

**Week 1**

Mon	Tue	Wed	Thur	Fri
Push ups+ Situps(alternate) 40,30,20 So 40 push-ups then 40 Situps etc. 4- 400 sprints	Pull-up ladder 1-6 for 3 rounds. So 1 pull-up rest 15-20 seconds then 2 pull-ups working your way up to 6. Then start over on next set at 1. Alternate Cardio(Bike, Swim, or Elliptical) for 30 minutes	Push-ups + situps(alternate) 40,30,20 30/30s: Sprint for 30 seconds walk for 30 seconds. 10 rounds. Walk for 5 minutes and complete another 10 rounds. Run 30- Walk 30 equals 1 round.	Pull-up ladder 1-6 for 3 rounds. Alternate Cardio(Bike, Swim, or Elliptical) for 30 minutes	Road March 4 miles in less than 60 minutes With 45 lb Ruck.

Sat and Sun: Do Recovery drill and stretch as needed. Also can be used as make-up days if missed training during the week.

**Week2**

Mon	Tue	Wed	Thur	Fri
Push ups+ Situps(alternate) 50,40,30 5- 400 sprints	Pull-up ladder 1-6 for 3 rounds + 3 sets of 8 seated rows. Select a moderate weight. 35 minutes of alternate cardio(Bike Swim, or Elliptical)	Push-ups + situps(alternate) 50,40,30 30/30s: 11 rounds the walk 5 minutes Then 11 more rounds.	Pull-up ladder 1-6 for 3 rounds. + 3 sets of 8 seated rows. Light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 35 minutes	3 mile run in less than 24 minutes.

Sat and Sun: Do recovery drill. Go to pool and work on swim technique.  
Make-up missed workouts.

**Week 3**

Mon	Tue	Wed	Thur	Fri
Push ups+ Situps(alternate) 60,50,40 6- 400 sprints	Pull-up ladder 1-6 for 3 rounds + 3 sets of 8 seated rows. Select a moderate weight. 40 minutes of alternate cardio(Bike Swim, or Elliptical)	Push-ups + situps(alternate) 60,50,40 30/30s: 12 rounds the walk 5 minutes Then 12 more rounds.	Pull-up ladder 1-6 for 3 rounds. + 3 sets of 8 seated rows. Light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 40 minutes	6 mile road march in under 90 minutes with 45lb ruck.

Sat and Sun: Do recovery drill. Swim technique or make-up workout.

**Week 4**

Mon	Tue	Wed	Thur	Fri
Running 20: Place two markers around 25 yards apart. Start sprint 25 yards to one marker and do 1 push-up then turn around and sprint back 25 yards to the marker and do 2 push-ups. Continue this ladder until you reach 20 push-ups. Rest 5 minutes and then repeat for sit-ups until you reach 20.	3 sets of max number of pull-ups without assistance. 3 sets of 10 seated row moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes.	Push-ups + situps(alternate) 60,50,40 30/30s: 12 rounds the walk 5 minutes Then 12 more rounds.	Pull-up ladder 1-6 for 3 rounds. + 3 sets of 8 seated rows. Light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 40 minutes	4 mile run in under 36 minutes.

Sat and Sun: Recovery drill. Work on swim technique/make up missed workouts.

**Week 5**

Mon	Tue	Wed	Thur	Fri
Running 20: Place two markers around 25 yards apart. Start sprint 25 yards to one marker and do 1 push-up then turn around and sprint back 25 yards to the marker and do 2 push-ups. Continue this ladder until you reach 20 push-ups. Rest 5 minutes and then repeat for sit-ups until you reach 20.	Pull-up ladder 1-6 for 3 rounds. + 3 sets of 8 seated rows. Light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	7 mile road march in less than 1 hour and 45 minutes with a 45lb ruck.	3 sets of 25 push-ups 3 sets of 25 sit-ups. Alternate Cardio(Bike, Swim, or Elliptical) for 30 minutes. Go at an <b>easy</b> pace. You are starting recovery for next week.	3 sets of 5 pull-ups then jog 3 miles at a 9 minute mile pace.

Sat and Sun: Do recovery drills. Be sure to rest and recover. Thur and Fri are intentionally easy so you are well recovered for testing on week 6.

**Week 6: Testing.**

Mon	Tue	Wed	Thur	Fri
Complete APFT + max number of pull-ups.	Complete 5 mile run for time.	Complete Swim Test.	10 mile road march for time with 45lb ruck. Under 2 hours and 30 minutes.	Recover with 30 minutes of light cardio on a machine + recovery drill

Sat and Sun: Recovery drill. Think about how you scored. If you were able to meet the standard great, keep up the good work. If not, you still have 6 weeks so make them count!!!

*Recognizing that I volunteered as a Ranger, fully knowing the hazards of my chosen profession. I will always endeavor to uphold the prestige, honor, and high "esprit de corps" of my Ranger Regiment.*

**Week 7**

Mon	Tue	Wed	Thur	Fri
10 sets of 10 push-ups with 10 seconds rest between sets. 10 sets of 10 sit-ups with 10 seconds rest between sets. 7-400s	10 sets of 3 pull-ups with 10 seconds rest between sets. Seated row 3 sets of 12 moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	1 minute of max push-ups 1 minute of max sit-ups. 1 mile run for time.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	6 mile run in 51 minutes. Try to maintain a 8:30/mile pace.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.

*Acknowledging the fact that a Ranger is a more elite soldier who arrives at the cutting edge of battle by land, sea, or air. I accept the fact that as a Ranger my country expects me to move farther, faster and fight harder than any other soldier.*

**Week 8**

Mon	Tue	Wed	Thur	Fri
10 sets of 10 push-ups with 10 seconds rest between sets. 10 sets of 10 sit-ups with 10 seconds rest between sets. 8-400s	10 sets of 3 pull-ups with 10 seconds rest between sets. Seated row 3 sets of 12 moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	1:30 max push-ups. 1:30 max pull-ups. 1.5 mile run for time.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	10 mile road march in under 2 hours and 30 minutes with a 45 pound ruck.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.

*Never shall I fail my comrades. I will always keep myself mentally alert, physically strong and morally straight and I will shoulder more than my share of the task whatever it may be. One hundred percent and then some.*

**Week 9**

Mon	Tue	Wed	Thur	Fri
Running 20: push-ups and situps.	10 sets of 2 pull-ups with 5 seconds rest in between sets. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	2 minutes max push-ups. 2 minutes max sit-ups. 2 mile run for time. Max number of pull-ups.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	3 mile run 22:30 Try to maintain 7:30/mile Pace.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.

*Gallantly will I show the world that I am a specially selected and well trained soldier. My courtesy to superior officers, my neatness of dress and care for equipment shall set the example for others to follow.*

**Week 10**

Mon	Tue	Wed	Thur	Fri
Push-ups and sit-ups(alternate) 60,50,40. Focus on perfect form. 4-800s	3 sets of pull-ups until failure. Seated Row 3 sets of 12 Moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	Push-ups 5 sets of 20. Sit-ups 5 sets of 20. 30/30s 12 rounds walk for 5 minutes and then 12 more rounds.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	11 mile road march under 2 hours and 45 minutes. Goal is 2 hour and 30 minutes.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.

*Energetically will I meet the enemies of my country. I shall defeat them on the field of battle for I am better trained and will fight with all my might. Surrender is not a Ranger word. I will never leave a fallen comrade to fall into the hands of the enemy and under no circumstances will I ever embarrass my country.*

**Week 11**

Mon	Tue	Wed	Thur	Fri
Push-ups and sit-ups(alternate) 60,50,40.  5-800s	Pull-ups 10 sets of 3 with 10 second rest between sets Seated Row 3 sets of 12 Moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	Push-ups 5 sets of 20. Sit-ups 5 sets of 20. Focus on perfect form. 30/30s 12 rounds walk for 5 minutes and then 12 more rounds.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	5 mile run for time. Less than 40 minutes. With a 45lb ruck.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.

*Readily will I display the intestinal fortitude required to fight on to the Ranger objective and complete the mission, though I be the lone survivor.*

***RANGERS LEAD THE WAY!***

**Week 12**

Mon	Tue	Wed	Thur	Fri
Push-ups and sit-ups(alternate) 60,50,40.  6-800s	Pull-ups 5 sets of 6 reps Seated Row 3 sets of 12 Moderate weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes	Push-ups 5 sets of 20. Sit-ups 5 sets of 20. Focus on perfect form. 2 mile run for time. Goal under 14 minutes.	3 sets of 6 pull-ups.(If too easy add weight) Seated row 3 sets of 12 light weight. Alternate Cardio(Bike, Swim, or Elliptical) for 45 minutes Easy pace.	12 mile road march in less than 3 hours with a 45lb ruck.

Sat and Sun. Recovery drills. Work on swim technique and make up workouts if needed.