPLE PHYSICAL PREPARATION

Marines interested in Lateral Move must recognize that EOD Technicians are Supporting Establishment Enablers who provide subject matter expertise to those units they are tasked to support. An EOD Technician's role necessitates they possess the physical capabilities of those they support to facilitate operational success. This EOD Screening & School Physical Preparation Guide is simply an example that may be used by Marines to prepare for screening and school but is not required prior to screening.

- Each workout starts with a dynamic warm up/light stretching and ends with a cool-down/longer stretch period. It is recommended that part of every training day begins with (4) sets of 5 pullups.
- 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 EOD Workout card twice through.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	EOD WORKOUT CARD
WEEK 1	Stretch (30-min) Hydrate & Recover	2-Mile Run	Swim 300m 15-Min Tread	3-Mile Hike - 25 Lbs - 1-Hr 30-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 4x 400m EOD Card x1	3-Mile Hike - 25 Lbs - 1-Hr 30-Min Goal	Warm Up – (10-Min) <ul style="list-style-type: none"> • (30) Push-ups • (30) Air Squats • (30) Crunches • (10) Burpees • (5) Pull-ups Stretch/Rest (2-Min) <ul style="list-style-type: none"> • (30) Push-ups • (30) Mountain Climbers • (30) Flutter Kicks • (10) Burpees • (5) Pull-ups Stretch/Rest (2-Min) <ul style="list-style-type: none"> • (30) Push-ups • (30) Lunges • (30) Hello-Dollies • (10) Burpees • Max Dead Hang Pull-ups Cool Down/Stretch (15-Min)
WEEK 2	Stretch (30-min) Hydrate & Recover	3-Mile Run	Swim 400m 15-Min Tread	3-Mile Hike - 30 Lbs - 1-Hr 30-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 4x 400m EOD Card x1	3-Mile Hike - 30 Lbs - 1-Hr 30-Min Goal	
WEEK 3	Stretch (30-min) Hydrate & Recover	4-Mile Run EOD Card x1	Swim 5x 100m 15-Min Tread	4-Mile Hike - 25 Lbs - 1-Hr 45-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 5x 400m EOD Card x1	PFT – Max Effort EOD Card x1	
WEEK 4	Stretch (30-min) Hydrate & Recover	5-Mile Run EOD Card x1	Swim 500m 15-Min Tread	4-Mile Hike - 30 Lbs - 1-Hr 45-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 5x 400m EOD Card x1	4-Mile Hike - 25 Lbs - 1-Hr 45-Min Goal	
WEEK 5	Stretch (30-min) Hydrate & Recover	3-Mile Interval EOD Card x1	Swim 600m 20-Min Tread	PFT – Max Effort EOD Card x1	Stretch (30-Min) Hydrate & Recover	Sprints 6x 400m EOD Card x1	4-Mile Hike - 30 Lbs - 1-Hr 45-Min Goal	
WEEK 6	Stretch (30-min) Hydrate & Recover	6-Mile Run EOD Card x1	Swim 6x 100m 20-Min Tread	4-Mile Hike - 35 Lbs - 1-Hr 30-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 6x 400m EOD Card x1	4-Mile Hike - 35 Lbs - 1-Hr 30-Min Goal	
WEEK 7	Stretch (30-min) Hydrate & Recover	3-Mile Interval EOD Card x1	Swim 7x 100m 20-Min Tread	5-Mile Hike - 40 Lbs - 1-Hr 30-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 7x 400m EOD Card x1	PFT – Max Effort EOD Card x1	
WEEK 8	Stretch (30-min) Hydrate & Recover	3-Mile Run EOD Card x1	Swim 800m 20-Min Tread	6-Mile Hike - 40 Lbs - 1-Hr 45-Min Goal	Stretch (30-Min) Hydrate & Recover	Sprints 7x 400m EOD Card x1	5-Mile Hike - 40 Lbs - 1-Hr 30-Min Goal	
WEEK 9	Stretch (30-min) Hydrate & Recover	6-Mile Run EOD Card x1	Swim 9x 100m 25-Min Tread	PFT – Max Effort EOD Card x1	Stretch (30-Min) Hydrate & Recover	Sprints 8x 400m EOD Card x1	6-Mile Hike - 40 Lbs - 1-Hr 45-Min Goal	
WEEK 10	Stretch (30-min) Hydrate & Recover	3-Mile Interval EOD Card x1	Swim 1,000m 30-Min Tread	7-Mile Hike - 45 Lbs - 2-Hr Goal	Stretch (30-Min) Hydrate & Recover	Sprints 10x 400m EOD Card x1	7-Mile Hike - 45 Lbs - 2-Hr Goal	

Disclaimer: This is tailored for a physically fit individual who is preparing to attend an EOD Screening and NAVSCOLEOD but is not required prior to attendance. Marines should consult with their Primary Care 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, joint/extremity issues, 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 use of any example training procedure, technique or guidance described in this guide.



THE TENETS OF MARINE EOD

You are here to perform a specific skill, on demand, under any circumstance. Facilitate the mission, protect the team, and earn your crab every day.

Invigorate your penchant for violence and a combat mindset daily, matching or surpassing those you may support. To do anything less is to fail as an EOD enabler.

No one cares what you did yesterday. Show your value today & prepare for tomorrow, the team is watching.

Seek out mastery of the basics and a willingness to evolve. Perception may be their reality however, performance is ours.

Competency is your credibility, and your reputation is testament to this. Arrogance hinders growth, humility expedites it.

Check your ego and express an aptitude to learn or to educate, regardless of who is standing in front of you.

Stay vigilant and relentless in supporting the team, remaining aggressively biased toward action and intolerant of low standards.

If you ever believe you've achieved it all or there is no skill left to master, leave your crab at the door: you're no longer relevant.

Never forget the sacrifice, hard work, dedication, and unwavering courage of the EOD marines before you and strive to one day be viewed in kind.

Initial Success or Total Failure

Are ready to step up and join the elite?

Contact us today

EOD Monitor: (703) 784-9234

