



EXERCISE “ONE LONG DAY”

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COURSE BREAKDOWN

WELCOME TO EXERCISE “ONE LONG DAY”

This exercise is inspired by, as well as ***built upon the most profound experiences I had as a British soldier.*** These experiences included Royal Marines Commando Training, United Kingdom Special Forces Selection, as well as operational experience in Afghanistan and the Indian Ocean.

Looking back at my life, these experiences seem normal to me. However, as I continue to navigate through the modern world ***it is very clear that not only are these experiences not normal, but they are rare.*** And what is sad about this is that these experiences are what have taught me the most in life...

Exercise “One Long Day” is a ***continuous twenty four hour survival experience that teaches men how to thrive in harsh and testing environments.*** The pace of the exercise is fast and the learning curve is steep. After only one hour into the first evolution each man will be soaking wet and freezing cold. He will then remain this way for the duration of the exercise, with no sleep and very few comforts. Therefore, in order to successfully complete this exercise each man will need to search deep inside himself for the will to continue. If a man does successfully complete the exercise he will receive one of three outcomes:

- **Pass** - The course standards were met and the individual will be invited to join future courses.
- **Fail** - The course standards were not met, but the individual is welcome to come back and try again.
- **Epic Fail** - The course standards were not met and the individual is not welcome back.



COURSE BREAKDOWN

COMMANDO VALUES & SPIRIT

Each individual will be judged based upon his performance throughout the twenty four hours and will be given feedback on how to improve certain areas. Each man will be assessed based on a series of values and qualities that are explained below:

The Commando Values:

- **Excellence** - The strive to do better
- **Integrity** - To ability to tell the truth
- **Self Discipline** - Resisting the easy option
- **Humility** - Being a true team player

The Commando Spirit:

- **Courage** - Getting out in front and doing what's right
- **Determination** - Never giving up
- **Unselfishness** - Your brother first, yourself last
- **Cheerfulness** - Making humor the heart of morale



WHAT IF YOU FAIL OR BECOME INJURED?

It must be stressed that due to this program being so physically and mentally taxing, some men will simply not make it through. However, don't worry as this is not necessarily the end of the line for those men.

My point is that if a man does fail to meet a standard or becomes injured, yet has shown the right character he will be invited to come back and try again. What this means is that the individual will re-roll into the next course with the opportunity to revisit the areas he failed. So, providing the individual meets the standard on his next time around he will go on to pass.

COST OF COURSE \$997 - [CLICK HERE TO BOOK YOUR PLACE](#)

COURSE BREAKDOWN

COURSE OVERVIEW

BY THE END OF THIS COURSE YOU WILL BE ABLE TO:

MAP READING & NAVIGATION

- Set compass bearings, calculate speed / distance / time, as well as find your location using only a map & compass.
- Conduct group land navigation both at day and nighttime, over arduous terrain, using only a map, compass and no line of sight.
- Conduct solo navigation over short distances and arduous terrain at night.

BASIC FIELD CRAFT

- Camouflage and conceal yourself in the wilderness using personal camouflage, as well as your natural surroundings.
- Conduct basic soldiering skills such as patrol techniques, hand signals, fire positions and laying ambushes.
- Track down targets in small teams without being seen or heard.

TECHNICAL SKILLS

- Use radios with proper radio etiquette.
- Pack your kit and equipment for field conditions, as well as maintain it in good working order.
- Administer high standards of personal hygiene in field conditions.
- Take care of your feet so that they can withstand the day after day trauma of survival conditions.
- Carry out trauma first aid.

SURVIVAL SKILLS

- Understand how to deal with cold weather conditions, as well as how to navigate hypothermia.
- Overcome sleep deprivation.
- Navigate extreme fatigue.
- Master the mindset of being able to survive in extreme conditions.
- Find the will to continue fighting onward, despite feeling like the all odds are stacked against you.

COURSE BREAKDOWN

FREQUENTLY ASKED QUESTIONS

If I become injured, do I have to pay again to come back on?

No. If you become injured or unwell either during or before the program you can come back and try again, free of cost. In fact, you have three lifelines! This means if you become sick or injured two times in a row you can come back again, free of charge. However, if you come off on your third attempt you will have to take a six month break before you can come back and try again.

How fit do I need to be?

If you can run three miles at around an eight minute mile pace and knock out a minute's worth of push-ups and sit-ups, you're good to go fitness wise. However, fitness will only get you so far on this exercise. In fact, the key ingredient for your success is grit. Grit will outweigh fitness every single time. Everything else will be down to how well you navigate discomfort.

Are there age requirements?

Yes, you must be aged between eighteen and sixty five. However, I am more concerned about your state of health, in comparison to a number. You see, we have had men above the age of sixty excel through this program, just as we have had men in their twenties perform poorly. Lastly, it is possible to participate in this program if you are aged either sixteen or seventeen. However, you must complete the program with a parent / guardian alongside you.

How do I prepare for twenty four hours of no sleep?

How do you prepare for a kick in the balls? You can't. You just suck it up and deal with the discomfort when it comes. My point, do not go depriving yourself of sleep in preparation for this program. Just focus on your basic fitness and remaining injury free.

Will I be fed during the exercise and how does transportation work?

You will be fed extremely well during the exercise. In fact, one of the biggest challenges you will face is finishing the amount of food we give you. This is for your safety and to make sure that you have enough calories to keep you going through the entirety of the exercise! As for transportation, you will be transported by the course vehicle and driver through the entirety of the exercise. You just need to arrange drop off / pick up transportation for yourself as you will not be able to safely drive on completion of this exercise.

Do I need to bring any items to the course myself?

Yes, you will be given a specific set of instructions and a kit list prior to the start of the course.

How many instructors / support staff will there be?

There will be a minimum of two instructors on all the physical evolutions, as well as support staff to help with course logistics. All of the course instructors are experienced British soldiers coming from the Royal Marines, Parachute regiment, SAS & SBS.