Ranger - Athlete – Warrior

Further, Faster, Harder
RAW Origins and Development

RCO Guidance 2005
- Control Injuries
- Improve Performance
- One Program

2006 RAW 1.0
- Initial Fielding
- Lessons Learned

Feasibility
- Can it be done?
  - Time
  - Space
  - Equipment
  - Train-the-trainer

Acceptability
- Will it be embraced?
  - Cultural factors

Suitability
- Will it meet the intent?
  - Fewer injuries
  - Better performance

2007 RAW 2.0
- 2008 RAW 3.0
The Physical Requirement

*Rangers Must...*

- Sprint
- Get Down
- Crawl
- Get Up
- Lift
- Carry
- Climb
- Fight
- Endure...
### Infantry Task/Physical Component Matrix

<table>
<thead>
<tr>
<th>Task</th>
<th>Strength</th>
<th>Muscular Endurance</th>
<th>Aerobic Endurance</th>
<th>Anaerobic Endurance</th>
<th>Flexibility</th>
<th>Motor Efficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Footmarch</td>
<td>X</td>
<td>XXX</td>
<td>XXX</td>
<td>X</td>
<td>x</td>
<td>X</td>
</tr>
<tr>
<td>Climbing</td>
<td>XXX</td>
<td>XX</td>
<td>X</td>
<td>XXX</td>
<td>XX</td>
<td>XXX</td>
</tr>
<tr>
<td>Sprints to Cover</td>
<td>XX</td>
<td>X</td>
<td>X</td>
<td>XX</td>
<td>XX</td>
<td>XXX</td>
</tr>
<tr>
<td>Crawl</td>
<td>XX</td>
<td>XXX</td>
<td>X</td>
<td>XXX</td>
<td>XX</td>
<td>XXX</td>
</tr>
<tr>
<td>Carrying</td>
<td>XXX</td>
<td>XX</td>
<td>X</td>
<td>XX</td>
<td>X</td>
<td>XX</td>
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<tr>
<td>Run</td>
<td>x</td>
<td>XX</td>
<td>XXX</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>12</td>
<td>13</td>
<td>10</td>
<td>12</td>
<td>9</td>
<td>13</td>
</tr>
</tbody>
</table>

X = Low Demand  
XX = Moderate Demand  
XXX = High Demand
Consultants

- Core Performance
- Athletic Body in Balance
- Science and Practice of Strength Training
- A Practical Guide to Developing Resistance-Training Programs
- Science of Sports Training
Consultants
Other SOF Elements
Consultants
Olympic Training Center
Consultants
National Strength and Conditioning Association
Consultants

US Military Academy
Consultants

Pro Performance
Consultants
Athletes’ Performance Institute
Consultants
Gym Jones
RAW Purpose

The purpose of RAW is to provide education and training that optimize the physical/mental development and sustainment of the Regiment's most lethal weapon - the individual Ranger.
RAW End State Objectives

– Achieve a level of physical fitness that is commensurate with the physical requirements of Ranger missions.

– Understand and choose sound nutritional practices.

– Employ mental toughness skills to enhance personal and professional development.

– Receive screening/education for injury prevention and prompt, effective, and thorough treatment/rehabilitation of injuries when they do occur.
Components of RAW

- Functional Fitness
  - Strength
  - Endurance
  - Movement skill

- Performance Nutrition
  - Nutrient needs
  - Body composition
  - Supplements

- Mental Toughness
  - Ideal Performance State
  - Fatigue counter-measures
  - Endurance events

- Sports Medicine
  - Prevention/early intervention
  - Finishing rehab
  - Multi-disciplinary team
RAW Philosophy

• You don’t know exactly what the physical requirement will be on your next mission… assume it will be extremely demanding.

• Ranger missions require strength, endurance, and movement skills. Excelling in only one or two leaves you vulnerable to poor performance and/or injuries.
RAW Philosophy

- As an individual, a team, a squad, or a platoon, you are only as strong as your weakest link. Don’t have a weak link.
RAW Philosophy

• Form matters. Master the exercise techniques and demand proper execution from the men.

• Don’t crush yourself everyday. Respect the need for recovery. Leaders must be attuned to their men and modify the training stress appropriately.
Current RAW Activities

• Fully train SMEs
• RAW RCI to validate training of SMEs
• Fully incorporate assessments
  – Analyze data and train accordingly
• Optimize gyms and equipment
• Research to validate training methodology
  – Adjust fire as needed
  – Ex: API reports relative power deficit in our SMEs
Training

• Train-the-Trainer
  – Classes with Human Performance Optimization Coach (HPOC) (e.g. lifting fundamentals, agility, speed, programming, etc.)

• Continue bringing in civilian SMEs as needed for technical skills
  – Kettlebells, combatives, swimming, etc.
  – Will compile list of recommended trainers
RAW RCI

- Training
  - RAW classes by HPOC on LRC
  - Training of section by HPOC is scheduled and documented
  - Execution of PT Drills
  - Classes (Nutrition/Supplement and Fatigue-Countermeasures)
  - Assessments
RAW RCI

• Assessments
  – Spreadsheet used to document assessments
  – PT assessments conducted IAW RAW v.4.0 guidance
  – RPAT conducted once a year
  – Body composition within 2 months of assignment to section
    • Coordinate with PLT Medics
  – Functional Movement Screen within 2 months of assignment to section
    • Coordinate with PLT Medics
RAW RCI

• Individual Performance Packets
  – Packets synched with A-roster for each section
  – Assessments documented using RAW Data Sheet
  – Injury history documented using RAW Injury Sheet
  • coordinate with PLT Medics
Lessons Learned

• There are many ways to succeed…and several ways to fail.
  – RAW should be an adaptable guide not a rigid program
  – Eliminate the worst practices
    • Over-emphasis on distance running
    • Working the beach muscles v. functional lifting

• Competition/assessments are essential.

• If RGRs understand the “Why” they will take care of the “How”
RAW Formula for Success

Putting it all together

Confident, goal-oriented, focused, energized approach
+ Balanced Nutrition and Meal Timing
+ Adequate Hydration
+ Hard Efficient Workouts
+ Rest and Recovery
= Optimal Performance…

…with the Sports Med team standing by just in case.
CONCLUSION

Train right, eat right, sleep right, and keep your head in the game.