



# Ranger - Athlete – Warrior

## *Further, Faster, Harder*





# RAW Origins and Development



## RCO Guidance 2005

**Control Injuries**

**Improve Performance**

**One Program**

2006 RAW 1.0

Initial Fielding

Lessons Learned

**Feasibility**

**Acceptability**

**Suitability**

**Can it be done?**

- Time
- Space
- Equipment
- Train-the-trainer

**Will it be embraced?**

- Cultural factors

**Will it meet the intent?**

- Fewer injuries
- Better performance

**2007 RAW 2.0**

**2008 RAW 3.0**



# The Physical Requirement *Rangers Must...*



*Sprint*  
*Get Down*  
*Crawl*  
*Get Up*  
*Lift*



*Carry*  
*Climb*  
*Fight*  
*Endure...*





# Infantry Task/Physical Component Matrix



Task	Strength	Muscular Endurance	Aerobic Endurance	Anaerobic Endurance	Flexibility	Motor Efficiency
Footmarch	X	XXX	XXX	X	x	X
Climbing	XXX	XX	X	XXX	XX	XXX
Sprints to Cover	XX	X	X	XX	XX	XXX
Crawl	XX	XXX	X	XXX	XX	XXX
Carrying	XXX	XX	X	XX	X	XX
Run	x	XX	XXX	X	X	X

**Total**

**12**

**13**

**10**

**12**

**9**

**13**

**X = Low Demand**

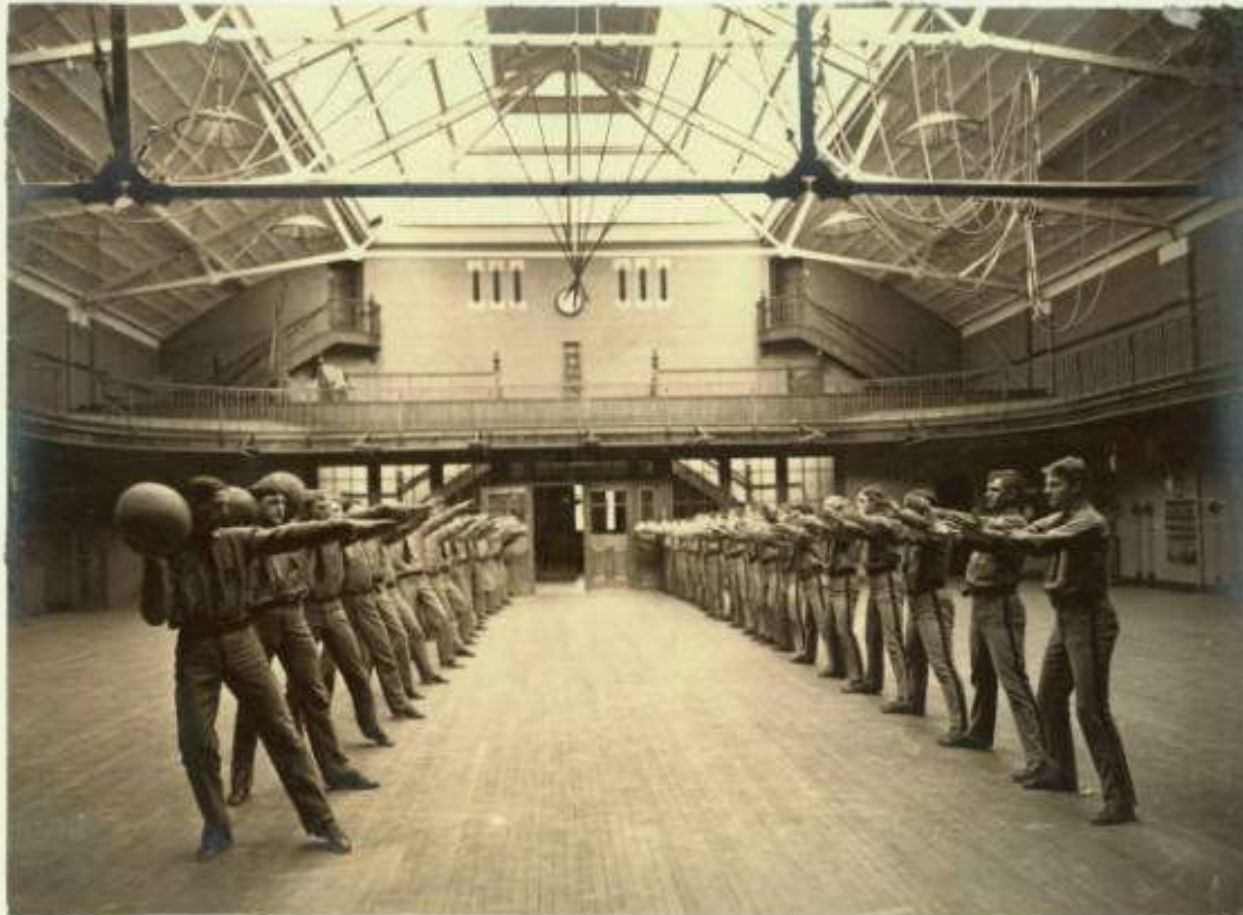
**XX = Moderate Demand**

**XXX = High Demand**



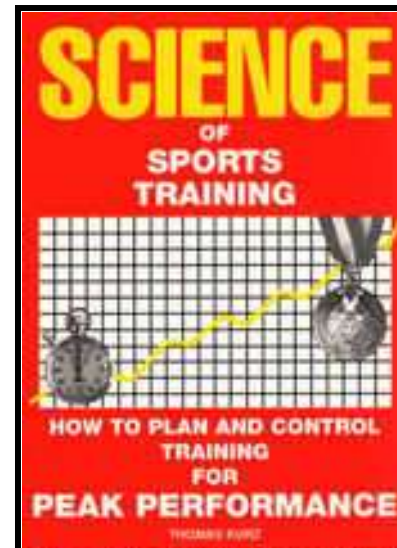
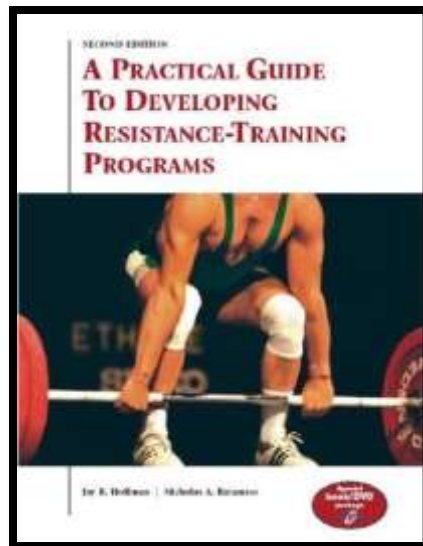
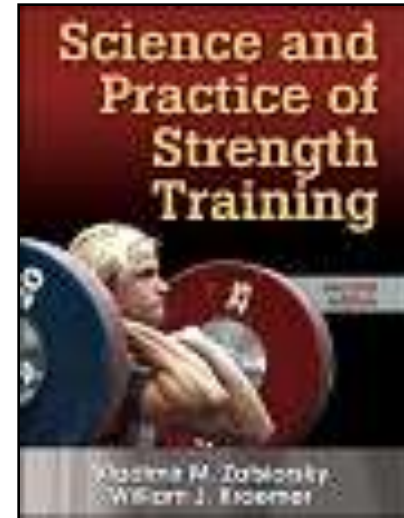
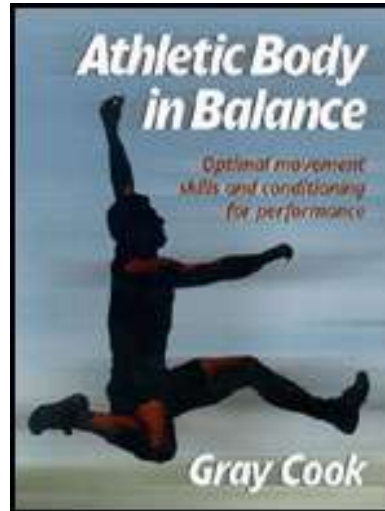
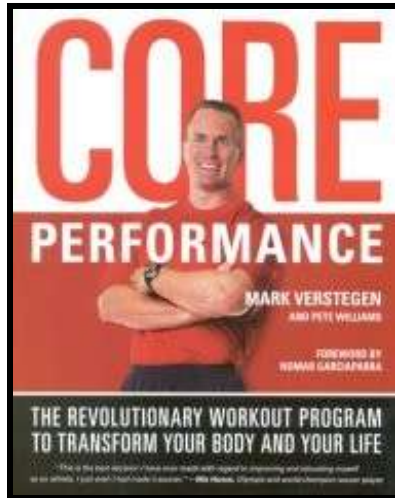


# Historical Review





# Consultants





# Consultants

## *Other SOF Elements*







# Consultants

## *Olympic Training Center*

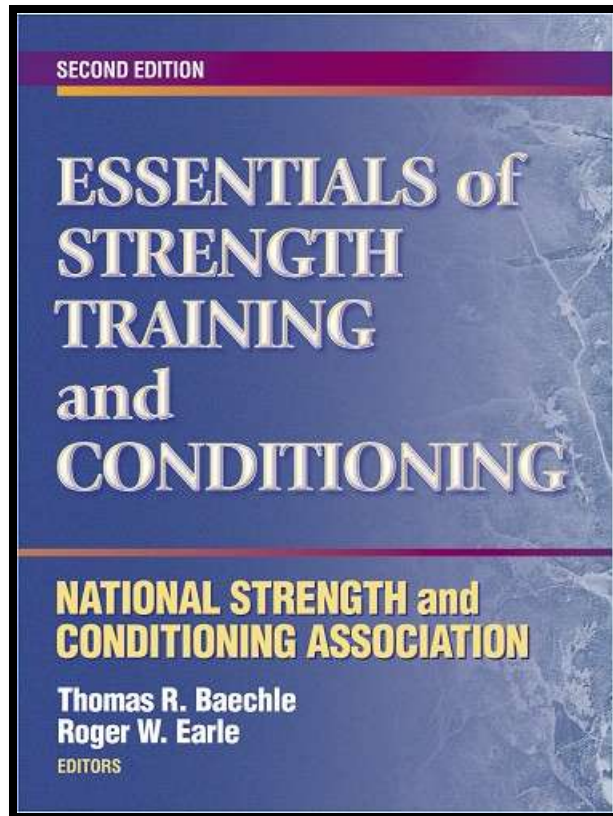






# Consultants

## *National Strength and Conditioning Association*





# Consultants

## *US Military Academy*





# Consultants

## *Pro Performance*





# Consultants

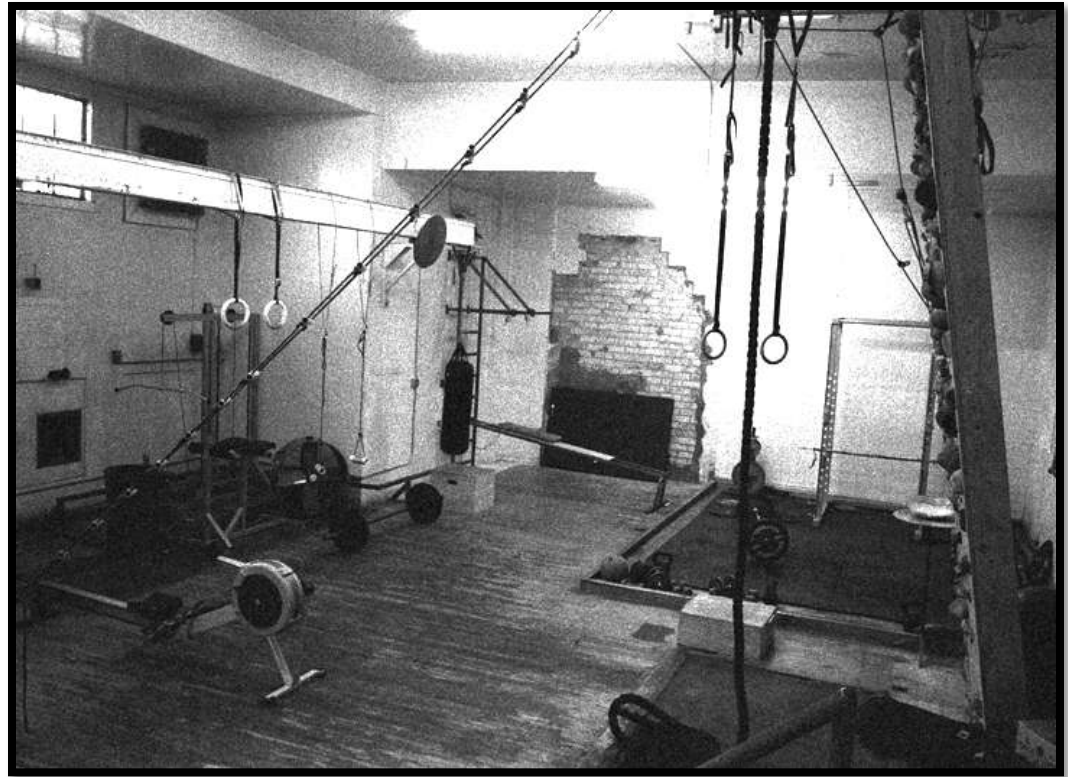
## *Athletes' Performance Institute*







# Consultants *Gym Jones*





# RAW Purpose



*The purpose of RAW is to provide education and training that optimize the physical/mental development and **sustainment** of the Regiment's most lethal weapon - the individual Ranger.*



# RAW End State Objectives



- Achieve a level of physical fitness that is commensurate with the physical requirements of Ranger missions.
- Understand and choose sound nutritional practices.
- Employ mental toughness skills to enhance personal and professional development.
- Receive screening/education for injury prevention and prompt, effective, and thorough treatment/rehabilitation of injuries when they do occur.



# Components of RAW



- Functional Fitness

- Strength
- Endurance
- Movement skill



- Performance Nutrition

- Nutrient needs
- Body composition
- Supplements

- Sports Medicine

- Prevention/early intervention
- Finishing rehab
- Multi-disciplinary team

- Mental Toughness

- Ideal Performance State
- Fatigue counter-measures
- Endurance events





# RAW Philosophy



- You don't know exactly what the physical requirement will be on your next mission... assume it will be extremely demanding.



- Ranger missions require strength, endurance, and movement skills. Excelling in only one or two leaves you vulnerable to poor performance and/or injuries.



# RAW Philosophy



- As an individual, a team, a squad, or a platoon, you are only as strong as your weakest link. Don't have a weak link.





# RAW Philosophy



- Form matters. Master the exercise techniques and demand proper execution from the men.
- Don't crush yourself everyday. Respect the need for recovery. Leaders must be attuned to their men and modify the training stress appropriately.





# Current RAW Activities



- Fully train SMEs
- RAW RCI to validate training of SMEs
- Fully incorporate assessments
  - Analyze data and train accordingly
- Optimize gyms and equipment
- Research to validate training methodology
  - Adjust fire as needed
  - Ex: API reports relative power deficit in our SMEs





# Training



- Train-the-Trainer
  - Classes with Human Performance Optimization Coach (HPOC) (e.g. lifting fundamentals, agility, speed, programming, etc.)
- Continue bringing in civilian SMEs as needed for technical skills
  - Kettlebells, combatives, swimming, etc.
  - Will compile list of recommended trainers



# RAW RCI



- Training
  - RAW classes by HPOC on LRC
  - Training of section by HPOC is scheduled and documented
  - Execution of PT Drills
  - Classes (Nutrition/Supplement and Fatigue-Countermeasures)
  - Assessments



# RAW RCI



- Assessments
  - Spreadsheet used to document assessments
  - PT assessments conducted IAW RAW v.4.0 guidance
  - RPAT conducted once a year
  - Body composition within 2 months of assignment to section
    - Coordinate with PLT Medics
  - Functional Movement Screen within 2 months of assignment to section
    - Coordinate with PLT Medics



# RAW RCI



- Individual Performance Packets
  - Packets synched with A-roster for each section
  - Assessments documented using RAW Data Sheet
  - Injury history documented using RAW Injury Sheet
    - coordinate with PLT Medics





# Lessons Learned



- There are many ways to succeed...and several ways to fail.
  - RAW should be an adaptable guide not a rigid program
  - Eliminate the worst practices
    - Over-emphasis on distance running
    - Working the beach muscles v. functional lifting
- Competition/assessments are essential.
- If RGRs understand the “Why” they will take care of the “How”





# RAW Formula for Success

## *Putting it all together*



- Confident, goal-oriented,  
focused, energized approach
- + Balanced Nutrition and Meal Timing
  - + Adequate Hydration
  - + Hard Efficient Workouts
  - + Rest and Recovery
- = Optimal Performance...



...with the Sports Med team standing by just in case.



# CONCLUSION

***Train right, eat right, sleep right, and keep your head in the game.***



# RANGER

**RANGER CREW**  
The Ranger crew, consisting of 12 men, was the only crew to land on the beach during the invasion of Iwo Jima. They landed on the beach on February 19, 1945, and were the first to establish a beachhead. The crew was composed of the following members: [illegible names]  
[illegible text]

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