

RAW Scheduling Guidance 2011



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2011

The purpose of this presentation is to offer scheduling guidance for RAW PT. The examples included are not the only way to effectively schedule PT, but they were developed in accordance with the principles of exercise. As such, they provide a means for progression and variety of the training stress over time. This in turn optimizes performance while minimizing the risk of overtraining. PT events are sequenced to provide a potential training stimulus (overload) and then time for adaptation (recovery). Although the nature of phased training is to emphasize a specific component of fitness during a given time period, the overall goal is to balance the strength, endurance, and movement skill requirements of Rangers.

RAW Scheduling by Phase

- Use of this document
 - Follow the hyperlinks to the appropriate phase
 - Read the general guidance for each phase. If the sample schedules don't meet your needs, follow the general guidance and/or use the general purpose, 6-day rotating schedule.
- [Transition Phase #1](#)
- [Foundation Phase](#)
- [Endurance Phase](#)
- [Transition Phase #2](#)
- [Strength Phase](#)

- [General Purpose, 6-day Rotating Schedule](#)
- [PT Events Chart](#)

Transition Phase #1

General Guidance

- The goal of this phase is to zero the Regiment's most important weapon...the individual Ranger.
- Begins after return from deployment
 - Get recovered from deployment
 - Get therapy for injuries ASAP
 - Light physical training stress
 - Integrate new Rangers
 - Master movement skills, lifts, and drills
 - Spend more time on recovery drills
 - Test or re-test on assessments
 - RAW Assessments
 - BOD POD
 - FMS

Transition Phase #1

Sample 3W Schedule

	MON	TUE	WED	THU	FRI
W1	<ol style="list-style-type: none"> 30 min Run Core 	Strength TNG: Endurance Emphasis	<ol style="list-style-type: none"> Speed & Agility 30-30s 	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Power or Power-Endurance
W2	<ol style="list-style-type: none"> 30 min Run Core 	Strength TNG: Endurance Emphasis	<ol style="list-style-type: none"> Speed & Agility 30-30s 	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Heavy Resistance
W3	RAW Assessments	Strength TNG: Endurance Emphasis	<ol style="list-style-type: none"> Speed & Agility 30-30s 	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Power or Power-Endurance

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Foundation Phase

General Guidance

- The goal of this phase is to achieve general physical preparedness for the Ranger physical requirement. The marksmanship analogy is CQM.
- This phase begins after the first major training event of the cycle and lasts about three months. **The emphasis (*regardless of current abilities*) is on a gradual development of all components of fitness.** Accordingly, the overall physical training stress should increase month by month. To avoid overtraining, leaders must ensure that recovery is planned weekly and monthly. See the RAW PT manual for further guidance on recovery.
- Initial performance tests may be performed during this phase if they were not performed during Transition Phase #1
- At the end of the phase, Rangers will have a balanced mix of strength, endurance, and movement skill.

Foundation Phase

Sample Schedule 1st Month

	MON	TUE	WED	THU	FRI
W1	1. 30 min Run 2. Core	Strength TNG: Heavy Resistance	1. Power Drill 2. 30-30s	Strength TNG: Power or Power-Endurance	Alternative Cardio (swim, bike, row, etc)
W2	1. 30 min Run 2. Core	Strength TNG: Heavy Resistance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT
W3	1. 35 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Power Drill 2. 30-30s	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
W4	1. 35 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Foundation Phase

Sample Schedule 2nd Month

	MON	TUE	WED	THU	FRI
W1	1. 35 min Run 2. Core	Strength TNG: Heavy Resistance	1. Intervals 2. Core	Strength TNG: Power or Power- Endurance	Alternative Cardio (swim, bike, row, etc)
W2	1. 40 min Run 2. Core	Strength TNG: Heavy Resistance	1. Agility 2. Intervals	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT
W3	1. 40 min Run 2. Core	Strength TNG: Power or Power- Endurance	1. Intervals 2. Core	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
W4	1. 40 min Run 2. Core	Strength TNG: Power or Power- Endurance	1. Agility 2. Intervals	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Foundation Phase

Sample Schedule 3rd Month

	MON	TUE	WED	THU	FRI
W1	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Intervals 2. Core	Strength TNG: Power or Power-Endurance	Alternative Cardio (swim, bike, row, etc)
W2	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Agility 2. Intervals	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT
W3	1. 40+ min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Intervals 2. Core	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
W4	1. 40+ min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Agility 2. Intervals	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Endurance Phase

General Guidance

- The goal of this phase is to achieve peak endurance for potential or specific Ranger mission that will follow.
- This phase lasts about two months. Major events on the operational training cycle can serve as start/end points. As the name implies, the emphasis is on development of full-spectrum endurance. **The goal of scheduling is to stimulate endurance gains without degrading strength significantly.** The overall physical training stress is moderate-high during this phase. To avoid overtraining, leaders must ensure that recovery is planned weekly and monthly. See the RAW PT Manual for further guidance on recovery.
- At the end of this phase, Rangers will have peak endurance. Leaders should match the specific type of endurance to operational requirements that follow over the next few months.
- RAW assessments should be repeated during this phase or the next, whichever best fits the training calendar.

Endurance Phase

Sample Schedule 1st Month

	MON	TUE	WED	THU	FRI
W1	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Terrain Run
W2	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT
W3	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Agility 2. 20-min Tempo Run	Strength TNG: Endurance Emphasis	Alternative Cardio (swim, bike, row, etc)
W4	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Endurance Phase

Sample Schedule 2nd Month

	MON	TUE	WED	THU	FRI
W1	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Terrain Run
W2	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT
W3	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Agility 2. 20-min Tempo Run	Strength TNG: Endurance Emphasis	Alternative Cardio (swim, bike, row, etc)
W4	RAW Assessments	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Footmarch or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Transition Phase #2

General Guidance

- The goal of this phase is to provide a **brief period of recovery** between two more challenging phases without losing peak conditioning.
- This phase begins after the last major training event of the cycle. The emphasis is on **final preparation for deployment**. Rangers with nagging injuries should be protected during this phase so that they deploy as physically ready as possible. The volume of physical training stress is relatively light, but the intensity should be high on select days. Choose training events that blend strength, endurance, and movement challenges in ways that you expect to encounter on deployment.
- RAW assessments can be performed during this phase if they were not completed during the previous phase.

Transition Phase #2

Sample 3W Schedule

	MON	TUE	WED	THU	FRI
W1	1. 30 min Run 2. Core	Strength TNG: Power or Power- Endurance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Terrain Run
W2	1. 30-60 min Run 2. Core	Strength TNG: Heavy Resistance	1. Speed & Agility 2. 300-yard Shuttle Repeats	Strength TNG: Power or Power- Endurance	Footmarch or Tactical PT
W3	1. 30 min Run 2. Core	Strength TNG: Endurance Emphasis	1. Agility 2. 20-min Tempo Run	Strength TNG: Power or Hybrid for Power- Endurance	Alternative Cardio (swim, bike, row, etc)

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

Strength Phase

General Guidance

- The goal for this phase is to **maximize individual strength** without adding unnecessary bulk that might detract from mission effectiveness.
- For the current operational cycle, this phase matches deployment. If you are not on this cycle, the phase should last about three months. As the name implies, the emphasis is on development of strength. The goal of scheduling is to stimulate strength gains without allowing endurance to degrade significantly. The overall physical training stress is moderate-high during this phase. To avoid overtraining, leaders must ensure that recovery is planned weekly and monthly. See the RAW PT Manual for further guidance on recovery.
- Realize that strength is defined broadly in the RAW program. The term includes training for power. See the RAW PT Manual strength section for further guidance on the relationship of strength and power.
- At the end of this phase, Rangers will have optimized their strength.

Strength Phase

Sample Schedule 1st Month

	MON	TUE	WED	THU	FRI	SAT	SUN
W 1	Strength TNG: Mod-Heavy Resistance Legs/Back	Rest	1. Strength TNG: Mod-Heavy Upper Body 2. Cardio	Strength TNG: Power or Power-Endurance	Cardio Machines	Strength TNG: Mod-Heavy Resistance Total Body	Rest
W 2	Strength TNG: Mod-Heavy Resistance Legs/Back	Rest	1. Strength TNG: Mod-Heavy Upper Body 2. Cardio	Strength TNG: Power or Power-Endurance	Cardio Machines	Strength TNG: Mod-Heavy Resistance Total Body	Rest
W 3	Strength TNG: Mod-Heavy Resistance Legs/Back	Rest	1. Strength TNG: Mod-Heavy Upper Body 2. Cardio	Strength TNG: Power or Power-Endurance	Cardio Machines	Strength TNG: Mod-Heavy Resistance Total Body	Rest
W 4	Strength TNG: Mod-Heavy Resistance Legs/Back	Rest	1. Strength TNG: Mod-Heavy Upper Body 2. Cardio	Strength TNG: Power or Power-Endurance	Cardio Machines	Strength TNG: Endurance Emphasis	Rest

Strength Phase

Sample Schedule 2nd Month

	MON	TUE	WED	THU	FRI	SAT	SUN
W1	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W2	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W3	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W4	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Endurance Emphasis	Rest

Strength Phase

Sample Schedule 3rd Month

	MON	TUE	WED	THU	FRI	SAT	SUN
W1	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W2	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W3	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Heavy Resistance Total Body	Rest
W4	Strength TNG: Heavy Resistance Legs/Back	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machines	Strength TNG: Endurance Emphasis	Rest

General Purpose, 6-Day Rotating Schedule

PT1	PT2	PT3	PT4	PT5	PT6
Movement Preparation/Warm-Up (10 minutes)					
<ul style="list-style-type: none"> •Choose event from Strength Menu* <li style="text-align: center;">and/or •Choose a Hybrid Session* <li style="text-align: center;">and/or •Secondary Run <li style="text-align: center;">or •Swimming 	<ul style="list-style-type: none"> •Choose from Endurance Menu* <li style="text-align: center;">and •Choose from Core Menu* 	<ul style="list-style-type: none"> •Power-Endurance (Ground Base or Hybrid) <li style="text-align: center;">and •Speed & Agility &/or Power Drill <li style="text-align: center;">and •Partner Shuttle 	<ul style="list-style-type: none"> •Interval Run (30/30s, intervals) <li style="text-align: center;">and •Choose from Core Menu* 	<ul style="list-style-type: none"> •Choose from Strength Menu* <li style="text-align: center;">or •Choose from Hybrid or Tactical* <li style="text-align: center;">and/or •Secondary Run <li style="text-align: center;">or •Swimming 	<ul style="list-style-type: none"> •Company-directed PT with endurance emphasis: -Hybrid -Tactical -Swim -Run -Cardio equipment -Footmarch

Recovery Activities/Cool-Down (10-12 minutes)

*See RAW Events Chart and Menus on next slide

Physical Training Events

Movement Skills

Movement Prep Speed/Agility/Coordination Power Drill
Recovery Drill Flexibility

Core Strength Menu

360-Core

Ring of Fire

Med Ball Drills

Endurance Menu

Primary Runs

- **Steady-pace Run**
- **Interval Run**
 Ex: 30/30s, track intervals
- **Tempo Run**
- **Fartlek Run**

Secondary Runs

- 300-yd Shuttles
- Terrain Run

Foot march (variable parameters)

Swimming or Deep-Water Running

Bike or Cardio Machines

Strength Menu

Heavy Resistance Power

Power Endurance

Muscular Endurance

Hybrid Sessions and Tactical PT

See the RAW PT Manual for details.