

# Ranger School Preparation

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## 1. Attrition

The majority of attrition in Ranger School happens during the Ranger Assessment Phase (RAP). The first three days of Ranger School are commonly referred to as RAP Week. 45% of all students who start Ranger School fail to graduate. Over half of those are dropped because they failed a RAP Week event.

RAP Week incorporates several key Must Pass Events that require a GO in order to continue your Ranger training. The RAP Week Must Pass Events are the Ranger Physical Fitness Test (RPFT), Combat Water Survival Assessment (CWSA), Day/Night Combined Land Navigation, and the 15.5 Mile Foot March. The RPFT accounts for approximately 25% of all RAP Week failures. Most of the RPFT failures occur during the Push-Up event.

The bottom line: RAP Week Attrition is a direct result of students that are **physically unprepared** to achieve the **minimum** standards. 33% of all Ranger School graduates are recycled, at least once, for failure to meet the standard - - they either lack the knowledge or basic Infantry skills that are required in Ranger School. Additional focus on the Ranger Common Tasks (Section 4) and Battle Drills prior to attendance is a must in order to complete your preparation for Ranger School.

## 2. RAP Week Preparation

### a. RPFT (Ranger Physical Fitness Test)

Standard: The RPFT is administered to the standard as depicted in FM 3-22.20. The event consists of the push-up, sit-up, FIVE-mile run, and chin-ups. Regardless of age, the student will be tested in the 17 to 21 year old age bracket, and you must score 70 points per event. This means 49 push-ups, 59 sit-ups, 5 mile run in 40 minutes or less, and 6 chin-ups (with palms facing you), as a minimum, must be achieved.

The prospective Ranger student goal should be 100 points per APFT event and 12 chin-ups prior to attending Ranger School. Units should ensure that their Ranger candidates are able to pass the RPFT well beyond the minimum standards prior to reporting to Ranger School. Slow, steady push-up repetitions executed to standard (elbows are locked, your body forms a generally straight plane, and you break the plane on the way down) will ensure you're a GO.

### b. 5-Mile Run

Standard: Five mile run in 40 minutes or less (8 minute, + or - 15 sec pace per mile)

5-Mile Run training should include stretching and a calisthenics session with sufficient intensity to produce Total Muscle Failure (TMF) in a moderately fit soldier. This warm-up drill will be conducted during RAP Week. You must train yourself to conduct a thorough warm-up and calisthenics session prior to your long training runs so you will be prepared for the cumulative effect that results from the RPFT, CWSA, and the stress of Day 1 Ranger School.

Goal: Your end goal should be to run 5 Miles at a 7:30 pace per mile (total time of 37:30).

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### c. Chin-Ups:

The chin-up event is conducted immediately following the 5-Mile Run of the RPFT. You must complete a minimum of 6 chin-ups to pass. The start position is achieved by mounting the bar and coming to a motionless hang with palms facing towards your body and arms fully extended overhead. On the command "GO" you will begin by pulling your body up to a motionless pause with your chin over the top of the bar then lower the body down to the start position -- this is one repetition. Remember that you will not be allowed to swing or otherwise use your legs to assist your movement.

Begin your training by assessing your current ability.

### d. CWSA (Combat Water Survival Assessment)

Standard: The CWSA consists of three stations:

1. The Log Walk Rope Drop is the first obstacle that must be negotiated. This consist of climbing a 35' tower, followed by walking 70' across a log, negotiate three steps in the center of the log climb out on a rope, commando crawl along the rope, over the water, then drop the 35' into the water. This is done wearing ACU's, boots and a Personnel Flootation Device (PFD)
2. The Ranger Candidate will then swim out of the pond and move to the Suspension traverse (Slide for Life) where he will climb a 75' tower, slide 150 meters down a cable and release into the water when instructed. This is also done wearing a PFD.
3. The final assessment is the Removal of Equipment and 15 Meter Swim.

Equipment Removal: starting at the side of the pond the candidate will enter the water and immediately submerge, discard rifle and remove LCE then begin the 15 meter swim. The 15 Meter Swim out of the pond is conducted wearing ACUs and boots. (NO PFD) Any swim stroke is authorized except the back stroke.

**NOTE: All swim events must be accomplished without showing fear.**

### e. Land Navigation

Standard: Combined (Night into Day) land navigation test: Must find 4 of 5 points in four hours during examination in the Ranger course. Uniform is ACUs, Boots, Patrol Cap, with camelback and a 10 pound JSTARs (GPS) tracking system.

The key to passing the Land Navigation test is practice. Your training must be realistic. You must conduct your training in the same uniform during practice sessions as you will be tested in Ranger School. The Ranger School land navigation test is a combined Night (one hour) into day test approximately 10 kilometers in length. The start time will be adjusted to ensure the Ranger Student has 1-1 1/2 hrs of limited visibility (night) and 2 1/2 hrs of daylight. The test starts with the night portion first. Therefore, you must train until you can successfully locate at least 2 points during 1 1/2 hrs of limited visibility or you will not make 4 out of 5 points in 4 hours. Most of the Land Navigation failures do not make the time standard. The only way to get faster is to practice.

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Route planning is a skill commonly overlooked by Ranger School's land navigation failures. Keep it simple by using checkpoints (road intersections, streams, prominent terrain, etc) along your route to keep you on track. Another good technique is to pick a backstop to let you know you have gone too far on a given leg of your route. Examples are improved roads, railroad tracks, trails, creeks, and prominent terrain. Picking the furthest point away from your start point during hours of darkness may not be your best bet. Unless you are experienced with land navigation, you should attempt to locate the closest points first. Remember, keep it simple.

### f. 12 Mile Foot March

**Action:** Conduct a 12 mile Foot March, mass start release. **Conditions:** Given a Ranger Company in ACU's, boots, FLC, individual weapon, patrol cap, and rucksack containing the appropriate seasonal packing list weighing approximately 35 lbs (without water), on a 12 mile measured course. **Standards:** Each Ranger must complete the established distance of the foot march at no slower than a 15-minute per mile pace. Students must complete the foot march with the appropriate packing list.

Historically, there are only a few foot march event failures during RAP Week (varies from 1 to 14 per class). Nevertheless, training for the foot march will set you up for success for the other 8 weeks of Ranger School. Once RAP Week has ended, you will continuously walk with a rucksack over varying terrain while patrolling and conducting technique training in each phase. Soldiers who train for the foot march have fewer injuries and infections from blisters than those soldiers who failed to incorporate foot marching into their preparation program. Focus on toughening your feet as well as strengthening your back (use back specific weight machines and free weight exercises) and abdominal muscles to mitigate injuries and increase your potential for success. Remember to train for the maximum pace standard – not the minimum. This approach will aid you in dealing with the cumulative effect of all the RAP Week events as well as varying weather conditions (i.e. hot/cold).

#### **\*Cumulative Effect:**

The physical RAP Week events, when taken individually, are not very difficult. However, RAP Week's cumulative effect will make each task a serious challenge for any Ranger. You must train to the maximum standard on all events to mitigate the cumulative effect produced by these events over a one week period. Lack of sleep, food deprivation, heat and/or cold weather, and the overall stress induced in Ranger School will add to this cumulative effect. You must get yourself ready now.

#### **\*Heat Acclimatization:**

Heat Acclimatization is defined as improved tolerance to exercise in heat. Acclimatization does not reduce, and may actually increase, water requirements. The acclimated soldier displays increased sweating to enhance the evaporative cooling capacity of the body. The primary benefit of heat acclimatization is increased work output with reduced cardiovascular, thermal, and metabolic strain on your body. Bottom line: the acclimated soldier can perform at a higher level with decreased risk of personal injury in the heat.

Recent medical studies state that total heat acclimatization requires up to 14 days. Although individuals adapt at a varying rate, significant benefits can be gained in as little as 5-7 days. Therefore we recommend that prospective Ranger students plan to arrive in the Fort Benning area one week prior to their Ranger Class start date. This recommendation is even more critical to those soldiers assigned to moderate or cold climate duty stations.

### 4. Ranger Stakes

Knowledge of the 26 Ranger Common Tasks will directly affect the Patrolling grades and Peer Evaluation of each Ranger Student. Ranger candidates need a base knowledge of these tasks in order to be an asset to your squad and platoon while patrolling. Do not become a liability to your squad or platoon because you could not perform one of these common tasks.

#### Ranger Common Tasks:

1. Maintain a M240B MG
2. Load, Fire, Reduce Stoppage, unload, and clear a M240B MG
3. Maintain a M249 MG
4. Load, Fire, Reduce Stoppage, unload, and clear a M249 MG
5. Prepare a Range Card, M240B MG
6. Employ a M18A1 Claymore Mine
7. Place into Operation and Troubleshoot AN/PRC-119/119A Radio
8. Send Radio Message (Operate SINCGARS Single-Channel)
9. Use Night Vision Device AN/PVS 14's
10. Call For and Adjust Fire
11. Camouflage yourself and your Individual Equipment
12. Navigate from One Point on the Ground to Another Point While Dismounted
13. Determine Grid Coordinates of a Point on a Military Map
14. Determine a Magnetic Azimuth Using a Lensatic Compass
15. Determine the Elevation of a Point on the Ground Using a Map
16. Determine a Location on the Ground by Terrain Association
17. Measure Distance on a Map
18. Convert Azimuths
19. Determine Azimuth Using a Protractor
20. Orient a Map Using a Lensatic Compass
21. Orient a Map to the Ground by Map-Terrain Association
22. Locate an Unknown Point on a Map and on the Ground by Intersection
23. Locate an Unknown Point on the Map and on the Ground by Resection
24. Prepare an M136 Launcher For Firing
25. Navigate Using the Defense Advanced Global Positioning System (GPS) Receiver (DAGR)
26. Operate Multi-Band Inter/Intra Team Radio (MBITR)

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### Ranger School Preparation Program

This program was designed to build a solid base of fitness prior to attending Ranger School. Any Soldier can start the 90, 60, or 30 day program prior to their class date and arrive at Ranger School and perform well above the standard. We recommend the 90 day program as it will build a better base of fitness prior to attending the course.

Information was used from a variety of sources to build the program: Mark Twight ([www.gymjones.com](http://www.gymjones.com)), Rob Shaul ([www.mountainathlete.com](http://www.mountainathlete.com)), [www.crossfit.com](http://www.crossfit.com), and API ([www.athleticperformanceinc.biz](http://www.athleticperformanceinc.biz)). The baseline methodology behind the structure is from Mark Twight's three month foundation program. While the structure is not exactly the same, the idea and methodology are generally the same. Almost all information and workouts were extracted from the aforementioned programs.

The specific goals of this program are for any Soldier to endure and excel in all Ranger course requirements: Ranger Physical Fitness Test, Combat Water Survival Assessment, obstacle courses, numerous runs, foot marching, and patrolling.

Below are some suggested readings and explanations of specific exercises. As you embark on your journey, remember that Ranger School is not for the weak or faint hearted. Train your mind with your body and come prepared to give 100% of yourself every day.

"Relish the challenge of overcoming difficulties that would crush ordinary men...learn to suffer".  
-Mark Twight

### Recommended Readings

- Fixing Your Feet: Prevention & Treatments for Athletes by John Vonhof
- FM 21-25, Map Reading
- Using Map and Compass by Don Geary. Stackpole Books, September 1995
- The Mission, the men, and me by Pete Blaber. The Berkley Publishing Group, December 2008

### Exercise Descriptions

\*If further understanding is needed, most exercise demonstrations can be found at <http://www.crossfit.com/cf-info/faq.html> or [http://www.mountainathlete.com/page.php?page\\_ID=14](http://www.mountainathlete.com/page.php?page_ID=14)

\*\*Any exercise listed below, or exercises common to all, must be performed with correct form and full range of motion. Any effort otherwise is selling yourself short, not giving 100%, and not the Ranger standard.

**1RM** – One rep max. This is the most amount of weight you can move *correctly* through the prescribed motion for one repetition. Typically when finding your 1RM, you will progressively

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add weight until you achieve max effort. A typical progression to your 1RM looks like 5 reps, 4 reps, 3, reps, 2 reps, 1 rep, 1 rep, 1 rep adding weight with each set.

**DL** – Deadlift.

**SDHP** – Sumo Deadlift High-pull. With a wide stance grasp a barbell with a close grip and take the bar from mid shin to under your chin--"shin to chin."

**Wall Ball** – Stand with your feet shoulder width apart facing a wall. Hold a 20 pound ball under your chin, squat to parallel and explode up to the standing position. As you reach the standing position push/throw the ball up to a 10' target. Catch the ball and repeat.

**85% 3r, 90% 2r, 95% 1r** – These are percentages of your 1RM. Based on your 1RM you will perform 3 reps at 85% of your 1RM, 2 reps at 90% of your 1RM, and 1 rep at 95% of your 1RM. Example:

If your 1RM for bench press is 225 lbs. your "85% 3r, 90% 2r, 95% 1r" would look like this:

3 x 190 lbs.

2 x 205 lbs.

1 x 215 lbs.

**Tabata** (any movement) - For twenty seconds do as many reps of the assigned exercise as you can - then rest 10 seconds. Repeat this seven more times for a total of 8 intervals, 4 minutes total exercise. The score is the least number of reps for any of the eight intervals.

**Ball Slam** – Stand with your feet slightly wider than shoulder width and hold a 20 pound ball overhead. Throw the ball as hard as you can to the floor in front of you, pick up the ball and repeat.

**Thruster** – Hold a barbell in the rack position (on the top of your shoulders) with your hands approximately shoulder width apart. Squat to parallel and explode up to the standing position. As you reach the standing position the bar should continue traveling to overhead. Lower the bar back to the rack position and repeat.

**Depth Jump** – Stand on a platform approx 18" high. Jump off the platform and when your feet hit the ground drop into a full squat, then jump out of the squat as high as you can.

**Broad Jump** – Start with your feet shoulder width apart. Drop into a quarter to half squat and jump forward off of both feet as far as you can. Another term for this exercise is a standing broad jump.

**Get up** – Holding the prescribed weight in one hand at shoulder level, lay flat on the ground. Then, stand, or "get up" to your feet. Lay back down on your back (weight at shoulder level the entire time) and repeat.

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**Floor Wiper** – Using a barbell loaded with the prescribed weight, lie on your back and press the weight up as if you were bench pressing it. Keep your arms locked out, and lift your legs up together and touch the left plate. Lower your legs down to the floor then lift them back up to the right plate. Repeat.

**Curtis P** – At Prescribed Weight

1. Hang Squat Clean (HSC)
2. Lunge Forward Right leg
3. Lunge Forward Left leg
4. Push Press

**GHD Sit-ups** – Glute-hamstring Developer Sit-ups. On a GHD machine, lower yourself backwards as far as you can. Try to touch the floor, engage your abs and lift your arms to generate the power to lift yourself into the GHD sit-up.

**KB figure 8** – Kettlebell figure 8. Hold a kettlebell at the prescribed weight in one hand. Pass the KB from hand to hand in between your legs in a figure 8 pattern.

**HSPU** – Hand Stand Push-ups. Use a wall or partner to assist in maintaining balance.

**Medicine ball toss and run** – With a 20 pound medicine ball, throw the ball as far as you can, chase after it and repeat.

**Warm-ups** – Conducting a warm-up is essential to injury prevention. In the program you will see one of the three warm ups listed prior to a workout. Perform the warm-up, stretch, and then conduct the workout.

<b>Warm-up 1</b> 3 Rounds 5 x Push-ups 10 x Sit-ups 15 x Squats	<b>Warm-up 2</b> 4 Rounds Run 400m 10 x Burpees	<b>Warm-up 3</b> 3 Rounds 6 x DL @ 95 lbs. 6 x Hang Clean @ 95 lbs. 6 x Front Squats @ 95 lbs. 6 x Push Press @ 95 lbs. 6 x Push-ups
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### Nutrition

As you progress through this program you need to fuel your body. There are many websites devoted to athletic nutrition. We recommend you spend some time to research nutrition and its effects on the body for both output and recovery.

Additionally, there is a common misconception that students should arrive at Ranger school a little “fat” because they will lose a lot of weight. Here’s the bottom line, Ranger students lose weight – whether you come fat or in shape, you are going to lose weight. We recommend you save the fat gain for after graduation and come lean, fit, and ready to move your body weight

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through a myriad of obstacles. Would you rather move an extra 15 pounds of fat through time and space and possibly fail to meet a time standard, or would you rather come at your appropriate body weight and crush the course? You decide.

The following workout plans are designed to get you in shape for Ranger School. Use the 30 day plan if you only have 30 days to train, the 60 day plan if you have 60 days, and the 90 day plan if you have more than 90 days before you report to Ranger School.

### 30 Day Ranger School Preparation Program Month 1 – Endurance / Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Endurance >90	3 Progression	4 Interval	5 Endurance <90	6 Recovery	7 Rest
RPFT 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Ruck 8 miles – 2 hrs or less  35 lbs. Ruck	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Sprints: 4x 100m, rest 30 sec between sets  4x 200m, rest 1:00 min between sets  4x 400m, rest 1 min 30 sec between sets	Run 5 miles – 40 min or less / Uniform: ACUs, Boots, Camelbak	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	
8 Circuit & Endurance <90	9 Endurance >90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
RPFT 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Ruck 10 miles – 2 hrs 45 min or less  45 lbs. Ruck	Sprints: 6x 200m, rest 30 sec between sets  6x 400m, rest 1:00 min between sets  6x 100m, rest during walk back to start	1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight)  2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball)  3) 50x GHD Sit ups	Run 6 miles – 48 min or less	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	
15 Circuit & Endurance <90	16 Endurance >90	17 Progression	18 Interval	19 Endurance <90	20 Recovery	21 Rest
Non-standard RPFT 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	Ruck 12 miles – 3 hrs 15 min or less  55 lbs. Ruck	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Sprints: 4x 100m, rest 30 sec between sets  4x 200m, rest 1:00 min between sets  4x 400m, rest 1 min 30 sec between sets	Run 5 miles – 40 min or less / Uniform: ACUs, Boots, Camelbak	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	
22 Circuit & Endurance <90	23 Recovery	24 Interval	25 Recovery	26 Endurance <90	27 Recovery	28 Rest
Non-standard RPFT 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	Sprints: 6x 200m, rest 30 sec between sets  6x 400m, rest 1:00 min between sets  6x 100m, rest during walk back to start	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

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### 60 Day Ranger School Preparation Program Month 1 – Foundation / Endurance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Strength	3 Power-Endurance	4 Progression	5 Endurance <90	6 Recovery	7 Rest
RPFT 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	Determine 1RM (1 rep max) in each of the following movements:  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	With a 45 lbs. bar: 5 x Lunge + 5 x Push-press for 400m  While holding a 45 lbs. bar, 2 x 25 lbs. DB, or similar load, do 5 x lunges followed by 5 x push-press, continue doing this until you have traveled 400m	For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	Run 5 miles – 40 min or less  Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Interval	9 Endurance <90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
Row 6 x 500m / 3 min active rest between sets.  Attempt to keep all intervals equal to or faster than the first one.	Run 4 miles – 28 min or less	Swim 10 x 50 meters  Alternate between freestyle and side stroke every lap	1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight)  2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball)  3) 50x GHD Sit ups	Ruck 8 miles – 2 hrs or less  35 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Power-Endurance	18 Interval	19 Endurance <90	20 Recovery	21 Rest
RPFT 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	5 x sets of the following movements (30 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	One min rest between movements, score is the sum of all reps 1. Tabata Squats (rest in bottom hold, thighs parallel to floor) 2. Tabata Push-ups (rest locked out at top, aka Forward leaning rest) 3. Tabata Ball Slam @ 20 lbs. ball (rest with ball overhead, both arms locked out) 4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor) 5. Tabata KB Swing @ 53 lbs. (rest without setting KB down or supporting it on your body)	Sprint 10 x 100m  Run 100m as fast as possible then walk back to start point	Run 5 miles – 40 min or less  Then... 3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Strength	24 Progression & Endurance <90	25 Progression	26 Endurance >90	27 Recovery	28 Rest
For time: 100x Push-ups 50x Pull-ups 100x Sit-ups 50x Pull-ups  Then... Run 7 miles – 60 min or less	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	100x Thruster @ 45 lbs. Bar 100x Wall Ball @ 20 lbs. Ball 100x Ball Slam @ 20 lbs. Ball  Then...  Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	30x Push-up Swim 25m 30x Sit-up Swim 50m 40x Push-up Swim 75m 40x Sit-up Swim 100m 50x Push-up Swim 125m 50x Sit-up Swim 150m	Ruck 10 miles – 2 hrs 30 min or less  40 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

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### 60 Day Ranger School Preparation Program Month 2 – Endurance / Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Power	3 Endurance >90	4 Recovery	5 Strength & Endurance <90	6 Recovery	7 Rest
Non-standard RPFT 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	Ruck 12 miles – 3 hrs or less  45 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift  Then...  Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Circuit & Endurance <90	9 Power	10 Endurance >90	11 Recovery	12 Progression & Endurance <90	13 Recovery	14 Rest
Max effort: 2:00 min push-ups, rest 1 min 1:30 min push-ups, rest 45 sec 1:00 min push-ups, rest 30 sec 0:30 sec push-ups, rest 1 min 2:00 min sit-ups, rest 1 min 1:30 min sit-ups, rest 45 sec 1:00 min sit-ups, rest 30 sec 0:30 sec sit-ups, rest 1 min  Then...  Run 4 miles – 28 min or less	5 rounds 3x weighted pull up @ 90-95% 1RM 3-6x Clapping pull-up (5 min rest between sets)	Ruck 14 miles – 4 hrs or less  50 lbs. Ruck	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	Row 500m 50x Box Jump @ 24" 50x Push up 50x Sit up 50x Jumping Pull up 50x Back Extension 50x Ring Dip 20x Get up @ 26 lbs. KB  Then...  Run 2 miles – 14 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Rest	18 Progression	19 Endurance >90	20 Recovery	21 Rest
Non-standard RPFT 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift		30x HSPU 40x Pull-up 50x KB Swing @ 53 lbs. 60x sit up 70x Burpees	Ruck 10 miles – 2 hrs 45 min or less  55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Recovery	24 Interval	25 Recovery	26 Endurance <90	27 Recovery	28 Rest
As many rounds in 20 min 5x Pull ups 10x Push ups 15x Squats  Then...  Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	Sprint: 4x 100m, rest 30 sec between sets  4x 200m, rest 1:00 min between sets  4x 400m, rest 1 min 30 sec between sets	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	Run 3 miles – 22 min or less  Then...  3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

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### 90 Day Ranger School Preparation Program Month 1 – Foundation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Strength	3 Power-Endurance	4 Progression	5 Endurance <90	6 Recovery	7 Rest
RPFT (Warm-up 1) 2:00 min push-ups (49 minimum) Rest 10 min 2:00 min sit-ups (59 minimum) Rest 10 min Then... Run 5 miles – 40 min or less Rest 10 min Then... Pull-ups (6 minimum)	(Warm-up 3) Determine 1RM (1 rep max) in each of the following movements:  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	(Warm-up 2) With a 45 lbs. bar: 5 x Lunge + 5 x Push-press for 400m  While holding a 45 lbs. bar, 2 x 25 lbs. DB, or similar load, do 5 x lunges followed by 5 x push-press, continue doing this until you have traveled 400m	(Warm-up 1) For Time: 10x Pull up 20x KB Swing @ 53 lbs. 30x Box Jump @ 24" 40x Push up 50x Sit up 60x Burpees 10x Pull ups	(Warm-up 1) Run 5 miles – 40 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Interval	9 Endurance <90	10 Interval	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
(Warm-up 2) Row 6 x 500m / 3 min active rest between sets.  Attempt to keep all intervals equal to or faster than the first one.	(Warm-up 1) Run 4 miles – 28 min or less  Then...  3 x 15' Rope Accents	(Warm-up 1) Swim 10 x 50 meters  Alternate between freestyle and side stroke every lap	(Warm-up 3) 1) 4 rounds 6x DL (at body weight) 6x Bench Press (at body weight)  2) 21-18-15-12-9-6-3 SDHP (45 lbs. bar) Wall Ball (20 lbs. ball)  3) 50x GHD Sit ups	(Warm-up 1) Ruck 8 miles – 2 hrs or less  35 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Power-Endurance	18 Interval	19 Endurance <90	20 Recovery	21 Rest
(Warm-up 1) 5 Rounds Row 500m Max reps bench press @ 135 lbs.  Then...  Run 6 miles – 50 min or less	(Warm-up 3) 5 x sets of the following movements (30 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Weighted Pull-up Front Squat Back Squat Deadlift	One min rest between movements, score is the sum of all reps (Warm-up 1) 1. Tabata Squats (rest in bottom hold, thighs parallel to floor) 2. Tabata Push-ups (rest locked out at top, aka Forward leaning rest) 3. Tabata Ball Slam @ 20 lbs. ball (rest with ball overhead, both arms locked out) 4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor) 5. Tabata KB Swing @ 53 lbs. (rest without setting KB down or supporting it on your body)	(Warm-up 2) Sprint 10 x 100m  Run 100m as fast as possible then walk back to start point	(Warm-up 1) Run 5 miles – 40 min or less  Then...  3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Strength	24 Progression & Endurance <90	25 Progression	26 Endurance >90	27 Recovery	28 Rest
(Warm-up 3) 30 reps for time: Clean and Jerk @ 135 lbs.  Then...  Run 7 miles – 60 min or less	(Warm-up 3) 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r  Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift	(Warm-up 1) 100x Thruster @ 45 lbs. Bar 100x Wall Ball @ 20 lbs. Ball 100x Ball Slam @ 20 lbs. Ball  Then...  Run 3 miles – 22 min or less	30x Push-up (Warm-up 1) Swim 25m 30x Sit-up Swim 50m 40x Push-up Swim 75m 40x Sit-up Swim 100m 50x Push-up Swim 125m 50x Sit-up Swim 150m	(Warm-up 1) Ruck 10 miles – 2 hrs 30 min or less  40 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

## Ranger School Preparation

### 90 Day Ranger School Preparation Program Month 2 – Endurance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Power	3 Endurance >90	4 Recovery	5 Strength & Endurance <90	6 Recovery	7 Rest
(Warm-up 1) Non-standard RPFT 2:00 min push-ups (59 minimum) Rest 8 min 2:00 min sit-ups (69 minimum) Rest 8 min Then... Run 5 miles – 40 min or less Rest 8 min Then... Pull-ups (8 minimum)	(Warm-up 3) 5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	(Warm-up 1) Ruck 12 miles – 3 hrs or less  45 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift  Then...  Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Circuit & Endurance <90	9 Power	10 Endurance >90	11 Recovery	12 Progression & Endurance <90	13 Recovery	14 Rest
Max effort: (Warm-up 1) 2:00 min push-ups, rest 1 min 1:30 min push-ups, rest 45 sec 1:00 min push-ups, rest 30 sec 0:30 sec push-ups, rest 1 min 2:00 min sit-ups, rest 1 min 1:30 min sit-ups, rest 45 sec 1:00 min sit-ups, rest 30 sec 0:30 sec sit-ups, rest 1 min  Then...  Run 4 miles – 28 min or less	(Warm-up 3) 5 rounds 3x weighted pull up @ 90-95% 1RM 3-6x Clapping pull-up (5 min rest between sets)	(Warm-up 1) Ruck 14 miles – 4 hrs or less  50 lbs. Ruck	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	(Warm-up 1) Row 500m 50x Box Jump @ 24" 50x Push up 50x Sit up 50x Jumping Pull up 50x Back Extension 50x Ring Dip 20x Get up @ 26 lbs. KB  Then...  Run 2 miles – 14 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Power	17 Endurance >90	18 Recovery	19 Endurance<90	20 Recovery	21 Rest
(Warm-up 3) 5 Rounds 10 x bench press @ body weight 20 x weighted sit-ups @ 25% body weight 10 x towel pull-ups  Then...  Run 3 miles – 22 min or less	(Warm-up 3) 3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r  Clean Push Press Jerk Clean & Jerk	(Warm-up 1) Ruck 16 miles – 4 hrs 40 min or less  55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	(Warm-up 1) Run 5 miles – 40 min or less  Then...  3 x 15' Rope Accents	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit & Endurance <90	23 Power	24 Endurance >90	25 Recovery	26 Strength & Endurance <90	27 Recovery	28 Rest
(Warm-up 1) As many rounds as possible in 20 min of: 5x Pull ups 10x Push ups 15x Sit-ups  Then...  Run 6 miles – 50 min or less	(Warm-up 2) 8 Rounds: Row 500m – less then 1:30 min Run 400m – less then 1:30 min	(Warm-up 1) Ruck 15 miles – 4 hrs 30 min or less  55 lbs. Ruck	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up  Then...  Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	

## Ranger School Preparation

### 90 Day Ranger School Preparation Program      Month 3 – Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Circuit & Endurance <90	2 Power	3 Endurance >90	4 Recovery	5 Progression & Endurance <90	6 Recovery	7 Rest
(Warm-up 1) Non-standard RPFT 2:00 min push-ups (69 minimum) Rest 5 min 2:00 min sit-ups (79 minimum) Rest 5 min Then... Run 5 miles – 40 min or less Rest 5 min Then... Pull-ups (12 minimum)	(Warm-up 3) 5 rounds 3x DL @ 90-95% 1RM 6x Depth Jump & Broad Jump combo (5 min rest between sets)	(Warm-up 1) Ruck 14 miles – 4 hrs 15 min or less  55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	(Warm-up 1) 25x Pull up 50x DL @ 135 lbs. 50x Push up 50x Box Jump @ 24" Box 50x Floor Wiper @ 135 lbs. (one-count) 50x KB Clean and Press @ 35 lbs. (KB must touch floor between reps) 25x Pull up  Then... Run 3 miles – 22 min or less / Uniform: ACUs, Boots, Camelbak	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
8 Circuit & Endurance <90	9 Strength	10 Recovery	11 Accumulation	12 Endurance >90	13 Recovery	14 Rest
(Warm-up 1) Each min, on the min for 30 min 5x Pull ups 10x Push ups 15x Squats  Then...  Run 4 miles – 28 min or less	(Warm-up 3) 5 rounds 3x DL 3x Bench Press  Then...  15-10-5 Curtis P's @ 95 lbs. GHD Sit ups Ring Dips Back Extensions Pull ups	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	3 Rounds (12 min total) @ 53 lbs. KB KB Round the World (around the waist) KB figure 8 KB Snatch KB Step Up @ 10" box One minute of each (Warm-up 3) Then...  4 Rounds 10x DL @ 105 lbs. (or more) 30 sec Dead Hang from pull up bar or rings	(Warm-up 1) Ruck 12 miles – 3 hrs 15 min or less  55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
15 Circuit & Endurance <90	16 Strength	17 Rest	18 Progression	19 Endurance>90	20 Recovery	21 Rest
(Warm-up 1) As many rounds in 20 min 5x Pull ups 10x Push ups 15x Squats  Then...  Run 3 miles – 22 min or less	3 x sets of the following movements (18 total reps) @: 85% 3r, 90% 2r, 95% 1r (Warm-up 3) Shoulder Press Bench Press Weighted Pull-up Front Squat Back Squat Deadlift		(Warm-up 1) 30x HSPU 40x Pull-up 50x KB Swing @ 53 lbs. 60x sit up 70x Burpees	(Warm-up 1) Ruck 10 miles – 2 hrs 45 min or less  55 lbs. Ruck	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	
22 Circuit	23 Recovery	24 Interval	25 Recovery	26 Endurance <90	27 Recovery	28 Rest
20-15-10-5 Bench Press Dips Pull ups Box Jumps (Warm –up 1) Then...  10 rounds 5x Medicine Ball Toss and Run 10x Push ups 15x Swings	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	(Warm-up 2) Sprint: 4x 100m, rest 30 sec between sets  4x 200m, rest 1:00 min between sets  4x 400m, rest 1 min 30 sec between sets	<u>Swim</u> for 30-60 minutes at very low heart rate (-65% @ MHR).  Swim half of the time side stroke, and the other half freestyle	(Warm-up 1) Run 3 miles – 22 min or less	Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). 1. Cycle 2. Elliptical 3. Hike 4. Row 5. Stair Master 6. Swim	