



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
 - o 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
 - o Plant foods rich in omega-3 fats (walnuts, flaxseed oil, canola oil)
- Increase your intake antioxidant-rich foods
 - o Berries (blue, straw, rasp)
 - o Green leafy vegetables (spinach, kale, collards)

Foods to Reduce Muscle Soreness & Promote Recovery





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

GUT HEALTH

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

JOINT HEALTH

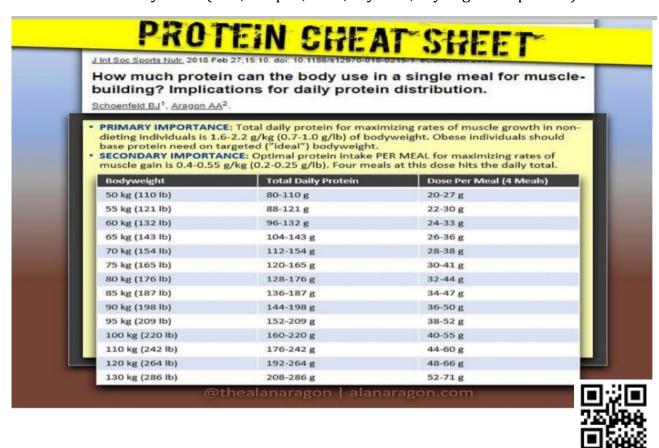
- Eating foods that decrease inflammation is also an important nutritional component for improving joint health
 - o High-quality whole grains (oatmeal, bran, barley, wheat flour)
 - o Antioxidant rich foods (fruits, veggies, fish, nuts, seeds)
 - Healthy fats (olive oil, avocado, walnuts)

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
 - o Eggs, egg whites, and egg substitutes
 - o Cheese and cottage cheese
 - o Yogurt (regular and Greek)
 - o Low-fat milk



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





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





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
 - o 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.

PROGRAM:Ranger School

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Post School Recovery

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PROGRAM:Ranger School Post School Recovery

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PROGRAM:Ranger School

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Post School Recovery

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PROGRAM:Ranger School

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Post School Recovery

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