

12 Week Ranger Assessment and Selection Program Training Plan

Introduction

Nothing is magic about this program. What will make this program work is **you**. Commit mentally to success and follow through with dedication and hard work. Although your muscles will eventually reach failure, never let your mind reach failure. Do not quit and approach this program and RASP with a fearless tenacity to go above and beyond the accepted “norm”. If you are happy being ordinary, don’t waste your/our time and stop reading now and go enjoy your life. If not, continue on relentlessly...

Before each PT event complete the Ranger Athlete Warrior Movement Preparation drills. Listed Below:

Movement Prep

Purpose: Bring metabolism from rest to exercise levels, loosen the major joints and muscle groups, prime nerve-to-muscle messages that improve total-body coordination – all in preparation for any physical activity that follows.

Utilization: Before each PT session in all phases. Movement prep should be completed in about 10 minutes.

Execution: Calisthenics may be performed in an extended, rectangular formation for large groups or in a circle for squads. Perform 3-5 repetitions for each exercise, beginning with slow movements through an easy range-of-motion, adding just a little speed and range-of motion with each repetition. Perform the movement drills as indicate below, using an extended, rectangular formation. The last four movement drills are performed over a 20 meter distance. Pause as need between exercises to avoid fatigue. After movement prep, the body should be warm, loose and primed for intense activity – but not fatigued.

Calisthenics

Bend and Reach
Around the World
Squat
Windmill
Leg Whips
Balance and Reach, Rearward
Pushup+/Pushups/Rotations
Squat-Reach-Jump

Movement Drills

Side-Step Lunge (5 reps then reverse)
Corkscrew Lunge (5 reps then reverse)
Walking Lunge & Reach (10 steps each leg)
Walking Bend and Reach (10 steps each leg)
Verticals (down and back)
Laterals (down and back)
Crossovers (down and back)
Shuttle Run (down-back-down)

Movement Prep

Performed before all PT Sessions

Bend and Reach



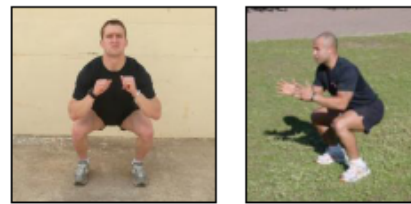
- Start and finish with the arms overhead, abs engaged; don't lean backward.
- At the bottom of the movement, knees are bent, back round, head down looking and reaching between legs.
- Perform at a slow cadence.

Around the World



- Start and finish with the arms overhead, abs engaged.
- Perform slow, continuous, circular movements, especially stretching the side of the trunk.
- Perform clockwise and counterclockwise.

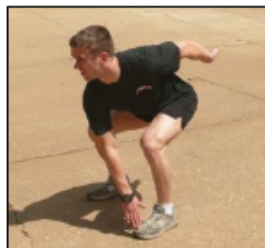
Squat



- Start and end with the arms in the ready position.
- Squat so that the knees are aligned over the toes, heels are down, the back is straight, the head and chest are up.

Windmill

- Start in a wide stance with the arms to the side at shoulder level.
- Begin to squat, then rotate the hips and trunk to reach toward the opposite foot.
- Stay balanced, with slightly more weight on the side of the reach.
- Keep the head and chest relatively up.



Leg Whips



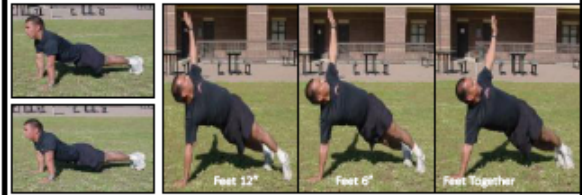
- Begin with slow speed, short-range movements, forward/backward
- Keep the trunk steady and let the arms swing counter to the legs
- Gradually increase the speed and range of movement
- Switch to lateral leg whips; work both legs

Balance and Reach



- From a single-leg stance, reach back with the other leg while counterbalancing with a forward lean of the trunk.
- The stance knee remains centered over the ball of the foot; do not let the knee waiver side-to-side.
- If the left leg is reaching back, the left arm is reaching forward.

Pushup+/Pushups/Rotations



- Perform the PU+ (top two pics on the left) with the elbows straight, with the movement occurring through the shoulder blades.
- Perform 10 pushups.
- From the top of the PU+ position, raise the left hand toward the sky, pause for one second, then return to the starting position and switch sides. Feet are 12" apart on first rep, 6" on second rep, together 3rd rep.
- Keep the trunk straight and abs tight throughout.

Squat-Reach-Jump



- Perform 5 squats as per the guidance for the squat exercise
- Perform 5 reaches, rising out of the squat onto the toes, reaching overhead
- Perform 5 jumps. Landings should be soft (balls of the feet first, then sinking to heels), with impact absorbed by plenty of bend of the hips and knees. Keep the feet shoulder width apart or less. Do not allow the knees to buckle inward or outward upon landing.

Side-Step Lunge



- Squat first, then stay in the crouch and step to the side. A slight stretch should be felt in the groin as the trail leg straightens.
- Stay in the crouch with the trunk upright and bring the trail leg back to the squat position.
- After 5 side-steps, stand up to recover for a couple seconds, then repeat in the opposite direction.

Corkscrew Lunge



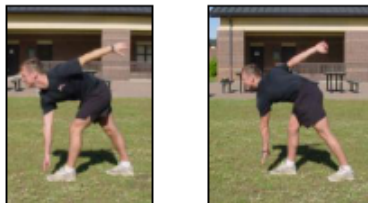
- Step to the rear with the trail leg, crossing it behind the forward leg.
- Leaving the legs in place, rotate the trunk back to the front (2nd pic), as you sink into a squat. A stretch will be felt in the glutes of the forward leg.
- Return to the starting position by pushing off the front leg.

Walking Lunge and Reach



- Perform a full forward lunge, keeping the trunk upright and the abs tight.
- Rotate the trunk toward the side of the forward leg and sink into the lunge position. A stretch should be felt in the hip flexors of the rear leg. Pause in this position for just 1-2 seconds.
- Rise out of the lunge using the power of the front leg, then step through to perform the exercise on the opposite side. Perform 5 lunges with each leg.

Walking Bend and Reach



- Step forward with the leg while bending forward at the waist.
- Keep the trunk as straight as possible while reaching toward the opposite foot. A gentle stretch should be felt in the hamstring of the forward leg.
- Rise slowly out of the stretch, then step through to perform the exercise on the opposite side. Perform 5 reps with each leg.

Verticals

- Also known as the high-knee drill. Take short, quick strides, stay on the balls of the feet. The knees rise to waist level.
- Use strong arm action. The elbows stay bent at 90 degrees and reach well to the rear during the backswing. The hand of the forward arm moves to about chin level.
- Keep the trunk perpendicular to the ground.
- Perform over 20 yards, down and back.



Laterals



- Start in the power stance crouch, on the balls of the feet.
- Move laterally with shuffle steps, keeping the feet directed to the front.
- Keep the back straight, the shoulder blades pulled slightly to the rear, and the hands in the ready position.
- Perform 20 yards in each direction.

Crossovers



- Same starting position as laterals, but move laterally with crossover steps. The trail leg crosses first to the front, then to the rear.
- The arms stay in the ready position or move counter to the leg crossover.
- Let the hips swivel rather than holding the trunk and pelvis stiffly.
- Perform 20 yards in each direction.

Shuttle Run



- Run at a moderate pace to the 20M line and back, staying with the squad leader, then on the last 20M segment, release into an 80% effort sprint.
- Always turn in the direction of the squad leader by making a half turn and crouching at the line, taking care to stay balanced and avoid twisting of the knees and ankle.

At the end of each training session complete the Ranger Athlete Warrior Recovery Drills. Listed Below:

Recovery Flexibility Drill

Purpose: Safely decrease heart-rate, respiratory rate, body temperature; improve functional flexibility; replace nutrients.

Utilization: After each PT session in all phases

Execution: Walk as needed to bring the heart rate back to within about 20-30 beats of the resting level, then finish with the exercises below. The exercises with an * are considered motion exercises rather than static stretches, and need only be held for 1-3 seconds, 3-4 reps each side. The other exercises are stretches and should be held for 15-30s, 1 rep. The last four stretches are performed in standing. Rangers that find tight muscle groups should be encouraged to stretch on their own throughout the day. The stretch routine also provides a good opportunity for squad leaders to give their men feedback on the PT session.

Immediately after the PT session, re-hydrate and restore nutrients. The optimal post-exercise meal for the RAW program meets the following criteria: 1) ingested within 30 minutes, 2) about 3:1 ratio of carbs to protein, 3) at least 250 calories.

Exercise Order:

Mountain Climber Stretch
Seated Hip Rotations*
Quadriceps Stretch (side-lying)
Posterior Hip Stretch (supine)
Scorpion*
Rotational Spine Stretch (supine)*
Prone Press*
Prayer Stretch w/Diagonals
Hip Flexor Stretch
Hamstring Stretch
2-Part Gastroc-Soleus Stretch (wall or partner)
Pectoralis Stretch (wall or partner)

Recovery Flexibility Drill

Performed after PT sessions and throughout the day as needed to improve mobility/flexibility

Mountain Climber Stretch

- Assume the starting position for the mountain climber exercise, except the forward foot is flat and the rearward leg fully extended.
- Keep the thigh of the forward leg tucked tightly into the trunk, then lift the arm on that side toward the sky, turning the trunk and head to look up.



Seated Hip Rotations



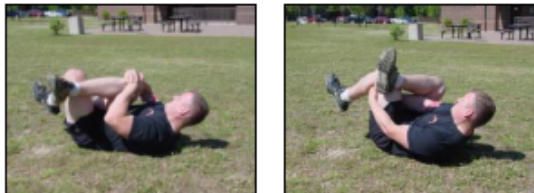
- From the position shown above, rotate the legs side to side.
- Keep the glutes and heels in place throughout the exercise.
- The trunk should face away from the direction of the knees.
- If form is good and the exercise is painless, advance to hands in the ready position or overhead.
- Perform slow movements from side to side rather than holding as a static stretch.

Quadriceps Stretch



- Pull the thigh to the rear without straining the knee joint.
- Keep the abs tight to prevent the trunk from arching.
- Keep upper thigh parallel to the ground (or lower) as you stretch it.
- The lower leg can be used to nudge the stretch leg farther to the rear.

Posterior Hip Stretch



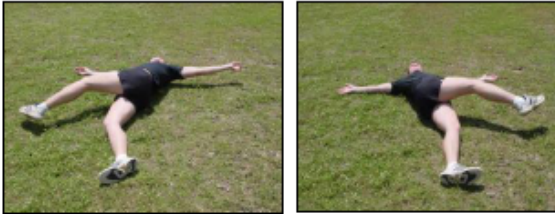
- Cross the ankle over the opposite knee and reach between the legs to pull both toward the chest. A stretch should be felt in the glutes of the crossed leg.
- An alternate method (picture on the right), is to cross the ankle over the knee, then pull the knee of the crossed leg toward the opposite shoulder.
- For both versions, the non-stretch leg should exert slight pressure pushing the crossed leg toward the chest.

Scorpion



- Start in the prone position with the arms at the "T" position.
- Bend the left knee to 90 degrees, then lift the leg a few inches.
- Keeping the arms on the ground, slowly rotate the trunk to move the heel toward the opposite hand.
- Perform slow movements from side to side rather than holding as a stretching
- Pressure or fullness in the lower spine is ok, but don't perform if painful.

Rotational Spine Stretch



- Start in the supine position with the arms at the "T" position.
- Keeping the arms on the ground, slowly cross one leg over the other and rotate the trunk to move the foot toward the opposite hand.
- Perform slow movements from side to side. Pause only briefly at end range rather than holding as a static stretch.
- The hand can be used to gently pull the crossed leg slightly farther.

Prone Press



- From the prone position, press up leaving the legs, pelvis, and lower abdomen on the ground.
- Perform slow movement to the end range and pause briefly, rather than holding as a traditional static stretch.
- This exercise alternates with the Prayer Stretch. Perform three reps of each.

Prayer Stretch w/ Diagonals



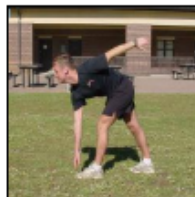
- Move from the Prone Press directly to the prayer stretch, leaving the arms as far forward as possible and sitting back on the heels.
- The head should be down and the back muscles relaxed. This exercise can be used as a motion exercise by taking just a brief pause at end range, or it can be held for 15-30 seconds like a traditional stretch.
- Return to the Prone Press, then repeat with diagonal prayer stretches by crossing the left hand over right, then right over left.

Hip Flexor Stretch



- This stretch uses the same technique as the Walking Lunge and Reach from Movement Prep.
- Perform a full forward lunge, keeping the trunk upright and the abs tight. It may also improve the stretch by contracting the glutes on the side of the stretch.
- Rotate the trunk toward the side of the forward leg and sink into the lunge position. A stretch should be felt in the hip flexors of the rear leg.

Hamstring Stretch



- This stretch uses the same technique as the Walking Bend and Reach from Movement Prep.
- Step forward with the leg while bending forward at the waist.
- Keep the trunk as straight as possible while reaching toward the opposite foot.
- The front knee should flex only slightly. A gentle stretch should be felt in the hamstring of the forward leg. Stop as soon as the stretch is felt.

2-Part Calf Stretch



- Use either a wall or a partner to create greater leverage for this stretch.
- For part one, the feet are directed straight toward the wall/partner. The back knee is straight, the heel is down and the pelvis is pushed forward. The stretch should be felt in the upper portion of the back of the calf of the rearward leg.
- For part two, the back leg is brought closer to the wall, the knee is bent, and the body is lowered to create a stretch on the lower portion of the calf of the back leg.

Pec Stretch

- Use either a wall or a partner to create greater leverage for this stretch.
- Place the forearm on the wall (lock hands and forearms if using the partner method), and turn slowly away until a stretch is felt in the chest. The leg on the stretch side is forward.
- Ensure that the stretch is felt in the Pec muscle, not the shoulder joint. Leaning into the wall/partner and changing the arm elevation (up or down) may be needed to transfer the stretch from the joint to the muscles.



Movement Preparation and Recovery Drills are essentially to ensure appropriate flexibility and movement is maintained and will also aid in the prevention of injury.

Before Starting the program take a week to test yourself by completed the following tests:

Day 1: APFT + Max number of Chin-ups

Day 2: 5 mile run for time

Day3: 15 meter swim in ACUs and boots with LCE and Rubber Duck

Day 4: 12 mile road march caring 45 pounds not including water for time.

Spend the rest of the week doing light cardio and recovery stretching to prepare for week 1 of training.

Start the program week one 13 weeks before you go to RASP. So you should test yourself 14 weeks before you go to RASP. Your goal is to complete the 12 week program and have 1 week of recovery before RASP. However complete the program early rather than late ie completing the program 2 weeks before RASP is more ideal the completing the program right before you are supposed to start RASP.

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
<p>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.</p>	<p>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.</p>	<p>Push-ups + situps(alternate) 60,50,40 30/30s: 12 rounds the walk 5 minutes Then 12 more rounds.</p>	<p>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</p>	<p>4 mile run in under 36 minutes.</p>

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

Week 5

Mon	Tue	Wed	Thur	Fri
<p>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.</p>	<p>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</p>	<p>7 mile road march in less than 1 hour and 45 minutes with a 45lb ruck.</p>	<p>3 sets of 25 push-ups 3 sets of 25 sit-ups. Alternate Cardio(Bike, Swim, or Elliptical) for 30 minutes. Go at an easy pace. You are starting recovery for next week.</p>	<p>3 sets of 5 pull-ups then jog 3 miles at a 9 minute mile pace.</p>

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.

You have completed the 12 week program. Spend week before RASP begins doing light low impact cardio and recovery stretching. If you have 2 weeks before you start RASP repeat week 1 and then recover the next week. Ensure you get enough rest this week and mentally prepare for the challenge ahead because you are prepared physically.

