



Ranger School Prep

Objective: To physically and mentally prepare for the success in Ranger school, especially in the critical events.

Plan Overview: This plan is built around the 5-mile run, 12-mile ruck march, and APFT improvement. There are 4 main components of the plan, (1) movement preparation, (2) strength/power, (3) energy system development, and (4) recovery. The plan is heavily focused on durability, as this is a key to success at Ranger School. The weekly plan on average includes:

- 1 ruck/week or 1 ruck every other week
- 3 sessions per week of running
- 1-2 recovery sessions per week
- 3-5 strength/power sessions per week

It should be noted that the strength/power sessions are mainly focused on enhancing durability and improving APFT ability. Regular recovery work will be imperative by means of self myo-fascial release (foam rolling, etc.), ice baths, contrast showers, and most importantly adequate nutrition and sleep.

Plan Outline: The overall format of the plan follows an upper/lower pattern for strength and power. The ESD and run improvement component is on alternating days with one fast run, 1 interval run, and 1 long steady run. The ruck plan builds up for the first 6 weeks and tapers for the last 2 weeks. The plan includes two 4-week training cycles and a 1-week taper in which the volume steadily declines. There are diagnostic assessments built into the plan to assess progress.

Ruck Guidance: These rucks should be used to physically prepare the body (legs, hips, traps, feet) for the demands that it will encounter mentally prepare the individual to endure long movements under relatively heavy load, and improve ones ability to nourish and hydrate while on the move by developing a plan that works for the individual. This time should be used to improve pacing, ruck packing, adjust boots, and get accustomed to all equipment used. Remember to aim to keep pace at 15min/mile or better on all rucks. If extra orientation is needed, this can be done while on Saturdays, and should be proceeded with recovery work.

Summary: This is a baseline plan designed to succeed in Ranger School critical events and should not be taken lightly. Completing this plan requires dedication and commitment to the final goal, attaining the Ranger tab and developing a successful career with important leadership skills.

PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 1.1

week 1	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	
MOVEMENT PREP	MP 8.0	MP 4.0	Cardio/ Recovery Day MP 10.0		MP 1.0	MP 9.0 Run 1st	Cardio/ Recovery Day
MOVEMENT	Run 1st						
SERIES 1	Pushups 4 x max reps (1:00 rest) 1- 2- 3- 4-	Single Leg Squats 4x8e SL Squat Jumps 4x5e	Weighted Pushup 25lb 4 x :20s 1- 2- 3- 4-	DB Step-Ups 4x8e Split Squat Jump Alt. 4x5e	Anaerobic 15 min AMSAP of: 10 Pullups 15 Pushups 20 Situps 25 Squats Score: _____	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min	
SERIES 2	Pullups 10 min max reps Total: _____	WT Situps BTN 10-25lbs 3x10 GH Raise 3x10	Weighted Chinups (strict form) 25lbs 4 x max reps V-Ups 4x15	Back Extensions Hold BW-25lbs 3x:30s Plank Alternate Opposite 3x:30s	SMFR 15 Min self myo-fascial release work from ground up targeting all general areas		
SERIES 3	Situps BW 2 x 1:00 (:30s rest)	OH Plate Walk 4x100yrd (45lbs) :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 4x50yrd (50-80lbs) :30 rest	Flexibility/Mobility 15 min work from ground up targeting all general areas		
SERIES 4							
SERIES 5							
ESD	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 2 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____		Anaerobic Run Interval/Fast/7-10RPE/80-100%HRmx 100m x 15 :45 rest Time: _____ Distance: _____ HRavg: _____	Aerobic Ruck Steady/Mod/3-6RPE/60-80%HRmx 3-4 miles Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 3 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____		
RECOVERY							

Term Key %E= percent effort %M= percent max SL= single arm SA= single arm OH= overhead BTN= behind the neck FTN= front of neck WT= weighted MB= Medball SB= stability ball KB= kettlebell BB= barbell DB= dumbbell BW= bodyweight RM= repetition max

PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 2.0

week 2 DATE: DATE: DATE: DATE: DATE: DATE:

MOVEMENT PREP	Run 1st	MP 1.0	Cardio/ Recovery Day MP 10.0	MP 14.0	MP 9.0 Run 1st	Cardio/ Recovery Day
MOVEMENT						
SERIES 1	Pushups 5 x max reps (1:00 rest)	Single Leg Squats 4x8e SL Squat Jumps 4x5e	Weighted Pushup 25lb 5 x :20s	DB Step-Ups 4x8e Split Squat Jump Alt. 4x5e	Anaerobic ESD 28.0 20 min AMSAP of: (see sheet for scoring) 200y Run Climb 20ft Rope 200y Run Climb 8ft Wall 200y Run Climb Inverted Ladder Sets: _____	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min
SERIES 2	Pullups 10 min max reps Total: _____	WT Situps BTN 10-25lbs 3x10 GH Raise 3x10	Weighted Chinups (strict form) 25lbs 5 x max reps V-Ups 5x15	Back Extensions Hold BW-25lbs 3x:30s Plank Alternate Opposite 3x:30s		SMFR 15 Min self myo-fascial release work from ground up targeting all general areas
SERIES 3	Situps 5lb BTN 2 x 1:00 (:30s rest)	OH Plate Walk 4x100yrd (45lbs) :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 4x50yrd (50-80lbs) :30 rest		Flexibility/Mobility 15 min work from ground up targeting all general areas
SERIES 4			Flexibility/Mobility 15 min work from ground up targeting all general areas			
SERIES 5						
ESD	Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 3.5 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____		Anaerobic Run Interval/Fast/7-10RPE/80-100%HRmx 200m x 12 1:00 rest Time: _____ Distance: _____ HRavg: _____	Aerobic Ruck Steady/Mod/3-6RPE/60-80%HRmx 4-5 miles Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 2 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____	
RECOVERY						

Term Key %E= percent effort %M= percent max SL= single arm SA= single arm OH= overhead BTN= behind the neck FTN= front of neck WT= weighted MB= Medball SB= stability ball KB= kettlebell BB= barbell DB= dumbbell BW= bodyweight RM= repetition max

PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 3.0

week 3 DATE: DATE: DATE: DATE: DATE: DATE:

MOVEMENT PREP	Run 1st	MP 11.0	Cardio/ Recovery Day MP 10.0	MP 1.0	MP 9.0 Run 1st	Cardio/ Recovery Day
MOVEMENT						
SERIES 1	Pushups 6 x max reps (1:00 rest)	Single Leg Squats 4x8e SL Squat Jumps 4x5e	Weighted Pushup 25lb 6 x :20s	DB Step-Ups 4x8e Split Squat Jump Alt. 4x5e	Anaerobic 15 min AMSAP of: 10 Pullups 15 Pushups 20 Situps 25 Squats Score: _____	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min
SERIES 2	Pullups 10 min max reps Total: _____	WT Situps BTN 10-25lbs 3x10 GH Raise 3x10	Weighted Chinups (strict form) 25lbs 6 x max reps V-Ups 6x15	Back Extensions Hold BW-25lbs 3x:30s Plank Alternate Opposite 3x:30s		SMFR 15 Min self myo-fascial release work from ground up targeting all general areas
SERIES 3	Situps 10lb BTN 2 x 1:00 (:30s rest)	OH Plate Walk 4x100yrd (45lbs) :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 4x50yrd (50-80lbs) :30 rest		Flexibility/Mobility 15 min work from ground up targeting all general areas
SERIES 4			Flexibility/Mobility 15 min work from ground up targeting all general areas			
SERIES 5						
ESD	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 2 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____		Anaerobic Run Interval/Fast/7-10RPE/80-100%HRmx 400m x 8 1:00 rest Time: _____ Distance: _____ HRavg: _____	Aerobic Ruck Steady/Mod/3-6RPE/60-80%HRmx 5-6 miles Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 4 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____	
RECOVERY						

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PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 4.0

week 4	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:									
MOVEMENT PREP	MP 1.0	Recovery Day		APFT Day		MP 21.0	MP 1.0 (BW sq not OHS)	Cardio/ Recovery Day							
MOVEMENT															
SERIES 1		WT	REP		WT	REP		WT	REP						
Overhead F.Lunge 3x5e				ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min			ESD 3. 2 mile test see ESD Below 4. Pullups max reps			Anaerobic ESD 28.0 20 min AMSAP of: (see sheet for scoring) 200y Run Climb 20ft Rope 200y Run Climb 8ft Wall 200y Run Climb Inverted Ladder Sets: _____			ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min		
SERIES 2		WT	REP		WT	REP		WT	REP						
25 lb Pullups (strict form) 1 x max reps record score: _____				SMFR 15 Min self myo-fascial release work from ground up targeting all general areas									SMFR 15 Min self myo-fascial release work from ground up targeting all general areas		
SERIES 3		WT	REP		WT	REP		WT	REP						
Heel Claps 1 x max reps record score: _____				Flexibility/Mobility 15 min work from ground up targeting all general areas									Flexibility/Mobility 15 min work from ground up targeting all general areas		
SERIES 4		WT	REP		WT	REP		WT	REP						
SERIES 5		WT	REP		WT	REP		WT	REP						
ESD															
Aerobic Run Steady/Slow/2RPE/55-60%HRmx 3 miles Recovery Time: _____ Distance: _____ HRavg: _____							Aerobic Run Interval/Fast/9-10RPE/90-100%HRmx 2 miles timed Speed Time: _____ Distance: _____ HRavg: _____			Aerobic Ruck Steady/Mod/3-6RPE/60-80%HRmx 6-7 miles Time: _____ Distance: _____ HRavg: _____			Aerobic Run Steady/Slow/2RPE/55-60%HRmx 2 miles Recovery Time: _____ Distance: _____ HRavg: _____		
RECOVERY															

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PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 5.0

week 5 DATE: DATE: DATE: DATE: DATE: DATE:

MOVEMENT PREP	MP 3.0	MP 16.0	MP 20.0	MP 1.0	MP 21.0	MP 21.0
	Run 1st		Cardio/ Recovery Day			Cardio/ Recovery Day
MOVEMENT						
SERIES 1						
	Pushups 6 x :30s (:30s rest)	DB Split Squats 5x6e	Weighted Pushup 25-45lb 4 x max reps	Deadlift 5x3 70%E	Anaerobic ESD 8.0 15 min AMSAP of:	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min
	1- 2- 3- 4- 5- 6-	Broad Jump 5x6	Heel Claps 4 x 90%M	Squat Jump Cont. 5x6	5 Pullups 10 Pushups 15 Squats Sets: _____	
SERIES 2						
	Chinups 4 x max reps	WT Situps BTN 10-25lbs 3x15	Weighted Pullups (strict form) 25-45lbs 4 x max reps	WT Back Extensions 10-25lbs 3x10	Situps 3x25	SMFR 15 Min self myo-fascial release work from ground up targeting all general areas
	1- 2- 3- 4- (1:00 rest btwn)	Reverse Hypers 3x15	Leg Lowers 4x10	WT Plank 3x:30s		
SERIES 3						
	Situps 4 x :30s (:30s rest)	Farmer Carry 4x100yrd (50-80lbs) :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 4x100yrd (50-80lbs) :30 rest		Flexibility/Mobility 15 min work from ground up targeting all general areas
SERIES 4						
			Flexibility/Mobility 15 min work from ground up targeting all general areas			
SERIES 5						
ESD						
	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 2 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____		Aerobic Run Interval/Fast/9-10RPE/90-100%HRmx 8x400m :30 rest Speed Time: _____ Distance: _____ HRavg: _____	Aerobic Ruck Steady/Mod/3-6RPE/60-80%HRmx 7-8 miles Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 4 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____	
RECOVERY						

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PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 7.0

week 7 DATE: DATE: DATE: DATE: DATE: DATE:

MOVEMENT PREP	MP 3.0	MP 13.0	MP 20.0	MP 1.0	MP 21.0	MP 21.0
	Run 1st		Cardio/ Recovery Day			Cardio/ Recovery Day
MOVEMENT						
SERIES 1	Pushups 3 x 1:30s (:30s rest)	DB Split Squats 5x6e Broad Jump 5x6	Weighted Pushup 25-45lb 4 x max reps Heel Claps 4 x 90%M	Deadlift 5x3 70%E Squat Jump Cont. 5x6	Anaerobic ESD 8.0 15 min AMSAP of: 5 Pullups 10 Pushups 15 Squats Sets: _____	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min
SERIES 2	Chinups 4 x max reps 1- 2- 3- 4- (1:00 rest btwn)	WT Situps BTN 10-25lbs 3x15 Reverse Hypers 3x15	Weighted Pullups (strict form) 25-45lbs 4 x max reps Leg Lowers 4x15	WT Back Extensions 10-25lbs 3x10 WT Plank 3x:30s	Situps 3x35	SMFR 15 Min self myo-fascial release work from ground up targeting all general areas
SERIES 3	Situps 2 x 1:30 (1:00s rest)	Farmer Carry 4x100yrd (50-80lbs) :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 4x100yrd (50-80lbs) :30 rest		Flexibility/Mobility 15 min work from ground up targeting all general areas
SERIES 4			Flexibility/Mobility 15 min work from ground up targeting all general areas			
SERIES 5						
ESD	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 4 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____		Aerobic Run Interval/Fast/9-10RPE/90-100%HRmx 4x1mi 2:00 rest Speed Time: _____ Distance: _____ HRavg: _____	Aerobic Ruck-Land Nav Practice Steady/Mod/3-6RPE/60-80%HRmx 6-7 miles Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 6 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____	
RECOVERY						

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PROGRAM:Ranger School 1.1

NAME: _____

Ranger School Prep 8.0

week 8 DATE: DATE: DATE: DATE: DATE: DATE:

MOVEMENT PREP	MP 1.0	Recovery Day	APFT Day	Recovery Day	MP 3.0	Cardio/ Recovery Day
MOVEMENT			1. Pushups 2min 2. Situps 2min			
SERIES 1	Deadlift 5x3 60-90%E	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min	ESD 3. 5 mile test see ESD Below 4. Pullups max reps	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min	Anaerobic ESD 8.0 10 min AMSAP of: 5 Pullups 10 Pushups 15 Squats Sets: _____	ESD Options (choose 2-3): 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. Cybex Arc 15-30 min 7. Obstacle Course Run 8. Combat Specific ESD 9. ESD Circuit 10-20min
SERIES 2	25 lb Pullups (strict form) 1 x max reps record score: _____	SMFR 15 Min self myo-fascial release work from ground up targeting all general areas		SMFR 15 Min self myo-fascial release work from ground up targeting all general areas		SMFR 15 Min self myo-fascial release work from ground up targeting all general areas
SERIES 3	Heel Claps 1 x max reps record score: _____	Flexibility/Mobility 15 min work from ground up targeting all general areas		Flexibility/Mobility 15 min work from ground up targeting all general areas		Flexibility/Mobility 15 min work from ground up targeting all general areas
SERIES 4						
SERIES 5						
ESD	Aerobic Run Steady/Slow/2RPE/55-60%HRmx 3 miles Recovery Time: _____ Distance: _____ HRavg: _____		Aerobic Run Steady/Mod/5-6RPE/70-80%HRmx 5-mile Run Test Time: _____ Distance: _____ HRavg: _____			
RECOVERY						

Term Key %E= percent effort %M= percent max SL= single arm SA= single arm OH= overhead BTN= behind the neck FTN= front of neck WT= weighted MB= Medball SB= stability ball KB= kettlebell BB= barbell DB= dumbbell BW= bodyweight RM= repetition max