W	eek	1

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

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

Week2				
Mon	Tue	Wed	Thur	Fri
Push ups+	Pull-up	Push-ups +	Pull-up	3 mile
Situps(alternate)	ladder	situps(alternate)	ladder	run in
50,40,30	1-6 for 3	50,40,30	1-6 for 3	less
5-400 sprints	rounds	30/30s:	rounds. $+3$	than 24
	+ 3 sets of 8	11 rounds the	sets of 8	minutes.
	seated rows.	walk 5 minutes	seated rows.	
	Select a	Then 11 more	Light	
	moderate	rounds.	weight.	
	weight.		Alternate	
	35 minutes		Cardio(Bike,	
	of alternate		Swim, or	
	cardio(Bike		Elliptical)	
	Swim, or		for 35	
	Elliptical)		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+	Pull-up	Push-ups +	Pull-up	6 mile
Situps(alternate)	ladder	situps(alternate)	ladder	road
60,50,40	1-6 for 3	60,50,40	1-6 for 3	march
6-400 sprints	rounds	30/30s:	rounds. $+3$	in
	+ 3 sets of 8	12 rounds the	sets of 8	under
	seated rows.	walk 5 minutes	seated rows.	90
	Select a	Then 12 more	Light	minutes
	moderate	rounds.	weight.	with
	weight.		Alternate	45lb
	40 minutes		Cardio(Bike,	ruck.
	of alternate		Swim, or	
	cardio(Bike		Elliptical)	
	Swim, or		for 40	
	Elliptical)		minutes	

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

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

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

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

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.

treen or rebuing	•			
Mon	Tue	Wed	Thur	Fri
Complete APFT	Complete 5	Complete	10 mile road	Recover
+ max number	mile run for	Swim Test.	march for	with 30
of pull-ups.	time.		time with	minutes
			45lb ruck.	of light
			Under 2	cardio
			hours and 30	on a
			minutes.	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 6: Testing.

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

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

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

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

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

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

Week 12