



HHC 2nd Battalion, 11th Infantry Regiment

RAP Week Preparation



INFANTRY BASIC OFFICER LEADER COURSE MANEUVER CENTER OF EXCELLENCE

RANGER SCHOOL OVERVIEW

Ranger Assessment Phase

- Ranger Physical Assessment
- Combat Water Survival Test
- Land Navigation
- Ranger Tactical Tasks
- 12 Mile Foot March

Training Highlights

- 61 days
- 51 field days
- Basic Mountaineering Operations
- 2 Obstacle Courses
- 3 Airborne Operations
- 4 Air Assaults
- 3 Airborne Operations
- 4 Boat Movements

High Risk Training

- Airborne Operations
- Training in/on Water
- Demolitions

Annual Training Req't: 3,410

Courses Per Fiscal Year: 11

Average Pass Rate: 45-60%



Assessment Phase



Patrols



Mountaineering



Patrols



Patrols



Graduation

Ranger students are expected to conduct a passing patrol, be in good standing with their peers, and have no major negative infractions in order to pass each phase.



- ☐ **Prolonged low-intensity physical activity**
 - 65-90lbs combat equipment
 - Tactical foot movements of 200+ mi

- ☐ **Sleep deprivation**
 - 0 to 5 hours of sleep a night

- ☐ **Food consumption**
 - 2200 calories a day (2x MREs/day)

- ☐ **Environmental impacts**
 - Darby – Mountains – Swamps

- ☐ **Evaluated leadership positions**
 - 2 patrols per phase

- ☐ **Post phase peer evaluations**

- ☐ **Constant opposition force probing**





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OVERVIEW

DAY 1



RPA

49 PUSH UPS
59 SIT UP
6 PULL UPS
5 MILE RUN (40MIN)

RETEST



CWSA

15M SWIM
LOG WALK – ROPE DROP
SLIDE FOR LIFE

RETEST

DAY 2



LAND NAVIGATION

4 OF 5 POINTS IN
5 HOURS

RETEST



RTT

MUST PASS 5 OF 7 TASKS



MALVESTI

CONFIDENCE COURSE

DAY 3



LAND NAVIGATION

RETEST

4 OF 5 POINTS IN
5 HOURS



CIF ISSUE

FOOT MARCH PREP

DAY 4



12 MILE FOOT MARCH

3 HRS TO COMPLETE
15 MIN/MILE



DEMO TRAINING



BAR / SAT



- **56%** of the student population passed RAP week in 2nd Quarter; classes 03, 04, and 05.
- **72%** of students graduate Ranger School if they make it through RAP week. **77%** if they don't LOM or get hurt.

Events	03-23 drops (328 PAX started)		04-23 drops (381 PAX started)		05-23 drops (311 PAX started)	
RPA	61	18.60%	63	16.54%	57	18.33%
CWSA	1	0.30%	1	0.26%	2	0.64%
Land Navigation	17	5.18%	11	2.89%	14	4.50%
Foot march	9	2.74%	16	4.20%	21	6.75%
RTT	57	17.38%	23	6.04%	35	11.25%
LOM	1	0.30%	1	0.26%	1	0.32%
Medical	2	0.61%	6	1.57%	6	1.93%
Administrative	3	0.91%	2	0.52%	1	0.32%
SOR	0	0.00%	1	0.26%	0	0.00%
Forward to Darby	177	54%	257	67%	139	44.69%

*06-23 through 08-23 RAP data will be reviewed in 3rd Qtr / 23 VTC.



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RAP WEEK ASSESSMENT

Unit	Attendees	RPA	CWSA	RTT	LAND NAV	FOOTMARCH	RAP FAIL
National Guard	134	15.04%	0.00%	9.73%	4.90%	1.03%	29.10%
Sister Services	16	6.25%	0.00%	12.50%	0.00%	0.00%	18.75%
75th Ranger Regiment	233	5.15%	0.00%	2.58%	2.58%	1.29%	11.59%
IBOLC	300	11.67%	0.67%	4.67%	5.00%	4.33%	26.33%
1st Cavalry Division	3	0.00%	0.00%	33.33%	0.00%	0.00%	33.33%
101st Airborne Division	71	14.08%	0.00%	11.27%	4.23%	8.45%	38.03%
USASOC	83	15.66%	0.00%	19.28%	1.20%	1.20%	37.35%
25th Infantry Division	32	18.75%	3.13%	6.25%	12.50%	6.25%	0.00%
4th Infantry Division	33	21.21%	0.00%	9.09%	6.06%	9.09%	45.45%
1st Infantry Division	8	12.50%	0.00%	12.50%	12.50%	0.00%	37.50%
1st Armored Division	4	25.00%	0.00%	50.00%	0.00%	0.00%	75.00%
3rd Infantry Division	40	35.00%	0.00%	15.00%	0.00%	7.50%	57.50%
10th Mountain Division	79	16.46%	2.53%	30.38%	2.53%	1.27%	53.16%
ABOLC	37	21.62%	0.00%	10.81%	10.81%	8.11%	51.35%
173rd	46	26.09%	0.00%	17.39%	4.35%	8.70%	56.52%
7 ID	30	16.67%	0.00%	23.33%	3.33%	3.33%	46.67%
International Students	9	22.22%	0.00%	0.00%	0.00%	0.00%	11.11%
Other BOLC	19	31.58%	0.00%	57.89%	0.00%	0.00%	94.73%
2nd Infantry Division	10	40.00%	0.00%	40.00%	0.00%	0.00%	80.00%
MCCC	2	50.00%	0.00%	50.00%	0.00%	0.00%	100.00%



Ranger Physical Assessment

49 push ups
59 sit ups
5 mile / 40 min
6 pull ups

Combat Water Survival Assessment

Log walk-rope drop
Slide for life
15m swim

Ranger Tactical Tasks

Pass 5 of 7 tasks

Land Navigation (night / day)

4 of 5 points in 5 hours

12 mile road march

3 hours/35lbs dry

Knots test (Mountain Phase)

7 knots tested. Must tie 3 critical and 2 non-critical knots to be a go.

Score 60% rate or better on Peer Evaluations

No more than 3 major spot reports in any phase;

No more than 8 for the course



This is your immediate responsibility:

The main reason 2LTs straight out of IBOLC fail RAP week due to lack of physical preparation. Your opportunity to prepare for your career as an Infantry Officer is during college. Consistent eating, sleeping, and workout habits are highly important to your success in your future as an Infantryman.



➤ **PUSH-UP FORM**

- Conduct the Mesocycle workouts prescribed based around your individual strengths and weaknesses determined by the assessments of your physical based on the Tactical Athlete Performance Center Fort Moore GA US army.
- Running in sub-optimal conditions
- Banking sleep prior to RAP week
- Nutrition eating properly to be in the best shape possible
- Get hands on Ranger Tactical Tasks
- Practice using a compass in the woods
- Swimming workouts
- When training for the five-mile run, run farther than that distance and be able to do the five-mile in 38 minutes or faster. The Ranger standard is five miles in 40 minutes, but if you cannot do the run in 38 minutes or faster, do not expect to be able to run faster than 40 minutes when you are stressed already on day one of Ranger School. Do not go all out during the RPFT and Ranger Assessment Phase (RAP) week. Ranger school is a marathon, and staying healthy is key. The school is a minimum of 61 days, and going all out in the first week can easily lead to injury or burning out.



The Ranger standard is 49 push-ups in two minutes. Students must break the plane in accordance with TC 3-22.20, Army Physical Readiness Training, in order for each repetition to be counted. This relates back to our previous comment about the Soldiers' leadership at home station not enforcing the same standard during the student unit's pre-test. In general, Soldiers should begin to train at least 90 days before entering Ranger School. During preparation, Soldiers should conduct push-ups on dumbbells or other equipment that allows them to go down farther than the ground would normally allow. Future Ranger students should also prepare by elevating their feet or adding a weight belt during the push-up training. Ranger students need to show up on Day Zero prepared to complete 80 "chest-to-ground" push-ups in two minutes in order to guarantee success on the first event at Ranger School.

[U.S. Army | Infantry Magazine](#)





The CWSA aims to accurately record a Soldier's ability to safely function in a water environment. The test events are not timed or scored. There are no restarts allowed. A CWSA pass occurs when the Soldier completes all events without signs of panic or inability to complete the test event distance. The test events are the following:

1. Equipment removal underwater
2. 15M swim

This test is conducted under a great of stress and physical exhaustion. It is very important that you are a strong swimmer prior to arrival at RAP week. It is highly important that you incorporate swimming workouts into your workout regime.

ATP 7-22.01





A map provides information on the existence of the location and the distance between ground features, such as populated places and routes of travel, and communication. It also indicates variations in terrain, heights of natural features, and the extent of vegetation cover. With our military forces dispersed throughout the world, it is necessary to rely on maps that provide information to our combat elements and resolve logistical operations far from our shores. Planning using maps allows units to transport, store, and place Soldiers and materiel into operation at the proper time and location. All operations require maps; however, the finest maps available are worthless unless the map user knows how to read them. TC 3-25.26





INFANTRY BASIC OFFICER LEADER COURSE

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RTTs



- Disassemble M249
 - 1. Within three minutes, correctly clear (In Sequence) and disassemble the M249 Machine Gun into its seven major groups and components.
 - 2. Within three minutes, correctly assemble the M249 Machine Gun and perform a function check (In Sequence).
- Operate M249
 - 1. Within 30 seconds, clear, load, correct a malfunction, unload, and clear an M249 Machine Gun (In Sequence). Perform performance measures in the prone firing position
- Disassemble and Assemble M240B
 - 1. Within 3 minutes, correctly clear (In Sequence) and disassemble the M240B Machine Gun into eight major groups. 2. Within 3 minutes, correctly assemble the M240B Machine Gun and perform a function check (In Sequence).
- Operate M240B
 - 1. Within 30 seconds, clear, load, correct a malfunction, unload, and clear an M240B Machine Gun (In Sequence). Perform performance measures in the prone firing position.
- Employ M18A1 Claymore Mine
 - 1. Within 7 Minutes, Employs an M18A1 Claymore Mine (In sequence).
 - 2. Within 5 Minutes, Recovers an M18A1 Claymore Mine (In sequence)
- Operate ASIP
 - 1. Within 5 minutes, the Ranger sends a secure communications check in Single Channel (SC) Mode with distant station.
 - 2. Candidate then sends 10-20 word message using proper radio procedures with 100% accuracy to distant station
- Operate MBITR
 - 1. Properly assemble the MBITR and place into operation, correctly load frequency, and settings and enter the net within 4 minutes.



Ruck, ruck, and ruck some more. After the RPFT, you are on your legs most of the day throughout the course and can have up to a 115-pound rucksack in Mountain Phase (the second phase of Ranger School). Being able to ruck with a heavy pack is crucial. Prepare yourself by rucking twice a week and gradually increase the weight each week to get used to rucking with a heavier pack. Also practice going through an obstacle course. Practice some of the obstacles such as climbing a rope because you will absolutely climb a rope multiple times while at Ranger School. Every military base has an obstacle course somewhere; find a way to use it and practice prior to your report date. Confidence is a major factor, and we will discuss this further later





- | Balanced | | | | | | | | | | | |
|-----------------|---------------------|------------------|-----------|-----------------|-------------------------|-------------------------|-----------------|-------------------------|---------------|----------|----------|
| Monday | Tuesday | | | Wednesday | Thursday | | Friday | Saturday | | | |
| Total Body Lift | Pace | Distance | Recovery | Total Body Lift | Tactical Conditioning | | Total Body Lift | Pace | Distance | Recovery | |
| | Threshold Intervals | 600m x3 | walk 1:30 | | | | | Extensive Ruck (35 Lbs) | 4 miles | | |
| | | rest 2:30minutes | | | | | | | >15 min miles | | |
| | | 800m x2 | walk 2:00 | | | | | | | | |
| Monday | Tuesday | | | Wednesday | Thursday | | Friday | Saturday | | | |
| Total Body Lift | Pace | Distance | Recovery | Total Body Lift | Pace | Distance | Recovery | Total Body Lift | Pace | Distance | Recovery |
| | Speed Intervals | 100 x4 | 3:00 | | Intensive Ruck (60 Lbs) | 1 mile | 3:00 | | LSD | 4 miles | |
| | | rest 3:00minutes | | | | BW Movements, 2:00 rest | | | | | |
| | | | | | | 1 mile | 3:00 | | | | |
| | | 200 x 4 | 3:00 | | | BW Movements, 2:00 rest | | | | | |
| | | | | Squat, Lunge | | | | | | | |
| | | | | Burpee x 20 | 1 mile | 3:00 | | | | | |
| Monday | Tuesday | | | Wednesday | Thursday | | Friday | Saturday | | | |
| Total Body Lift | Pace | Distance | Recovery | Total Body Lift | Tactical Conditioning | | Total Body Lift | Pace | Distance | Recovery | |
| | Threshold Intervals | 600m x3 | walk 1:30 | | | | | Extensive Ruck (35 Lbs) | 5 miles | | |
| | | rest 3:00minutes | | | | | | | >15 min miles | | |
| | | 800m x3 | walk 2:00 | | | | | | | | |



- Ranger School does not provide adequate nutrition to push your limits physically and mentally.
- It is important to have proper nutrition prior to Ranger School because you will lose weight and be at a caloric and nutritional deficit during RAP week and Ranger School.
- Nutrition is a key pillar of physical development and putting on muscle mass.
- This is a diagram created by the Human performance resource center that depicts a proper diet from the heavy training regime that you will be conducting prior to arrival at Fort Moore.

HEAVY TRAINING DAY

Build your plate with 1-2-3

- 1 Choose your activity level.
- 2 Balance your food groups.
- 3 Check your performance impact with Go for Green®.

Carbs (grains & starchy veggies)

- Whole-grain bread and pasta
- Oats
- Brown rice
- Beans/lentils
- Potatoes
- Corn

Fruits & veggies

- Eat a variety of colors
- Choose fresh or frozen
- Enjoy raw and cooked

Healthy fats

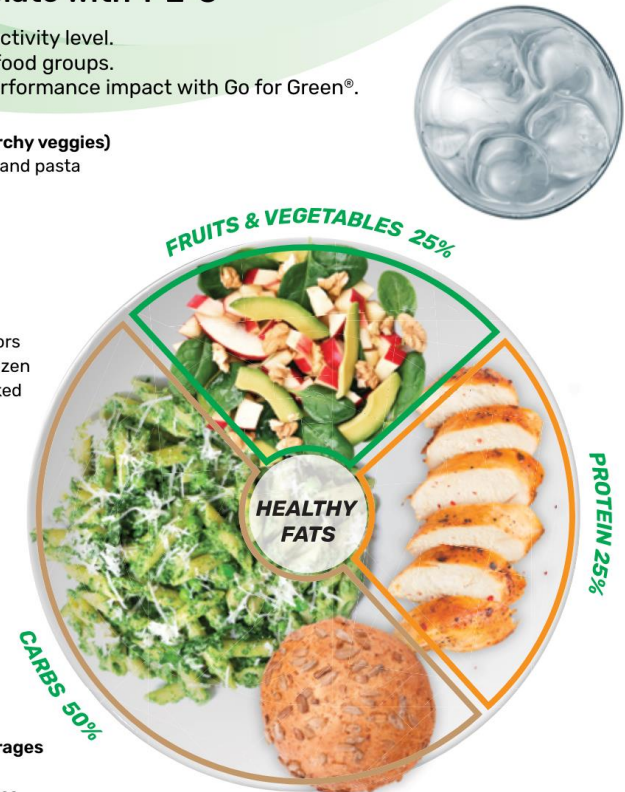
- Olive oil
- Nuts/seeds
- Avocado

Lean protein

- Beef/pork
- Chicken/turkey
- Fish
- Dairy
- Eggs
- Soy/tofu
- Beans/lentils
- Nuts/seeds

Unsweetened beverages

- Water
- Milk/milk alternatives
- Coffee/tea



This is a guide on how to balance your plate and fuel your performance. Always tune in to your body's cues for hunger and fullness.



Sleep

- The brain is the only organ or body part that requires sleep. Sleep is crucial for tissue repair and hormone synthesis to maintain peak performance mentally and physically.
- Most Soldiers who regularly obtain less than 7–8 hours of sleep every 24 hours pay a price: they unwittingly but steadily accrue a significant sleep debt, characterized by increasingly suboptimal alertness, reduced mental sharpness, and an impaired ability to recover from stress. These Soldiers typically believe that they are fine and may perform most basic duties adequately. From an objective standpoint, their alertness and mental acuity is significantly (and invariably) impaired. As a rule of thumb, any Soldier who sleeps two or more hours longer on days off (versus duty days) carries a significant sleep debt.
- The notion that one can adapt to sleep loss is a myth. Although Soldiers cannot train to perform better on less sleep, they can bank sleep. Sleep banking is achieved by significantly extending the nightly time in bed to more than 8 hours per night. Soldiers must bank sleep for multiple consecutive nights prior to embarking on a mission that is likely to result in inadequate sleep. The extra sleep they obtain in this manner creates a bank of sleep they use to sustain alertness and performance during subsequent sleep loss (acute sleep deprivation or chronic sleep restriction).



Sleep Habits Self-Check

Sleep is critical for your health, performance, and well-being. Sleep strategies aren't one-size-fits-all, though. So it's important to find what works best for you when it comes to getting the sleep you need to be energized and productive each day. Check out these sleep habits to see if they might work for you. To learn more about the science behind these tips, read HPRC's article on [sleep readiness](#).

1. I make sleep a priority by choosing it over work, social events, or watching "just one more" TV show when appropriate.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
2. I know how much sleep I personally need to optimize my health and performance by doing a sleep self-study, and how different lengths of sleep impact my energy and focus (most adults need 7–9 hours each night).
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
3. I have a consistent wake-up time for most days of the week.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
4. I get early morning and regular exposure to sunlight (or artificial bright light when sunlight isn't possible) that helps me set my body clock and be ready for sleep at night.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
5. I have a regular exercise routine that helps me be physically tired at the end of the day.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
6. I avoid naps close to bedtime.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
7. I avoid stimulating or energizing physical or mental activities at least one hour before bedtime. (It's normal to have an energy boost one hour before bedtime.)
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
8. I turn off devices at least one hour before bedtime and dim the lights.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.
9. I stop consuming caffeine at least 6 hours before I go to bed.
☐ I already do this. ☐ This will not work for me at this time. ☒ I want to try this strategy.



1) Lack of initiative

- Frequently allow soldiers to struggle with planning
- First to “shut down” during night movements
- Hesitant to volunteer for positions with heavy equipment
- Lack of enforcement of standards and discipline
- The "grey" man leads to getting peered
- Development and refinement of SOPs through rehearsals

2) Tend to keep communication between themselves

- This results in experienced NCOs feeling ostracized
- It degrades the team. Poor squad cohesion leads to low GO rates and potentially leads to low peer evaluations.



1. What is your motivation to attend Ranger School?
2. It's not about you. It is for the Soldiers that you will lead.
3. LEARN.....and THINK. Avoid “checklist” mentality.
4. Do the right thing, ALWAYS. Integrity and character matter.
5. Teamwork is paramount, especially after RAP week.
6. The Ranger Course will always remain relevant to our profession.
7. You will be tired, hungry, cold, wet and miserable. Get over it and lead your Soldiers.
8. Be prepared to have setbacks, including a recycle (75%).



- **QUESTIONS?**
- **(ASK OR YOU WILL NOT KNOW!)**