



Military Athlete

Strong. Swift. Durable
Jackson, Wyoming
www.militaryathlete.com

RUCK-BASED SELECTION TRAINING PROGRAM

The following program is designed to improve performance with a concentration on rucking-based military selections (Green Beret, Delta, The Activity).

This is a 8-week program that will require the athlete to train up to 6 days a week. The program includes a 2 week taper at the end so you arrive at selection fit, not beaten down.

This program is designed to be employed on the final 8 weeks before your selection begins. If you are further out then 8 weeks from your selection start date, we recommend you do the Military Athlete, "Operator Sessions."

CAUTION!

Selections are designed to push the candidate to the edges physically, and see how you perform. While subsequent selections may have many similar events and durations, there are many differences between subsequent selections simply because cadre and the candidate pool change. Further, the various special forces units are secretive about what to expect.

The following plan is a suggested preparation program. I do not guarantee that if you complete it, you'll make it through selection. I've never personally attended a selection or even observed one.

The following program is based on what I've been able to gather about what to expect and some of the suggested train up plans from the Green Berets and "The Activity" plus my knowledge of strength and conditioning.

Finally, this is a very intense training program. If you have not been completing the Military Athlete programming for several weeks prior, do not be surprised if you are unable to complete these sessions.

If you have been completing the Military Athlete programming, the exercises prescribed in this program will be familiar to you. If you have not been completing the Military Athlete programming, please visit www.mtnathlete.com and click on the "exercises" link for unfamiliar exercise descriptions.

This program is built around 4 distinct physical goals:

1) Ruck: 18 miles @ 50lbs in 4.5 hours if traveling the road or 6 hrs if traveling cross country.

Several selections involve and require extensive rucking. We believe the best way to train for rucking is to ruck. The problem is, extensive rucking can and does break the body down. We've tried to design a progressive rucking program which limits rucking to 2x/week, and will build you up but avoids over training, and sends you to selection

strong and ready. Note that you'll need to carry an 8# piece of metal pipe or a 10# sledge hammer for each ruck.

2) Running: 8 miles in 64 min and 2 miles in 14 min.

Many selections involve extensive unloaded running. Further, running will help build an aerobic base.

3) 10 rounds (unbroken) of 5x pullups 10x dips 15x pushup, 20x situps

You can expect to do many pushups, pullups, situps and other body weight calisthenics at selection. This simple circuit is a way to build upper body cal endurance.

4) 55 reps of Sand bag get ups @ 80# in 10 min.

The sandbag getup is our favorite core exercise. A strong midsection is key to durability. The goal here is to build a strong core to protect your back and vulnerable limbs from the tests and trials ahead. It's preventative medicine.

This program includes these less distinct physical goals:

- Build the athlete's mode-specific aerobic base (running and rucking)
- Prepare the athlete for selection unknowns (we use intense work capacity circuits to accomplish this. On the first session of weeks 2-5 you'll repeat an intense, heavy training session will prepare you mentally and physically for the unknown which comes at selection.
- Build durability - through rucking with a heavy pack, sand bag get ups, and strength training.

RUNNING FORM

Proper running and rucking form will not only make a huge difference in your speed, but also make you more efficient - thereby saving energy, and most important, significantly decrease the impact these activities have on your body.

There are several running form philosophies and even books available, but we've found that all of them share key form characteristics: stand tall, forward lean (fall forward), flat foot strike (don't land heel first), 90 steps per minute cadence (shorter steps, faster rpm), forward only arm swing, circular foot rotation.

We strongly recommend you purchase one or more of these books: Chi Running, POSE Method of Running Method and either purchase a metronome and/or download a metronome MP3 for you iPod and begin to learn how run on cadence. Go to <http://www.reztronics.com/prod01.htm> for a metronome MP3.

Footwear - wear the same footwear during your training runs you will wear during selection. If these are boots, so be it.

RUCKING FORM

Perhaps no other activity you'll do during this train up program has the potential to break down your body as rucking. We've limited your rucking during this program to just two days per week, because of it's impact. Further, developing proper rucking form will also decrease its impact. Here are keys to consider:

- Never run or jog with your pack. Strive to increase your walking pace.
- Never step landing heel first. Land flat footed, with your foot under your body
- Ruck with a pronounced forward lean. "Fall forward" into the next step. Step from your hips, not your quads.
- Strive to increase your step cadence. Take faster, smaller, steps
- Use your pack's hip belt. Carry the load on your hips, not on your shoulders. Use the same pack you'll use at selection. Get it dialed.
- Ruck wearing the same boots/pants/pack you'll use during selection. Don't let there be any surprises. Dial your boots during training. Do not show up to selection with new boots.

- Same with sock systems. Don't let foot care/blisters become an issue at selection. Dial your sock systems now - this could be one pair of wool blend socks, a liner with an outer sock, two pair of liners, etc. Find out which works for you during this train up. Also, know what blister treatment systems work for you and have it prepared for selection.
- Backpack. Ruck with the pack you'll use during selection. No surprises.

Another Tip: Duffle Bag - If possible, purchase and take a duffle bag which has a full length zipper, rather than a top-only opening for selection. This will make it much easier and faster to sort and find needed gear and clothes.

NUTRITION

If possible, take a body building mass gainer shake mix and a shaker to selection and use it as a way to slam fast calories between meals. We understand that this isn't allowed at many selections. If it is at your selection, take mass gainer and use it. But, prior to selection, test out a brand or two to find one that agrees with your system.

Cramping can be a major issue. If possible, take electrolytes to selection and use them regularly to ward off cramps. Commercial brands of electrolytes in a pill or power form (dump into your drinking water) are available. I've used Hammer Nutrition Endurolytes Electrolyte Pills with success.

Also - soreness can be an issue. If you can, some of our athletes have had success reducing soreness by taking "SportLegs" supplement pills.

Finally, we recommend going into selection 10 pounds overweight. Understand that caloric restriction and lack of sleep are part of the game. Going in with a few pounds of fat on your body will give you some buffer before your body begins eating muscle to fuel itself.

TECHNICAL/TEAMWORK/LEADERSHIP SKILL PREPARATION

Don't let your concern about the physical demands of selection cause you to ignore the technical, teamwork and leadership skills which will also be assessed at selection. Understand that the instructors will often use physical demands not to test your fitness, but to simply stress you out. Now, in this fatigued, stressed out condition, the real assessment will begin - can you still perform technical skills? Are you a good teammate? Do you stand up and lead? Some military athletes feel these intangible attributes, (team work, leadership) can't be trained. "You either have them or you don't." We disagree, and feel these attributes can indeed be trained and learned, and need to be trained. Think these through. Read, plan, train for these situations. Visualize how you'll react under stress.

MENTAL PREPARATION

Selections ultimately are not a test of physical prowess. Rather, physical tasks are a means to push the candidates beyond their limits in an effort to test and observe character, leadership, teamwork, resolve and determination. Regardless of your physical preparation, the best cadre will find a way to push you to your physical limit to observe how you react.

Below are a few strategies, guidelines, and tips to assist you in meeting this mental character challenge:

1. The thought of quitting is poison.

You cannot let the thought of quitting enter your mind during selection. No matter how fit you are going in, or what you've accomplished in the past, if you entertain the thought of quitting, you are going to quit. You will need to exercise extreme mental discipline to block the thought of quitting from any consideration. Once you consider quitting, this thought will act like poison, weakening your resolve. Eventually, quitting will be all you'll think about, and you'll act on it.

2. Short term thinking will carry you through.

During selection, don't allow yourself to think long term, about all the shit you have to endure to finish. Instead of thinking, "I've got to make it to the end of the week," think, "I've just got to make it to the end of the day," or "I've just got to make it to the next meal," or, "I've just got to make it to end of this ruck, run, set of push ups, etc." The darker, and more desperate things get, the shorter term your thinking needs to become. Long term thinking will overwhelm your resolve and determination. Think short term to survive.

3. Enthusiasm. Enthusiasm is the is the opposite of dread and the is rooted in the bedrock of positive thinking and adventure. It has no relation to your physical state.

Thought is energy. Negative thoughts will suck you dry. You will not be able to control what you have to do physically. But you will always be in total control of your thoughts and attitude toward your predicament. Use this control to direct your energy. Force yourself to be enthusiastic about the next beat down. Embrace the suck.

4. Humor. Laughing will shield and protect you from all kinds of negative shit. Laugh at yourself, laugh with others, laugh at the absurdity of the situation. Just fucking smile. Don't discount the restorative power of humor.

5. Humility. The cadre are looking for prima donnas. They are looking for people who want the prestige of the special forces pin, but don't understand the deeper meaning, tradition and responsibility of the teams. Prima Donnas will be selfish. You have to want this for the right reasons. Be humble.

6. Don't expect it to be fair. The cadre will use your sense of fairness against you. Expect to be punished for invalid reasons. Expect rules to change without notice. Expect to be set up to fail, then punished for failing. How to react? Short term thinking. Embracing the suck. Acting with humility. Humor. Enthusiasm.

7. Have some Faith. Faith can be religious, but doesn't have to be. And faith is not hope. Hope is the belief that things will get better. Faith is the understanding that things may not get better, and they may not be fair, but that things aren't random, and that everything happens for a reason. Some of which we may not understand until later. Faith brings with it immense strength. Strong faith is something you can lean against when things are tough. Questions? Good Luck!

-Rob Shaul

RUCK-INTENSIVE SELECTION PREPARATION PROGRAM

The following fitness program is designed to be completed sequentially. It is a six day a week program. Train 6 days in a row, take one day of complete rest. Some of these sessions have both gym and sprint or running parts. These can be split over the course of the day. Do what your schedule allows but get both in.

Train Hard. Train Safe.

Good Luck! – Rob Shaul, Military Athlete

*******WEEK 1*******

SESSION 1

Warm up: 10 min Sandbag Get Up (SBGU) @ 80 lbs.

Rest 5 min.

Training:

(1) 10 rounds

30 step ups @ 40 lbs (15x each leg)

5x thrusters @ 65#

7x Ankles-to-Bar

15x Swings @ 24kg

30 seconds rest

Sprint through the Step ups, thrusters, Ankles-to-Bar and Swings. Don't milk the rest.

(2) Run 5 miles, moderate pace

Moderate Pace = comfortable but not easy

Work on running form

(3) Max push ups in 60 sec, rest 2 min

Max situps in 60 sec, rest 2 min

Max strict pull ups

SESSION 2

Ruck = 60 min @ 35lbs

Moderate Pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: Run 1 mile

Training:

(1) 8 rounds

Sprint 60 seconds (Max effort)

Rest 60 seconds

(2) 4 Rounds

Barbell Complex (85, 95, 105, 115#)

HAM – Hip Mobility Drill

(3) 5 Rounds

4x Bench Press (increase load each round until 3x is hard, but doable)

5x Y+L

(4) 5 Rounds

3x Curtis P (increase weight until 3x is hard but doable)

8x GHD Sit up

HUG – Hip Mobility Drill

(5) 4 rounds

10x Dead Lift @ 135# (Dead Stop, no bouncing)

15 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

Run: 3 rounds

Run 1 Mile at Threshold pace

2 min rest

Threshold Pace = fastest pace possible without straining

SESSION 5

(1) 7 rounds

5x pullups (strict, no kipping!)

10x dips

15x pushups

25x sit ups

(2) 3 rounds

1 rope climb

5x Y+L

SESSION 6

Ruck: 8 Miles @ 35 lbs, in 2 hours (road) or 2.5 hours (cross country) Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*******WEEK 2*******

SESSION 1

Warm Up: 4 Rounds

10x Swing @ 20kg

10x Pushups

10x Goblet Squat @ 20kg

10x Situps

Training:

(1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Dead Lift @ 185#

2- handed Kettlebell Clean & Press @ 20kg
 GHD Situp
 Back Squat @ 135#
 Scotty Bobs @ 25# (each pushup counts as one rep)

(2) Run 2 miles, moderate pace.

SESSION 2

Ruck: 120 min @ 40#, cross country preferred
 Moderate Pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: 10 min Sandbag Getup @ 80#

Training:

- (1) 8 rounds
 - Sprint 90 seconds
 - Rest 90 seconds
- (2) 4 Rounds
 - Barbell Complex (85, 95, 105, 115#)
 - HAM – Hip Mobility Drill
- (3) 5 rounds
 - 20m lunge lap @ 2x45lbs
 - 10x jumping lunges (20x total)
 - HUG – Hip Mobility Drill
- (4) 5 Rounds
 - 5x Mr. Spectacular @ 24kg
 - 8x Box Jumps @ 24" Box
 - Hip Swivel Stretch
- (5) 4 rounds
 - 10x Dead Lift @ 135# (Dead Stop, no bouncing)
 - 15 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

3 rounds
 Run 1.5 miles @ threshold pace
 2 min rest

SESSION 5

- (1) 8 rounds
 - 5x pullups (strict, no kipping!)
 - 10x dips
 - 15x pushups
 - 25x sit ups
- (2) 3 rounds

1 rope climb
 5x Y+L

SESSION 6

Ruck: 10 miles @ 40 lbs in 2.5 hours (road) or 3.5 hours (cross country). Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*****WEEK 3*****

SESSION 1

Warm Up: 4 Rounds
 10x Swing @ 20kg
 10x Pushups
 10x Goblet Squat @ 20kg
 10x Situps

Training:

- (1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
 - Dead Lift @ 185#
 - 2- handed Kettlebell Clean & Press @ 20kg
 - GHD Situp
 - Back Squat @ 135#
 - Scotty Bobs @ 25# (each pushup counts as one rep)
- (2) Run 3 miles, moderate pace.

SESSION 2

Ruck: 10 miles @ 50 lbs (cross country preferred)
 Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: 10 min sandbag getup @ 80#

- (1) 4 rounds
 - Run 800m
 - Rest 2 minutes
- (2) 4 Rounds
 - Barbell Complex (85, 95, 105, 115#)
 - HAM – Hip Mobility Drill
- (3) 5 rounds
 - 4x "The Exercise" (increase each round until 4x is hard but doable)
 - Rope Climb
 - Hip Swivel Stretch
- (4) 5 Rounds
 - 4x Dead Lift (increase load each round until 4x is

hard, but doable)

30m Tire Drag

SAM – Shoulder Mobility Drill

(5) 4 rounds

10x Ankles-to-Bar

15 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

Run:

20 min @ Threshold Pace

3 min recovery jog

15 min @ Threshold pace

2 min recovery

10 min @ Threshold pace

1min recovery

5 min @ Threshold pace

SESSION 5

(1) 10 rounds

5x pullups (strict, no kipping!)

10x dips

15x pushups

25x sit ups

3x Y+L

SESSION 6

Ruck: 12 miles @ 50 lbs in 3 hours (road) or 4 hours (cross country). Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*****WEEK 4*****

SESSION 1

Warm Up: 4 Rounds

10x Swing @ 20kg

10x Pushups

10x Goblet Squat @ 20kg

10x Situps

Training:

(1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Dead Lift @ 185#

2- handed Kettlebell Clean & Press @ 20kg

GHD Situp

Back Squat @ 135#

Scotty Bobs @ 25# (each pushup counts as one rep)

(2) Run 3 miles, moderate pace.

SESSION 2

Ruck 120 minutes @ 50lbs

Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: 10 min. sandbag getup @ 80#

Training:

(1) 8 Rounds

Sprint 800m

Rest 2 minutes

(2) 4 Rounds

Barbell Complex (85, 95, 105, 115#)

HAM – Hip Mobility Drill

(3) 5 Rounds

3x Squat Clean (Increase load each round until 4x is hard, but doable)

Hip Swivel Stretch

(4) 4 rounds

10x Dead Lift @ 135# (Dead Stop, no bouncing)

20 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

Run:

30 min @ Threshold pace

3 min recovery (jogging)

20 min @ Threshold pace

2 min recovery (jogging)

Run 10 min @ Threshold pace

SESSION 5

(1) 12 rounds

5x pullups (strict, no kipping!)

10x dips

15x pushups

25x sit ups

3x Y+L

SESSION 6

RUCK: 14 miles @ 50# in 3.5 hours (road) or 4.5 hours (cross country) Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*****WEEK 5*****

SESSION 1

Warm Up: 4 Rounds

- 10x Swing @ 20kg
- 10x Pushups
- 10x Goblet Squat @ 20kg
- 10x Situps

Training:

(1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

- Dead Lift @ 185#
- 2- handed Kettlebell Clean & Press @ 20kg
- GHD Situp
- Back Squat @ 135#
- Scotty Bobs @ 25# (each pushup counts as one rep)

(2) Run 3 miles, moderate pace.

SESSION 2

Ruck 120 minutes @ 50lbs

Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: Run 800m

Training:

(1) Run:

1 mile for time

Fully recover

1 mile for time

(2) 4 Rounds

- Barbell Complex (85, 95, 105, 105#)
- HAM – Hip Mobility Drill

(3) 5 rounds

5x Front Squat (increase load each round until 5x is hard, but doable)

5x KB Floor Press

SAM – Shoulder Mobility Drill

(4) 4 rounds

- 10x Dead Lift @ 135# (Dead Stop, no bouncing)
- 20 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

Run:

40 min @ Threshold pace

3 min recovery (jogging)

30 min @ Threshold pace

SESSION 5

(1) 14 rounds

- 5x pullups (strict, no kipping!)
- 10x dips
- 15x pushups
- 25x sit ups
- 3x Y+L

SESSION 6

Ruck 16 miles @ 50# in 4 hours (road) or 5.5 hours (cross country) Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*****WEEK 6*****

SESSION 1

Warm Up: 4 Rounds

- 10x Swing @ 20kg
- 10x Pushups
- 10x Goblet Squat @ 20kg
- 10x Situps

Training:

(1) 10-9-8-7-6-5-4-3-2-1

- Dead Lift @ 185#
- 2- handed Kettlebell Clean & Press @ 20kg
- GHD Situp
- Back Squat @ 135#
- Scotty Bobs @ 25# (each pushup counts as one rep)

(2) Run 3 miles, moderate pace.

Work on running form

SESSION 2

Ruck 120 minutes @ 50lbs

Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer

SESSION 3

Warm up: Run 2 miles for time (Goal test)

(1) 4 Rounds

- Barbell Complex (95, 95, 95, 95#)
- HAM – Hip Mobility Drill

(2) 6 Rounds

- 5x Mr spectacular @ 24kg
- 10x russian twist
- SAM – Shoulder Mobility Drill

(3) 4 rounds

10x Weighted sit ups @ 45#
20 Second "Jane Fonda" (Alternate Legs each Round)

SESSION 4

Run:

8 miles for time (Goal test)

(1) 15 rounds (do this at least 3 hours after the run)

5x pullups (strict, no kipping!)

10x dips

15x pushups

25x sit ups

3x Y+L

(Goal test – complete all rounds unbroken)

SESSION 5

OFF DAY

SESSION 6

Ruck: 18 miles @ 50lbs for time (GOAL TEST) – in 4.5 hours (road) or 6 hours (cross country) Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*******WEEK 7*******

SESSION 1

Warm up: 50x SBGU @80lbs

1) 5 rounds for time

Mini Leg Blaster

5x Scotty bob @25

5x Ankles-to-Bar

(2) Run 4 miles, moderate pace

Work on running form

SESSION 2

Ruck: 75 minutes @ 35lbs

Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: Run 1 Mile

Training:

(1) 4 Rounds

Barbell Complex @ 95#

HAM

(2) 10 Rounds

30 second burpees

30 second rest

(2) 4 Rounds

21x Swings @ 20kg

20 sec. Jane Fonda

SESSION 4:

Complete APFT

(Go hard for best score possible)

SESSION 5

OFF DAY

SESSION 6

Ruck: 9 miles @ 50 lbs

Threshold pace (fastest pace possible without straining)

Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

*******WEEK 8*******

SESSION 1

Warm up: 30x SBGU @ 80lbs

Training

(1) 10 Rounds

Mini Leg Blaster

5x Scotty Bob @ 25#

3x Jeremy Special (Ankles-to-Bar + pull up)

(2) Run 3 miles

Moderate Pace (work on running form)

SESSION 2

Ruck: 60 min @ 35lbs

Moderate pace. Carry an 8 pound piece of pipe or a 10 pound sledge hammer.

SESSION 3

Warm up: Run 1 mile

(1) 5 rounds

60 second 25m Sprint

60 second rest

(2) 4 Rounds

10x Dead Lift @ 135#

20 sec Jane Fonda

SESSION 4

Warm up: Run 2 miles @ Threshold Pace

(1) 7 rounds

5x pullups (strict, no kipping!)

10x dips

15x pushups
25x sit ups
3x Y+L

SESSION 5

OFF DAY

SESSION 6

Ruck: 7 miles @ 50 lbs

Threshold pace (fastest pace possible without straining)

Carry an 8 pound piece of pipe or a 10 pound sledge hammer.



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RANGER SCHOOL PREPARATION TRAINING PROGRAM

The following program is designed to prepare an athlete for successful completion of Ranger School.

This is an intense, 6-week program that will require the athlete to train 5 days a week.

This program is designed to be employed on the 7 weeks before Ranger School begins. Take one full week of total rest before your report date.

If you are further out then 7 weeks from your Ranger School start date, we recommend you do the Military Athlete, "Operator Sessions."

CAUTION!

The following plan is a suggested preparation program. I do not guarantee that if you complete it, you'll make it through Ranger School. I've never personally attended or completed Ranger School.

The following program is based on input from others who have completed Ranger School, and my knowledge of Strength and Conditioning.

This is a very intense, high volume training program. If you have not been completing the Military Athlete programming for several weeks prior, do not be surprised if you are unable to complete these sessions.

If you have been completing the Military Athlete programming, the exercises prescribed in this program will be familiar to you. If you have not been completing the Military Athlete programming, please visit www.mtnathlete.com and click on the "exercises" link for unfamiliar exercise descriptions.

This program is built around 8 distinct physical goals:

1) Achieve Elevated Scores on the Ranger PFT.

These include 100x Push ups in 2 minutes, 100x sit ups in 2 minutes, 20x chin ups and completed a 5 mile run in 37:30 (7:30 miles).

2) Ruck several times a week, including 10 miles with 50#

Expect a bunch of rucking in Ranger School. The best way to prepare to ruck is to ruck.

3) 135 Second Farmers Carry with 2x 24kg Kettlebells or 2x 55# Dumbbells

Farmers carries develop grip strength. A strong grip will help you immensely during team events at Ranger School.

4) 90 reps of Sand bag get ups @ 60# in 10 min.

The sandbag getup is our favorite core exercise. A strong midsection is key to durability. The goal here is to build a strong core to protect your back and vulnerable limbs from the tests and trials ahead. It's preventative medicine.

5) 5 Rounds of 300m Shuttle every 2:00 minutes

The 300m Shuttle is a classic work capacity conditioning tool.

This program includes these less distinct physical goals:

- Build the athlete's mode-specific aerobic base (running and rucking)
- Prepare the athlete for selection unknowns (we use intense work capacity circuits to accomplish this.)
- Build durability - through rucking with a heavy pack, sand bag get ups, and strength training.
- Prepare the athlete mentally and physically for the incredible volume of work you can expect at Ranger School.

PROGRAM DESCRIPTION

You'll train 5 days a week during this program. Aim to take 2 days a week off for total rest. Here is an outline of the schedule:

Monday (2-a-Day)

AM - Ranger PFT

PM - Strength Session

Tuesday - Bodyweight Cals Ladder and Fartlek Run

Wednesday (2-a-Day)

AM - Work Capacity and Core

PM - Ruck

Thursday - Work Capacity

Friday - Long Session, Work Capacity + Ruck

RUNNING FORM

Proper running and rucking form will not only make a huge difference in your speed, but also make you more efficient - thereby saving energy, and most important, significantly decrease the impact these activities have on your body.

There are several running form philosophies and even books available, but we've found that all of them share key form characteristics: stand tall, forward lean (fall forward), flat foot strike (don't land heel first), 90 steps per minute cadence (shorter steps, faster rpm), forward only arm swing, circular foot rotation.

We strongly recommend you purchase one or more of these books: Chi Running, POSE Method of Running Method and either purchase a metronome and/or download a metronome MP3 for you iPod and begin to learn how run on cadence. Go to <http://www.reztronics.com/prod01.htm> for a metronome MP3.

Footwear - wear the same footwear during your training runs you will wear during selection. If these are boots, so be

it.

RUCKING FORM

Perhaps no other activity you'll do during this train up program has the potential to break down your body as rucking. We've limited your rucking during this program to just two days per week, because of it's impact. Further, developing proper rucking form will also decrease its impact. Here are keys to consider:

- Never run or jog with your pack. Strive to increase your walking pace.
- Never step landing heel first. Land flat footed, with your foot under your body
- Ruck with a pronounced forward lean. "Fall forward" into the next step. Step from your hips, not your quads.
- Strive to increase your step cadence. Take faster, smaller, steps
- Use your pack's hip belt. Carry the load on your hips, not on your shoulders. Use the same pack you'll use at selection. Get it dialed.
- Ruck wearing the same boots/pants/pack you'll use during selection. Don't let there be any surprises. Dial your boots during training. Do not show up to selection with new boots.
- Same with sock systems. Don't let foot care/blisters become an issue at selection. Dial your sock systems now - this could be one pair of wool blend socks, a liner with an outer sock, two pair of liners, etc. Find out which works for you during this train up. Also, know what blister treatment systems work for you and have it prepared for selection.
- Backpack. Ruck with the pack you'll use during Ranger School. No surprises.

NUTRITION

We recommend you eat a clean diet during this training program. Limit your diet to meat, vegetables, nuts and fruit. Do not eat bread, pasta, potatoes, beans and other high-carb foods.

Supplement your diet with whey protein shakes and recovery shakes. For recovery shakes, we recommend a shake with a 2:1 protein to carb ratio.

While we restrict what kind of food you can eat, we don't restrict how much. This is a very intense training program. Expect your appetite to increase significantly and feed it. You can eat as much and as often as you like.

Cramping can be a major issue during these session. If possible, take electrolytes before and during the 2-a-day training session on Monday and Tuesday, and the long sessions on Friday. I use them regularly to ward off cramps.

Commercial brands of electrolytes in a pill or power form (dump into your drinking water) are available. I've used Hammer Hammer Nutrition Endurolytes Electrolyte Pills with success.

Also - soreness can be an issue. If you can, some of our athletes have had success reducing soreness by taking "SportLegs" supplement pills before and after training.

Finally, we recommend going into Ranger School 10 pounds overweight. Understand that caloric restriction and lack of sleep are part of the game. Going in with a few pounds of fat on your body will give you some buffer before your body begins eating muscle to fuel itself. Use your week of total rest before Ranger School to put on some fat. Ease up on the diet restrictions.

-Rob Shaul

SESSION #1 (2-a-day)

AM TRAINING SESSION:

Warm Up: 400m Run
Instep Stretch + Hip Flexor Stretch

- 1) Ranger PFT:
Max push-ups in 2 min (Aim for 50+)
Rest 2 minutes
Max Sit ups in 2 min (Aim for 50+)
Rest 2 min
5 Mile timed run (Aim for 8:00/mile pace)
Max Chin ups (Aim for 10+)

PM TRAINING SESSION:

Warm Up:

4 Rounds
Barbell Complex (45#, 55#, 65#, 75#)
Instep Stretch

- 1) 6 Rounds
3x Craig Special (Increase weight until 3 reps is hard, but doable)
5x Shoulder Scarecrow @ 2.5#

- 2) 6 Rounds
4x Deadlift (Increase weight until 4 reps is hard, but doable. Then immediately...)
2x Box Jump @ 24in
Foam roll lower back

- 3) 6 Rounds
4x Bench Press (Increase weight until 4 reps is hard, but doable)
1x Rope Climb or 8x Pull ups
3/3/3 Toe Touch Complex

SESSION #2

Warm Up: 60x Sand bag get ups @ 60# in 10 minutes

- 1) 3 Rounds of the following ladder...
1-2-3-2-1
Chin ups
Push ups x 2 (2-4-6-4-2)
Sit ups x 3 (3-6-9-6-3)

- 2) 4 Mile Fartlek run

Perform the following until you have completed 4 miles:

- 5 second sprint
1 minute easy jog

SESSION #3 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @12kg
3x KB Swing
3x KB Snatch
3x KB Clean + Thruster
5x Dislocates
Instep

- 1) At 50% body weight, complete the following for time...
100x Barbell Burpees

- 2) 4 Rounds
10x Toes to Sky
10x Seated Russian Twist @25#
60 sec Front Bridge

- 3) 3 Rounds
Foam Roll lower back
Pigeon
50x Glute leg lifts
60 sec Farmers Carry @ 24kg or 55#

PM TRAINING SESSION:

- 1) 5 mile ruck @ 50#

SESSION #4:

Warm Up: 25x Turkish Getups Each Arm (50x Total) at 12kg kettlebell or 25# dumbbell

- 1) 10,9,8,7....1 in body armor or 25# weight vest
Front Squat (75#)
Sand Bag get ups (60#)
Pull ups
Box Jumps (20in)

4-count Flutter kicks

2) 2 Rounds

30 sec Jane Fonda

50x Shoulder Hand Job @ 2.5#

60 sec Farmers Carry @ 24kg or 55#

SESSION #5:

Warm Up:

4 Rounds

5x Burpees

5x Pull ups

5x Air Squats

Instep Stretch

1) 5 Rounds for time:

10x Power Clean (95#)

30x Step Ups

1x Rope Climb or 8x Pull ups

2) 4 Rounds

10x Weighted Sit ups (45#)

30/30 Side Bridge

10x Slashers (16kg)

10x Poor Man's Reverse Hyper

3) 2 Rounds

3x Squat 2 Stand

5x Y&L @ 2.5#

Foam Roll Lower Back/Lats

60 sec Farmers Carry @ 24kg or 55#

4) 5 mile ruck @ 50#

SESSION #6 (2-a-day)

AM TRAINING SESSION:

Warm Up:

400m Run

Instep Stretch + Hip Flexor Stretch

1) Ranger PFT:

Max push-ups in 2 min (Aim for 60+)

Rest 2 minutes

Max Sit ups in 2 min (Aim for 60+)

Rest 2 min

5 Mile timed run (Aim for 7:50/mile pace)

Max Chin ups (Aim for 12+)

PM TRAINING SESSION:

Warm Up:

3 Rounds

3x Hang Power Cleans @ 65#

3x Hang Squat Cleans @ 65#

3x Squat Cleans @ 65#

10x Push ups

Instep Stretch + Hip Flexor Stretch

1) 6 Rounds

4x Military Press (Increase weight until 4 reps is hard, but doable)

4x Renegade Row (Increase weight until 4 reps is hard, but doable)

3x Squat to Stand

2) 6 Rounds

4x Power Clean (Increase weight until 4 reps is hard, but doable)

3x Y&L @ 2.5#

3) 6 Rounds

4x Front Squat (Increase weight until 4 reps is hard, but doable. Then immediately...)

4x Jingle Jangle

25x Shoulder Hand Job @ 2.5#

SESSION #7

Warm Up: 65x Sand bag get ups @ 60# in 10 minutes

1) 4 Rounds of the following ladder...

1-2-3-2-1

Chin ups

Push ups x 2 (2-4-6-4-2)

Sit ups x 3 (3-6-9-6-3)

2) 4 Mile Fartlek run

Perform the following until you have completed 4 miles:

10 second sprint

1 minute easy jog

SESSION #8 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @12kg
3x KB Swing
3x KB Snatch
3x KB Clean + Thruster
5x Dislocates
Instep

1) Complete as many rounds as possible in
20 minutes of the following...

10x Deadlift @ 155#
Run 400m
5x Scotty Bob's @ 25#

2) 4 Rounds
10x Toes to Sky
10x Seated Russian Twist @25#
60 sec Front Bridge

3) 3 Rounds
Foam Roll lower back
Pigeon
50x Glute leg lifts
75 sec Farmers Carry @ 24kg or 55#

PM TRAINING SESSION:

1) 6 mile ruck @ 50#

SESSION #9:

Warm Up: 25x Burpees

1) 3 Rounds for Time:
Run 800 meters
25x Sandbag Power Cleans @ 60lbs
25x Box Jump @ 24in
25x Back Squat @ 95#
Run 800 meters

2) 2 Rounds
30 sec Jane Fonda
50x Shoulder Hand Job @ 2.5#

75 sec Farmers Carry @ 24kg or 55#

SESSION #10:

Warm Up:

4 Rounds
5x Burpees
5x Pull ups
5x Air Squats
Instep Stretch

1) 5 Rounds
Every 2:30 complete the following...
300m Shuttle

2) 4 Rounds
10x Weighted Sit ups (45#)
30/30 Side Bridge
10x Slashers (16kg)
10x Poor Man's Reverse Hyper

3) 2 Rounds
3x Squat 2 Stand
5x Y&L @ 2.5#
Foam Roll Lower Back/Lats
75 sec Farmers Carry @ 24kg or 55#

4) 6 mile ruck @50#

SESSION #11 (2-a-day)

AM TRAINING SESSION:

Warm Up:

400m Run
Instep Stretch + Hip Flexor Stretch

1) Ranger PFT:
Max push-ups in 2 min (Aim for 70+)
Rest 2 minutes
Max Sit ups in 2 min (Aim for 70+)
Rest 2 min
5 Mile timed run (Aim for 7:45/mile pace)
Max Chin ups (Aim for 14+)

PM TRAINING SESSION:

Warm Up: 70x Sandbag Getups @ 60# in 10 minutes

1) 6 Rounds

4x Weighted Walking Lunge (increase weight until 4 reps is hard, but doable. Then immediately...)

2x Jumping Lunges

Ultimate Shoulder Stretch

2) 6 Rounds

4x Weighted Pull ups (Increase weight until 4 reps is hard, but doable)

4x Push Press (Increase weight until 4 reps is hard, but doable)

3x Squat to Stand

3) 6 Rounds

4x Hang Squat Clean (Increase weight until 4 reps is hard, but doable)

Hip flexor stretch

SESSION #12:

Warm Up: 75x Sandbag Getups @ 60# in 10 minutes

1) 5 Rounds of the following ladder...
1-2-3-2-1

Chin ups

Push ups x 2 (2-4-6-4-2)

Sit ups x 3 (3-6-9-6-3)

2) 4 Mile Fartlek run

Perform the following until you have completed 4 miles:

15 second sprint

1 minute easy jog

SESSION #13 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @12kg

3x KB Swing

3x KB Snatch

3x KB Clean + Thruster

5x Dislocates

Instep

1) At 50% body weight, complete the following for time...

100x Barbell Burpees (beat time from Session #3)

2) 4 Rounds

10x Toes to Sky

10x Seated Russian Twist@25#

60 sec Front Bridge

3) 3 Rounds

Foam Roll lower back

Pigeon

50x Glute leg lifts

90 sec Farmers Carry @ 24kg or 55#

PM TRAINING SESSION:

1) 7 mile ruck @ 50#

SESSION #14:

Warm Up: 25x Turkish Getups Each Arm (50x Total) at 12kg kettlebell or 25# dumbbell

1) For Time: 10,9,8,7....1 in body armor or 25# weight vest (beat time from Session #4)

Front Squat (75#)

Sand Bag get ups (60#)

Pull ups

Box Jumps (20in)

4-count Flutter kicks

2) 2 Rounds

30 sec Jane Fonda

50x Shoulder Hand Job @ 2.5#

90sec Farmers Carry @ 24kg or 55#

SESSION #15:

Warm Up:

4 Rounds

5x Burpees
5 x Pull ups
5 x Air Squats
Instep Stretch

1) 5 Rounds for time: (beat time from Session #5)
10x Power Clean (95#)
30x Step Ups
1x Rope Climb or 8x Pull ups

2) 4 Rounds
10x Weighted Sit ups (45#)
30/30 Side Bridge
10x Slashers (16kg)
10x Poor Man's Reverse Hyper

3) 2 Rounds
3x Squat 2 Stand
5x Y&L @ 2.5#
Foam Roll Lower Back/Lats
90 sec Farmers Carry @ 24kg or 55#

4) 7 mile ruck @ 50#

SESSION #16 (2-a-day)

AM TRAINING SESSION:

Warm Up:

400m Run
Instep Stretch + Hip Flexor Stretch

1) Ranger PFT:
Max push-ups in 2 min (Aim for 80+)
Rest 2 minutes
Max Sit ups in 2 min (Aim for 80+)
Rest 2 min
5 Mile timed run (Aim for 7:40/mile pace)
Max Chin ups (Aim for 12+)

PM TRAINING SESSION:

Warm Up:

4 Rounds
Barbell Complex (45#, 55#, 65#, 75#)
Instep Stretch

1) 6 Rounds

3x Craig Special (Increase weight until 3 reps is hard, but doable)
5x Shoulder Scarecrow @ 2.5#

2) 6 Rounds
4x Deadlift (Increase weight until 4 reps is hard, but doable. Then immediately...)
2x Box Jump @ 24in
Foam roll lower back

3) 6 Rounds
4x Bench Press (Increase weight until 4 reps is hard, but doable)
1x Rope Climb or 8x Pull ups
3/3/3 Toe Touch Complex

SESSION #17:

Warm Up: 80x Sand bag get ups @ 60# in 10 minutes

1) 6 Rounds of the following ladder...
1-2-3-2-1
Chin ups
Push ups x 2 (2-4-6-4-2)
Sit ups x 3 (3-6-9-6-3)

2) 4 Mile Fartlek run
Perform the following until you have completed 4 miles:
20 second sprint
1 minute easy jog

SESSION #18 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @ 12kg
3x KB Swing
3x KB Snatch
3x KB Clean + Thruster
5x Dislocates
Instep

1) Complete as many rounds as possible in 20 minutes of the following...compare to Session #8

10x Deadlift @ 155#

Run 400m

5x Scotty Bob's @ 25#

2) 4 Rounds

10x Toes to Sky

10x Seated Russian Twist@25#

60 Sec Front bridge

3) 3 Rounds

Foam Roll lower back

Pigeon

50x Glute leg lifts

105 sec Farmers Carry @ 24kg or 55#

PM TRAINING SESSION:

4) 8 mile ruck @ 50#

SESSION #19

Warm Up: 25x Burpees

1) 3 Rounds for Time (beat time from Session #9)

Run 800 meters

25x Sandbag Power Cleans @ 60#

25x Box Jump @ 24in

25x Back Squat @ 95#

Run 800 meters

2) 2 Rounds

30 sec Jane Fonda

50x Shoulder Hand Job @ 2.5#

105 sec Farmers Carry @ 24kg or 55#

SESSION #20:

Warm Up:

4 Rounds

5xBurpees

5xPull ups

5xAir Squats

Instep Stretch

1) 5 Rounds

Every 2:20 complete the following...

300m Shuttle

2) 4 Rounds

10x Weighted Sit ups (45#)

30/30 Side Bridge

10x Slashers (16kg)

10x Poor Man's Reverse Hyper

3) 2 Rounds

3x Squat 2 Stand

5x Y&L @ 2.5#

Foam Roll Lower Back/Lats

105 sec Farmers Carry @ 24kg or 55lbs

4) 8 mile ruck @50#

SESSION #21 (2-a-day)

AM TRAINING SESSION:

Warm Up:

400m Run

Instep Stretch + Hip Flexor Stretch

1) Ranger PFT:

Max push-ups in 2 min (Aim for 90+)

Rest 2 minutes

Max Sit ups in 2 min (Aim for 90+)

Rest 2 min

5 Mile timed run (Aim for 7:35/mile pace)

Max Chin ups (Aim for 18+)

PM TRAINING SESSION:

Warm Up:

3 Rounds @ 65#

3x Hang Power Cleans @ 65#

3x Hang Squat Cleans @ 65#

3x Squat Cleans @ 65#

10x Push ups

Instep Stretch + Hip Flexor Stretch

1) 6 Rounds

4x Military Press (Increase weight until 4 reps is hard, but doable)

4x Renegade Row (Increase weight until 4 reps is hard, but doable)

3x Squat to Stand

2) 6 Rounds
4x Power Clean (Increase weight until 4 reps is hard, but doable)
3x Y&L@2.5#

3) 6 Rounds
4x Front Squat (Increase weight until 4 reps is hard, but doable. Then immediately...)
4x Jingle Jangle
25x Shoulder Hand Job @ 2.5#

SESSION #22:

Warm Up: 85x Sand bag get ups @ 60# in 10 minutes

1) 7 Rounds of the following ladder...
1-2-3-2-1
Chin ups
Push ups x 2 (2-4-6-4-2)
Sit ups x 3 (3-6-9-6-3)

2) 4 Mile Fartlek run
Perform the following until you have completed 4 miles:
25 second sprint
1 minute easy jog

SESSION #23 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @12kg
3x KB Swing
3x KB Snatch
3x KB Clean + Thruster
5x Dislocates
Instep

1) At 50% body weight, complete the following for time...
100x Barbell Burpees – beat time from Session #13

2) 4 Rounds

10x Toes to Sky
10x Seated Russian Twist@25#
60 sec Front Bridge

3) 3 Rounds
Foam Roll lower back
Pigeon
50x Glute leg lifts
120 sec Farmers Carry @ 24kg or 55#

PM TRAINING SESSION:

1) 9 mile ruck @ 50#

SESSION #24 (2-a-day)

AM TRAINING SESSION:

Warm Up: 25x Turkish Getups Each Arm (50x Total) at 12kg kettlebell or 25# dumbbell

1) For Time: 10,9,8,7....1 in body armor or 25# weight vest (beat time from Session #14)
Front Squat (75#)
Sand Bag get ups (60#)
Pull ups
Box Jumps (20in)
4-count Flutter kicks

2) 2 Rounds
30 sec Jane Fonda
50x Shoulder Hand Job @ 2.5#
120sec Farmers Carry @ 24kg or 55#

SESSION #25:

Warm Up:

4 Rounds
5 Burpees
5 Pull ups
5 Air Squats
Instep Stretch

1) 5 Rounds for time – beat time from Session #15
10x Power Clean (95#)
30x Step Ups

1x Rope Climb or 8x Pull ups

2) 4 Rounds

10x Weighted Sit ups (45#)

30/30 Side Bridge

10x Slashers (16kg)

10x Poor Man's Reverse Hyper

3) 2 Rounds

3x Squat 2 Stand

5x Y&L @ 2.5#

Foam Roll Lower Back/Lats

120sec Farmers Carry @ 24kg or 55#

4) 9 mile ruck @50#

SESSION #26 (2-a-day)

AM TRAINING SESSION:

Warm Up:

400m Run

Instep Stretch + Hip Flexor Stretch

1) Ranger PFT:

Max push-ups in 2 min (Aim for 100+)

Rest 2 minutes

Max Sit ups in 2 min (Aim for 100+)

Rest 2 min

5 Mile timed run (Aim for 7:30/mile pace)

Max Chin ups (Aim for 20+)

PM TRAINING SESSION:

Warm Up: 85x Sand Bag Getups @60# in 10 minutes

1) 6 Rounds

4x Weighted Walking Lunge (increase weight until 4 reps is hard, but doable. Then immediately...)

2x Jumping Lunges

Ultimate Shoulder Stretch

2) 6 Rounds

4x Bench Press (Increase weight until 4 reps is hard, but doable)

Rope Climb or 8x Pull Ups

3x Squat 2 Stand

3) 6 Rounds

4x Curtis P (Increase weight until 4 reps is hard, but doable)

Hip flexor stretch

SESSION #27:

Warm Up: 90x Sand bag get ups @ 60# in 10 minutes

1) 8 Rounds of the following ladder...

1-2-3-2-1

Chin ups

Push ups x 2 (2-4-6-4-2)

Sit ups x 3 (3-6-9-6-3)

2) 4 Mile Fartlek run

Perform the following until you have completed 4 miles:

30 second sprint

1 minute easy jog

SESSION #28 (2-a-day)

AM TRAINING SESSION:

Warm Up:

3 Rounds @12kg

3x KB Swing

3x KB Snatch

3x KB Clean + Thruster

5x Dislocates

Instep

1) Complete as many rounds as possible in 20 minutes of the following – beat results from Session #18:

10x Deadlift @ 155#

Run 400m

5x Scotty Bob's @ 25#

2) 4 Rounds

10x Toes to Sky

10x Seated Russian Twist@25#

60 sec Front Bridge

3) 3 Rounds

Foam Roll lower back

Pigeon
50x Glute leg lifts
135 sec Farmers Carry @ 24kg or 55#

Foam Roll Lower Back/Lats
135 sec Farmers Carry @ 24kg or 55#

4) 10 mile ruck @50#

PM TRAINING SESSION:

1) 10 mile ruck @ 50#

SESSION #29

Warm Up: 25x Burpees

1) 3 Rounds for Time – beat time from
Session 19:

Run 800 meters
25x Sandbag Power Cleans @ 60#
25x Box Jump @ 24in
25x Back Squat @ 95#
Run 800 meters

2) 2 Rounds
30 sec Jane Fonda
50x Shoulder Hand Job @ 2.5#
135sec Farmers Carry @ 24kg or 55#

SESSION #30:

Warm Up:

4 Rounds
5xBurpees
5xPull ups
5xAir Squats
Instep Stretch

1) 5 Rounds
Every 2:00 complete the following...
300m Shuttle

2) 4 Rounds
10x Weighted Sit ups (45#)
30/30 Side Bridge
10x Slashers (16kg)
10x Poor Man's Reverse Hyper

3) 2 Rounds
3x Squat 2 Stand
5x Y&L @ 2.5#