



## RANGER SCHOOL RECOVERY

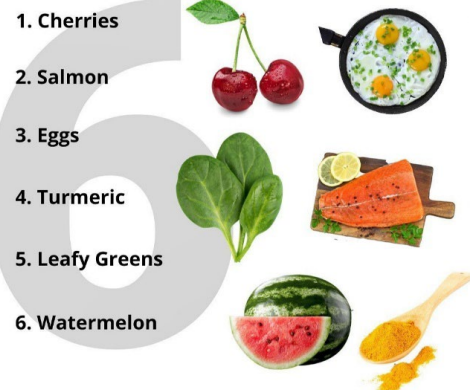
# RANGER SCHOOL RECOVERY NUTRITION

Following Ranger School your top two priorities should be **sleeping 7-9 hours per night** and **eating a well-rounded diet** to include an adequate amount of protein. Don't worry, **your fitness will come back!** Following a prolonged period of stress (ie. Ranger School) your body needs to return to a state of homeostasis (optimal functioning) before you start gaining a significant amount of fitness. This is achieved by sleeping, eating, and hydrating enough to meet the minimal physical activity demands of your body.

### REDUCE INFLAMMATION

- **Stay away from foods that increase inflammation**
  - Fast food
  - Processed meats
  - Soda
  - Refined sugar and carbs
  - Lard / animal fat
- **Consume LOTS of Omega-3 Fatty Acids**
  - Fish high in Omega 3's (salmon, halibut, scallops, tuna, sardines, herring, anchovies, oysters, trout, mackerel)
  - A Fish oil supplement with at least 250 mg EPA/DHA
  - Plant foods rich in omega-3 fats (walnuts, flaxseed oil, canola oil)
- **Increase your intake antioxidant-rich foods**
  - Berries (blue, straw, rasp)
  - Green leafy vegetables (spinach, kale, collards)

### Foods to Reduce Muscle Soreness & Promote Recovery

1. Cherries
  2. Salmon
  3. Eggs
  4. Turmeric
  5. Leafy Greens
  6. Watermelon
- 



## RANGER SCHOOL RECOVERY

- Nuts / seeds
- Legumes (beans and peas)
- Fatty fish
- Fruits (cherries, oranges, apples)

### GUT HEALTH

- **Improve your gut health**
  - Fermented foods
    - Sauerkraut
    - Kimchi
  - Probiotics and supplements
    - Yogurt
    - Kefir
  - Fiber
    - Fresh fruits and vegetables
    - Whole grain cereals
    - Legumes (beans and peas)

### JOINT HEALTH

- Eating foods that decrease inflammation is also an important nutritional component for improving joint health -
  - High-quality whole grains (oatmeal, bran, barley, wheat flour)
  - Antioxidant rich foods (fruits, veggies, fish, nuts, seeds)
  - Healthy fats (olive oil, avocado, walnuts)

### HIGH-QUALITY PROTEIN FOODS

- High quality proteins (those that contain all of the essential amino acids) are needed for wound healing, building blood cells, keeping your immune system strong, and supporting muscle protein growth and strength. Foods that are high in protein include –
  - Eggs, egg whites, and egg substitutes
  - Cheese and cottage cheese
  - Yogurt (regular and Greek)
  - Low-fat milk



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- Soy milk
- Lean meats (beef, pork, chicken, turkey, lamb, bison)
- Fish
- Soy foods (tofu, tempeh, miso, soy nuts, soy vegetable protein)

### PROTEIN CHEAT SHEET

*J Int Soc Sports Nutr*, 2018 Feb 27;15:10. doi: 10.1186/s12970-018-0215-1. eCollection 2018.

**How much protein can the body use in a single meal for muscle-building? Implications for daily protein distribution.**

Schoenfeld BJ<sup>1</sup>, Aragon AA<sup>2</sup>.

- **PRIMARY IMPORTANCE:** Total daily protein for maximizing rates of muscle growth in non-dieting individuals is 1.6-2.2 g/kg (0.7-1.0 g/lb) of bodyweight. Obese individuals should base protein need on targeted ("ideal") bodyweight.
- **SECONDARY IMPORTANCE:** Optimal protein intake PER MEAL for maximizing rates of muscle gain is 0.4-0.55 g/kg (0.2-0.25 g/lb). Four meals at this dose hits the daily total.

Bodyweight	Total Daily Protein	Dose Per Meal (4 Meals)
50 kg (110 lb)	80-110 g	20-27 g
55 kg (121 lb)	88-121 g	22-30 g
60 kg (132 lb)	96-132 g	24-33 g
65 kg (143 lb)	104-143 g	26-36 g
70 kg (154 lb)	112-154 g	28-38 g
75 kg (165 lb)	120-165 g	30-41 g
80 kg (176 lb)	128-176 g	32-44 g
85 kg (187 lb)	136-187 g	34-47 g
90 kg (198 lb)	144-198 g	36-50 g
95 kg (209 lb)	152-209 g	38-52 g
100 kg (220 lb)	160-220 g	40-55 g
110 kg (242 lb)	176-242 g	44-60 g
120 kg (264 lb)	192-264 g	48-66 g
130 kg (286 lb)	208-286 g	52-71 g

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# RANGER SCHOOL RECOVERY

## Slow Fuel

*Whole grain carbs and healthy fats*

- Fruit and nut bars
- Trail mix – dried fruit, nuts, whole grain cereal
- Whole grain crackers and hummus cups
- Granola/cereal in baggies
- Pre-popped, low fat popcorn
- PB&J – whole grain bread, peanut butter and jelly
- Corn chips and guacamole or salsa
- Instant oatmeal / cream of wheat
- Fresh fruit- apples, bananas, clementines, and grapes travel well
- Baby carrots or other cut veggies

## Performance Proteins

*Optimal for mid-day snacks and refueling post-workout*

- Beef jerky
- Hard-boiled eggs
- String cheese
- Greek yogurt
- Deli turkey, chicken, or ham for simple deli sandwiches
- Tuna/chicken pouches
- Protein powder – NSF certified
- Single-serve peanut butter packets (protein and fat)
- Shelf-stable chocolate milk proteins



## RANGER SCHOOL RECOVERY

# RANGER SCHOOL RECOVERY EXERCISE

Upon returning from Ranger School your primary focus should be on low impact, low intensity aerobic activity, mobility work (stretching, foam rolling, etc.), and a gradual return to lifting. It is normal to feel sore and achy all over. Your body just experienced a significant amount of physical and physiological stress and it will take time to get back to your baseline.

### **Week 1** – 3x/week for each

- 20-40 mins of low impact and/or low intensity aerobic activity
  - Don't force running if it doesn't feel good.
- 15 mins foam rolling
- 15 mins full body stretching / mobility

### **Weeks 2-4**

- 3x/week full body lifts – start light, progress weight each
- 3x/week full body stretching / foam rolling / mobility
- 3x/week 30-60 mins of easy aerobic activity, progress with running as tolerated

### **Week 5+**

- Start to return to your normal lifting and running routine

*If you are still having nagging aches and pains after two weeks, come get checked out by an Athletic Trainer at the TAPC.*

## NAME: \_\_\_\_\_

## DATE:

week 1

DATE:

DATE:

DATE:

DATE:

DATE:

DATE:

[illegible]

## NAME: \_\_\_\_\_

## NAME: \_\_\_\_\_

DATE:

MOVEMENT PREP																								
	Cardio/Recovery Day												Cardio/Recovery Day								Cardio/Recovery Day			
MOVEMENT																								
SERIES 1			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP
General Rest					Front Squat	4x6      50%E				Bench Press	4x6      75%E				DB Split Squat	4x8e      50%E				ESD Options (30 min minimum): 1. Bike 10-20min 2. Run 15-30min 3. Jacob's Ladder 5-10min 4. Rower 10-20min 5. TM Incline Walk 15-30 min 6. Elliptical 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min				
2:00-3:00																								
				Box Jump	4x6				Explosive Pushup	4x6				Reverse Hyper	4x10									
				Kneel HF Stretch	3x:30e				Pec Stretch	3x:30e				Leg Lower	4x10									
SERIES 2			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP
General Rest	SMFR self myo-fascial release  15 min  work from ground up targeting all general areas				Back Extension	4x10				FTN Press	4x8      75%E  (Top Hold)  Pullup 4x8-12				2-Pause DB Bench	4x8  SA DB Row 4x10e				SMFR self myo-fascial release  15 min  work from ground up targeting all general areas				
1:30-2:30																								
				GH Situp	4x10																			
SERIES 3			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP
General Rest	Flexibility/Mobility 15 min work from ground up targeting all general areas				Sled Push	5x30yrd      50%E				Plank w/alt opp	3x:30 Pushups 3x15				DB OH Press	3x10 Close Grip Chinups 3x10				Flexibility/Mobility 15 min work from ground up targeting all general areas				
Minimal to																								
maintain form																								
SERIES 4			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP
General Rest																								
Minimal to																								
maintain form																								
SERIES 5			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP
General Rest																								
Minimal to																								
maintain form																								
ESD																								
	Easy Pace  500ft Jacobs Ladder 1000ft Versaclimber 2000m C2 Rower												500m Rower 400ft Versaclimber 300ft Jacobs Ladder  400m Rower 300ft Versaclimber 200ft Jacobs Ladder  300m Rower 200ft Versaclimber 100ft Jacobs Ladder											
RECOVERY																								

# PROGRAM: Ranger School

NAME: \_\_\_\_\_

## Post School Recovery

week 3		DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
<b>MOVEMENT PREP</b>							
Cardio/Recovery Day							
<b>MOVEMENT</b>							
<b>SERIES 1</b>		WT	REP			WT	REP
General Rest				Front Squat		Bench Press	
2:00-3:00				4x6 65%E		4x6 85%E	
				Box Jump		Explosive Pushup	
				4x6		4x6	
				Kneel HF Stretch		Pec Stretch	
				3x:30e		3x:30e	
<b>SERIES 2</b>		WT	REP			WT	REP
General Rest	<b>SMFR</b>			Back Extension		FTN Press	
1:30-2:30	self myo-fascial release			4x10		4x8 75%E	
						(Top Hold)	
	15 min						
	work from ground up			GH Situp		Pullup	
	targeting all general			4x10		4x8-12	
	areas						
<b>SERIES 3</b>		WT	REP			WT	REP
General Rest	<b>Flexibility/Mobility</b>			Sled Push		Plank w/alt opp	
Minimal to	15 min			5x30yrd 65%E		3x:30	
maintain form	work from ground up			Monkey Bars		Pushups	
	targeting all general			5x full length		3x15	
	areas						
<b>SERIES 4</b>		WT	REP			WT	REP
General Rest							
Minimal to							
maintain form							
<b>SERIES 5</b>		WT	REP			WT	REP
General Rest							
Minimal to							
maintain form							
<b>ESD</b>							
	Easy Pace					500m Rower	
						400ft Versaclimber	
	500ft Jacobs Ladder					300ft Jacobs Ladder	
	1000ft Versaclimber						
	2000m C2 Rower					400m Rower	
						300ft Versaclimber	
						200ft Jacobs Ladder	
						300m Rower	
						200ft Versaclimber	
						100ft Jacobs Ladder	
<b>RECOVERY</b>							



## NAME: \_\_\_\_\_

## NAME: \_\_\_\_\_

DATE:

MOVEMENT PREP																												
	Cardio/Recovery Day												Cardio/Recovery Day								Cardio/Recovery Day							
MOVEMENT																												
					Run 1 mile moderate pace								Run 1 mile faster pace than Tuesday															
SERIES 1			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP				
General Rest					Front Squat				Bench Press					DB Split Squat					ESD Options (30 min minimum): 1. Bike 10-20min 2. Run 15-30min 3. Jacob's Ladder 5-10min 4. Rower 10-20min 5. TM Incline Walk 15-30 min 6. Elliptical 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min									
2:00-3:00					4x6			75%E				4x6				90%E								4x8e				75%E
					Box Jump							Explosive Pushup						Reverse Hyper										
					4x6							4x6						4x10										
					Kneel HF Stretch							Pec Stretch						Leg Lower										
					3x:30e							3x:30e						4x10										
SERIES 2			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP				
General Rest	SMFR self myo-fascial release  15 min  work from ground up targeting all general areas				Back Extension				FTN Press					SMFR					2-Pause DB Bench					SMFR				
1:30-2:30					4x10					4x8				80%E				self myo-fascial release				4x8					self myo-fascial release	
												(Top Hold)						15 min				SA DB Row					15 min	
												Pullup						work from ground up				4x10e					work from ground up	
												4x8-12						targeting all general									targeting all general	
																		areas									areas	
SERIES 3			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP				
General Rest	Flexibility/Mobility 15 min work from ground up targeting all general areas				Sled Push				Plank w/alt opp					Flexibility/Mobility					DB OH Press					Flexibility/Mobility				
Minimal to										5x30yrd						15 min					3x10					15 min		
maintain form										Monkey Bars						work from ground up					Close Grip Chinups					work from ground up		
										5x full length						targeting all general					3x10					targeting all general		
SERIES 4			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP				
General Rest																												
Minimal to																												
maintain form																												
SERIES 5			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP			WT	REP				
General Rest																												
Minimal to																												
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RECOVERY																												