



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
- 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.

Land Navigation Guidance: It is expected/suggested that you will practice land nav approximately 2-4 times during this 8-week train-up for 4-5 hours per iteration and generally covering a course of 6-10 miles. There should be practice of both day into night, and night into day tactics. This time should be used to practice appropriate pacing while maintaining navigational accuracy. Land nav is in addition to all of the work listed in the plan.

CWSA: Make sure that you are comfortable and prepared for this water-based assessment. If you have not done so in the recent past practice the act of jumping into water with the prescribed uniform/equipment, removing the necessary components, and swimming the 15m distance.

Stastics: According to recent data (2000-2012), 57% of total failures happen during RAP week. Of the total failures, 10.11% are for the APFT, 4.23% are for the RPA Run, 2.1% are for the CWSA, 9.23% are for Land Nav, and 3.24% are for the 12-mile Road March.

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.

NAME: _____

Ranger School Prep 3.0

week 1		DATE:		DATE:		DATE:		DATE:		DATE:	
MOVEMENT PREP		MP 20.0		MP 26.0		MP 8.0		MP 1.0		MP 8.0	
Run 1st											
MOVEMENT											
SERIES 1											
	Pushups	WT	REP								
	6 x 20-20										
	1-										
	2-										
	3-										
	4-										
	5-										
	6-										
	Total-										
SERIES 2											
	Pullups	WT	REP								
	5 reps every :30s for										
	5 minutes										
	50 total is full score										
	Record Reps: _____										
SERIES 3											
	Pinch Block Farmer Carry	WT	REP								
	2x100 yards										
SERIES 4											
		WT	REP								
SERIES 5											
		WT	REP								
ESD											
	Anaerobic										
	Interval/Fast/7-10RPE/80-100%HRmx										
	400m x 8										
	Time: _____										
	Distance: _____										
	HRavg: _____										
RECOVERY											
Term Key											
%E= percent effort %AM= 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											

NAME: _____

week 2

[illegible]

PROGRAM:Ranger School 1.2

Ranger School Prep 3.0

NAME: _____

week 3	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	
MOVEMENT PREP	MP 20.0 Run 1st	MP 26.0	MP 8.0	MP 1.0	MP 8.0	MP 8.0	MP 8.0	MP 8.0	Cardio/ Recovery Day	
MOVEMENT										
SERIES 1	Pushups 6 x 20-20	BB Walking Lunges 4x6e	Bench Press 4x25	Trap Bar Deadlift 5x3	Pullup/Pushup Ladder	ESD Options (choose 20-30min): 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. Cylbex Arc 15-30 min 7. Swim	WT	REP	WT	REP
	1-	Plank 4x1.00	Inverted Row 4x25	Side Plank 4x:30e	Pullups 15-12-9-6-3 Pushups 30-24-18-12-6					
	2-									
	3-									
	4-									
	5-									
	6-									
	Total-									
SERIES 2	Pullups 7 reps every :30s for 5 minutes 50 total is full score Record Reps: _____	Box Jumps 5x5 Wall Ball (20lbs) 5x10 Stups 5x20	FTN OH Press 4x15 WT Chinups 4x10	Heavy Sled Push 4x40 yards WT Situps 4x15 MB Slams 4x20		SMFR self myo-fascial release work from ground up targeting all general areas	WT	REP	WT	REP
SERIES 3		Pinch Block Farmer Carry 2x100 yards		DB Farmer Carry 3x50 yards		Flexibility/Mobility 15 min work from ground up targeting all general areas	WT	REP	WT	REP
SERIES 4										
SERIES 5										
ESD	Anaerobic Interval/Fast/7-10RPE/80-100%HRmx 400m x 8 Time: _____ Distance: _____ HRavg: _____	Run Steady/Fast/8-10RPE/85-100%HRmx 4 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____	Aerobic Steady/Mod/5-6RPE/70-80%HRmx 6 miles 45lbs Time: _____ Distance: _____ HRavg: _____	Aerobic Steady/Mod/5-6RPE/70-80%HRmx 3 miles Cardio-respiratory Funct. Time: _____ Distance: _____ HRavg: _____	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									

NAME: _____

Ranger School Prep 3.0

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PROGRAM:Ranger School 1.2

Ranger School Prep 3.0

NAME: _____

week 5	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
MOVEMENT PREP	MP 8.0 Run 1st	MP 1.0	Cardio/ Recovery Day MP 21.0	MP 16.0	MP 9.0 Run 1st	Cardio/ Recovery Day	
MOVEMENT							
SERIES 1	Pushups 10x12 rest as little as possible (about 30 sec)	Front Squat 5x5 Broad Jump 5x5	Pushups 4x20 Situps 4x20	DB Walking Lunges 5x10e Split Jumps 5x5e	Pullup/Pushup Ladder Pullups 1-2-3-4-5-6-7-8-9-10 Pushups 20-18-16-14-12-10-8-6-4-2 minimal rest	ESD Options (choose 20-30min): 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. Cylbex Arc 15-30 min 7. Swim	WT REP
SERIES 2	Pullups 50 reps goal is 5x10	RDL 4x8 KB Swing 4x10 Heel Clap 4x12	WT Chinups 15lbs 3x max reps Plank 3x1.00	GH Raise 4x8 MB Wall Ball 4x10 Leg Lower 4x12	Bear Crawl 3x25 yards Situps 3x25 Walking Lunge 3x25 yards Flutter Kicks 3x25e	SMFR self myo-fascial release work from ground up targeting all general areas	WT REP
SERIES 3	Situps 60 reps rest as little as possible	OH Plate Walk 3x100 yards :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 3x100yrd :30 rest		Flexibility/Mobility 15 min work from ground up targeting all general areas	WT REP
SERIES 4			Flexibility/Mobility 15 min work from ground up targeting all general areas				WT REP
SERIES 5							WT REP
ESD	Aerobic Steady/Fast/(8-10RPE/85-100%HRmx 2 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____	Run Interval/Fast/(9-10RPE/90-100%HRmx 8x400m 1:00 rest Speed Time: _____ Distance: _____ HRavg: _____	Ruck Steady/Mod/(3-6RPE/60-80%HRmx 8 miles 45lbs Time: _____ Distance: _____ HRavg: _____	Aerobic Steady/Mod/(5-6RPE/70-80%HRmx 4 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 1.2

Ranger School Prep 3.0

NAME: _____

week 6		DATE: _____	DATE: _____	DATE: _____	DATE: _____	DATE: _____
MOVEMENT PREP	MP 8.0 Run 1st	MP 1.0	MP 21.0	MP 16.0	MP 9.0 Run 1st	Cardio/ Recovery Day
MOVEMENT						
SERIES 1	Pushups 10x15 rest as little as possible (about 30 sec)	Front Squat 5x5 Broad Jump 5x5	Pushups 5x20 Situps 5x20	DB Walking Lunges 5x8e Split Jumps 5x5e	Pullup/Pushup Ladder Pullups 1-2-3-4-5-6-7-8-9-10 Pushups 20-18-16-14-12-10-8-6-4-2 minimal rest	ESD Options (choose 20-30min): 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. Cylbex Arc 15-30 min 7. Swim
SERIES 2	Pullups 60 reps goal is 6x10	RDL 4x8 KB Swing 4x10 Heel Clap 4x12	WT Chinups 15lbs 3x max reps Plank 3x1.00	GH Raise 4x8 MB Wall Ball 4x10 Leg Lower 4x12	Bear Crawl 3x25 yards Situps 3x25 Walking Lunge 3x25 yards Flutter Kicks 3x25e	SMFR self myo-fascial release work from ground up targeting all general areas
SERIES 3	Situps 75 reps rest as little as possible	OH Plate Walk 3x100 yards :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 3x100yrd :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 Steady/Mod/5-6RPE/70-80%HRmx 5 miles Time: _____ Distance: _____ HRavg: _____	Run Interval/Fast/9-10RPE/90-100%HRmx 6x800m Time: _____ Distance: _____ HRavg: _____	Ruck Steady/Fast/8-10RPE/85-100%HRmx 10-12 miles 45lbs Time: _____ Distance: _____ HRavg: _____	Aerobic Run Steady/Fast/8-10RPE/85-100%HRmx 3 miles 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					75th Ranger Regiment

PROGRAM:Ranger School 1.2

Ranger School Prep 3.0

NAME: _____

week 7		DATE: _____		DATE: _____		DATE: _____		DATE: _____	
MOVEMENT PREP	MP 8.0 Run 1st	MP 1.0	Cardio/ Recovery Day MP 21.0	MP 16.0	MP 9.0 Run 1st	Cardio/ Recovery Day			
MOVEMENT									
SERIES 1	Pushups 10x18 rest as little as possible (about 30 sec)	Front Squat 5x3 Broad Jump 5x5	Pushups 6x20 Situps 6x20	DB Walking Lunges 5x6e Split Jumps 5x5e	Pullup/Pushup Ladder Pullups 1-2-3-4-5-6-7-8-9-10 Pushups 20-18-16-14-12-10-8-6-4-2 minimal rest	WT	REP	WT	REP
SERIES 2	Pullups 70 reps goal is 7x10	RDL 4x8 KB Swing 4x10 Heel Clap 4x12	WT Chinups 15lbs 3x max reps Plank 3x1.00	GH Raise 4x8 MB Wall Ball 4x10 Leg Lower 4x12	Bear Crawl 3x25 yards Situps 3x25 Walking Lunge 3x25 yards Flutter Kicks 3x25e	WT	REP	WT	REP
SERIES 3	Situps 90 reps rest as little as possible	OH Plate Walk 3x100 yards :30 rest	SMFR 15 min self myo-fascial release work from ground up targeting all general areas	Farmer Carry 3x100yrd :30 rest		WT	REP	WT	REP
SERIES 4			Flexibility/Mobility 15 min work from ground up targeting all general areas			WT	REP	WT	REP
SERIES 5						WT	REP	WT	REP
ESD	Aerobic Steady/Fast(8-10RPE/85-100%HRmx 4 miles Improve Threshold Time: _____ Distance: _____ HRavg: _____	Run Interval/Fast(9-10RPE/90-100%HRmx 4x1mi 2:00 rest Speed Time: _____ Distance: _____ HRavg: _____	Ruck Steady/Mod(3-6RPE/60-80%HRmx 6 miles 35lbs Time: _____ Distance: _____ HRavg: _____	Aerobic Steady/Mod(5-6RPE/70-80%HRmx 6 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 1.2

Ranger School Prep 3.0

NAME: _____

week 8	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
MOVEMENT PREP	MP 8.0 Run 1st								
MOVEMENT									
SERIES 1	Front Squat 2x5,2x3,2x1 to max or heavy single								
SERIES 2	25 lb Pullups (strict form) 1 x max reps record score: _____								
SERIES 3	Heel Claps 1 x max reps record score: _____								
SERIES 4									
SERIES 5									
ESD									
	Aerobic Steady/Slow/2RPE/55-60%HRmx 3 miles 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								