



R.P.G.

RASP Preparation Guide

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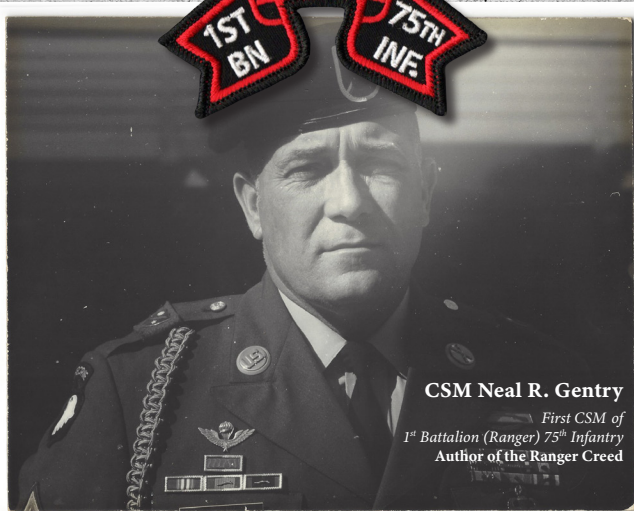
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RANGERS LEAD THE WAY



To those seeking a higher purpose,

The Ranger Regiment is the Army's premier Raid Force. Mastery of the fundamentals is the value proposition which underpins how we train. Ranger units will approach mastery of the fundamentals with a sense of urgency, and ensure Rangers and units conduct quality repetitions in all training. Rangers that are grounded in the fundamentals are prepared for crisis response, ready to meet our campaigning requirements, and have reserve capacity to master new fundamentals that will allow the Regiment to lead the Army into the future. The Ranger Regiment remains a disciplined force of problem solvers, ran by non-commissioned officers and led by specially selected and well-trained officers who steward the profession, extend trust, and exercise sound judgement. We must be prepared to deliver this force of disciplined problem solvers to the Right Place at the Right Time to produce the Right Effect.



CSM Neal R. Gentry

*First CSM of
1st Battalion (Ranger) 75th Infantry
Author of the Ranger Creed*

IN 1974, when Chief of Staff of the Army GEN Creighton Abrams ordered the formation of the modern Ranger Battalions, he envisioned them as the Army's elite - units that would set the standard for all others. To reinforce that vision, CSM Neal R. Gentry authored the Ranger Creed. It is more than words, the Creed is a way of life, guiding how Rangers live, serve, and stand by one another in peace and war. It forges loyalty between Rangers, their teammates, and the Regiment.

THE RANGER CREED

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**.

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 further, faster, and fight harder than any other Soldier.

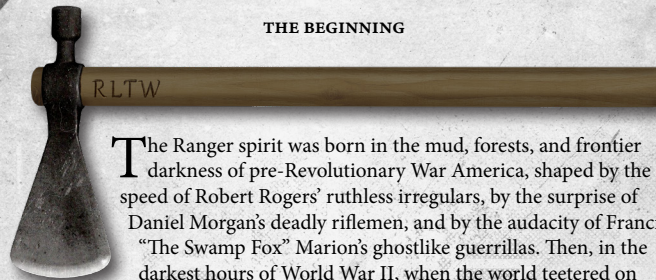
Never shall I fail my comrades, I will always keep myself mentally alert, physically strong, and morally straight, and I will shoulder more than my share of the task, whatever it may be, one hundred percent and then some.

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

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.

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.

During the most trying
times in American history,
there have always been
RANGERS.



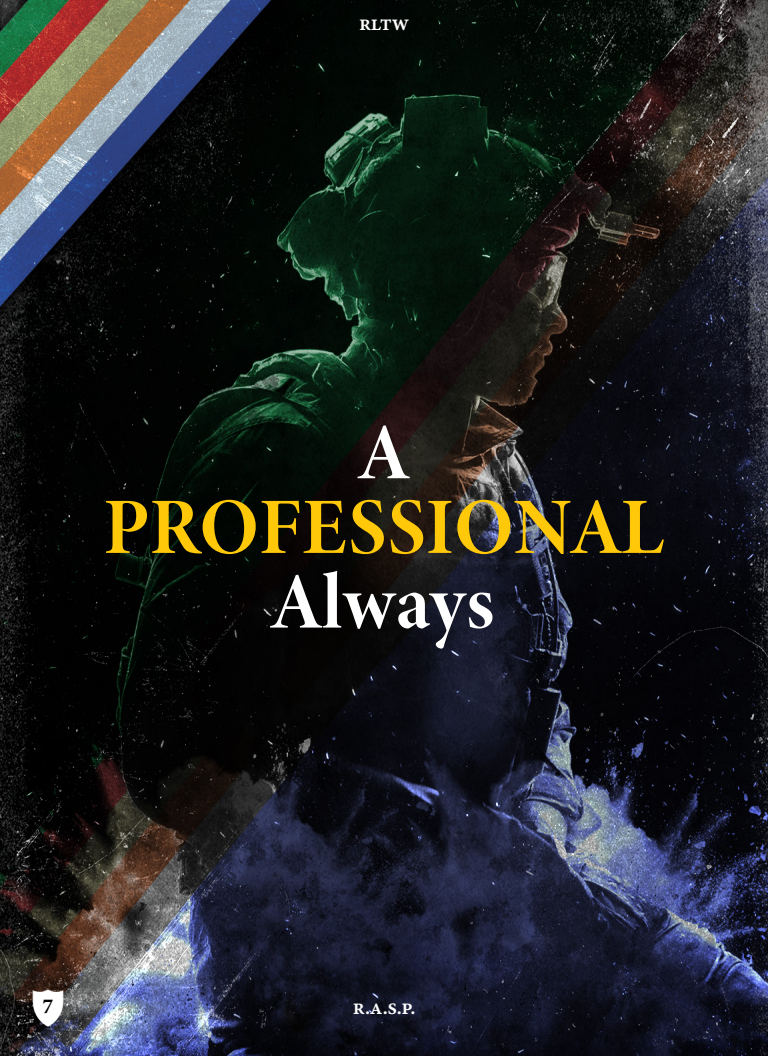
The Ranger spirit was born in the mud, forests, and frontier darkness of pre-Revolutionary War America, shaped by the speed of Robert Rogers' ruthless irregulars, by the surprise of Daniel Morgan's deadly riflemen, and by the audacity of Francis "The Swamp Fox" Marion's ghostlike guerrillas. Then, in the darkest hours of World War II, when the world teetered on the edge of chaos, a small band of volunteers stepped forward to do what others could not. These were the first Rangers, men forged in fire on the impossible cliffs of Point du Hoc during D-Day, in the jungles of the Pacific, and across the battlefields of Europe. Their courage and adaptability set the standard for generations to come.

That legacy reignited in 1974 with the birth of the modern Ranger units, a unit designed to answer the nation's toughest calls. From the jungles of Grenada and Panama to the streets of Mogadishu to the sands and mountains of Iraq and Afghanistan, Rangers have led the way wherever the missions demanded speed, precision, and unwavering resolve.

Through every conflict, one truth endures: in the most trying times, during the most critical missions, and when the stakes are highest, there have always been Rangers. Bound by discipline, sharpened by hardship, and united by purpose, Rangers remain America's constant, ready to fight against any enemy, under the harshest conditions, anywhere in the world ... and win.

Rangers Lead The Way





A PROFESSIONAL Always

Rangers are bound by a profession of arms. We do this through selfless service to our country, one another, and the Ranger Creed. Living the profession inherently shapes us to be professionals. Three values encompass who we are as professionals: Character, Competence, and Commitment.

Character is who we are even when no one is watching. Rangers of character and integrity are trusted to make the right ethical decisions that supports the success of the mission while never bringing discredit to the Regiment.

Competence means every Ranger strives to master their job. Competence is what gives leaders the credibility to lead Rangers. It builds trust among our ranks that our leaders will never fail us and we will never fail our leaders. Competence strengthens our legitimacy as professionals.

Commitment is loyalty and dedication to one another to never fail. We lead by example and hold ourselves and others accountable. Accountability defines our commitment to being professionals, always, and care about unit values, beliefs, and behaviors.

THE BIG FIVE

R.A.S.P.

BIG 5



Physical Training: The most important thing you do every day; maximize readiness by optimizing human performance and reducing injury; discipline in this core competency requires focus on holistic health and emphasis in good sleep and nutrition habits.

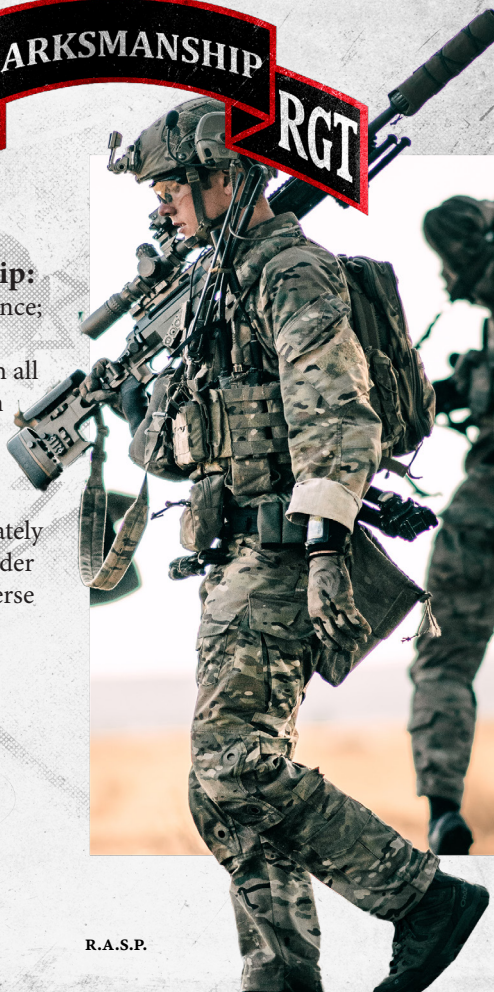


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Marksmanship:

Strive for excellence; marksmanship competency with all assigned weapon systems while applying the fundamentals to safely and accurately employ them under normal and adverse circumstances.



Casualty Care: Stop the bleeding; requires proficiency in trauma management through rapid response and casualty evacuation to promote survivability, maintain zero preventable pre-hospital deaths, and drive Army initiatives in battlefield medicine.

75 SMALL UNIT TACTICS RGT

Small Unit Tactics: Versed in the very basics; highest of standards in our smallest unit's ability to conduct and implement simple battle drills, understand Regimental standard operating procedures integrated with tactics and techniques unique to any operational environment known or unknown.



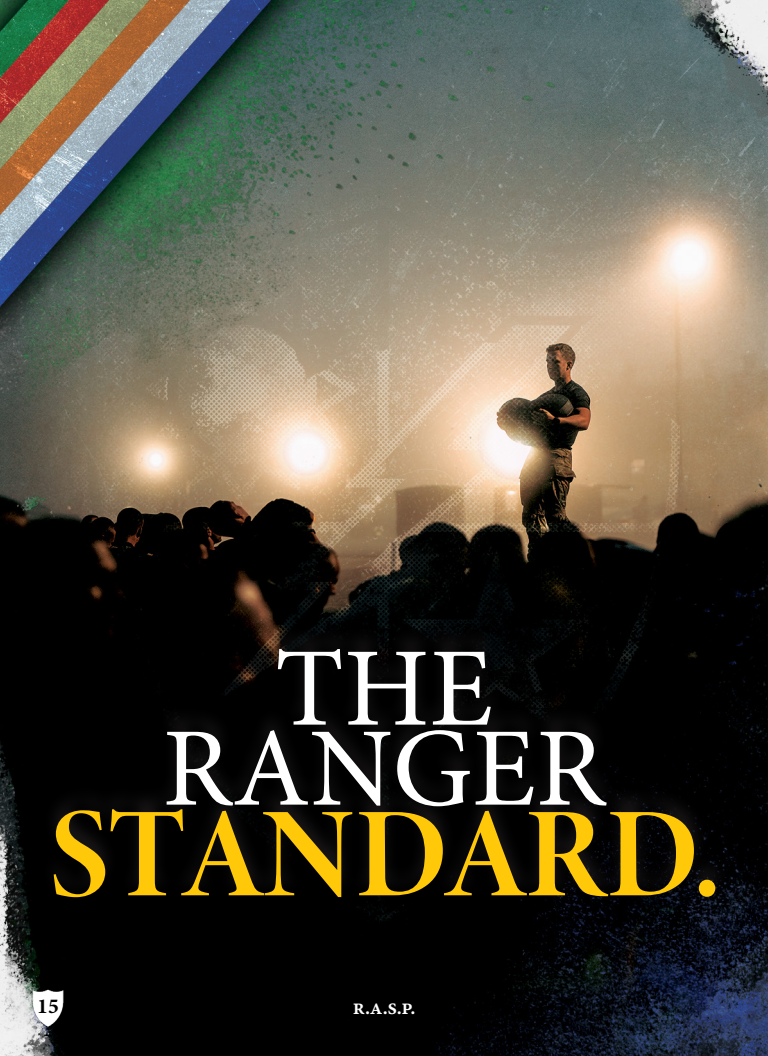
R.A.S.P.

75 MOBILITY RGT

Mobility: You can't accomplish the mission unless you get there safely; expertise in all types of infiltration and exfiltration methods (dismounted, wheeled, fixed-wing, rotary and tilt-wing) to ensure mission success.



PREPARATION GUIDE



THE RANGER STANDARD.

STANDARDS

EVENT	FREQ	REQUIREMENTS	STANDARDS	GOAL
RFT	ANNUAL	AGE/GENDER NEUTRAL	41 HRPU, 2:35 PLANK, 5 MILE <40MINS, 6 C/U	Run: 35:50 52 HRPU 3:20 Plank 14 P/U
AFT	BIANNUAL	IAW T/C/S	HQDA	3RM DL: 315 HRPU: 54 SDC: 1:34 PLANK: 3:23 2-MR: 13:49 TOTAL SCORE: 463
RPAT	ANNUAL	IAW T/C/S	<40MINS (ASSESSMENT)	31:56
12-MILE FOOT- MARCH	ANNUAL	35LBS, DRY W/ RACK, WEAPON, HELMET	<3HRS	2:31:33

Ranger Fitness Test (RFT) consist of the hand-release push-up, plank, 5mile run, and chin-up.

Army Fitness Test (AFT) consist of the 3RM deadlift, hand-release push-up, sprint-drag-carry, plank, and 2mile run.

Ranger Physical Assessment Test (RPAT) conduct a 2mile run, 20ft rope climb, drag a 185lbs SKEDCO 100 yards, climb a 20ft caving ladder, sprint 100 yards, climb over the 8ft wall, conduct a 1mile run. The test is conducted in the combat uniform which includes boots, helmet, body armor, and full fatigues (pants and blouse).

12-mile Foot March (Ruck) conduct a 12-mile foot march with minimum 35lbs (not including water), individual weapon, and helmet in the combat uniform which includes boots and full fatigues.



MOVEMENT PREP 34.0

Speed - Agility

R.A.S.P.

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M.P. 34.0

1.

**"A" Skip/
Backward Skip**
20 Yards There and Back.



2.

**Side Slide w/Arm
Swing**
20 Yards There and Back.



3.

**Lunge w/ Overhead
Reach + Ham Bent/
Reach Walk**
10 Yards There and Back.



PREPARATION GUIDE

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4.

Skip for Height

20 yards there and back.



5.

Carioca

20 yards there and back.



6.

Quad Stretch Walking + Walking Hip External Rotation

20 yards there and back.



R.A.S.P.

7.

Sprint

20 yards there and back
x 2.



8.

Carioca w/ Knee Punch

20 yards there and back.



9.

Leg Swing Alt/ Prone Scorpion

10 reps Each Side.



PREPARATION GUIDE



MOVEMENT PREP 8.0

Speed - Linear

R.A.S.P.

21

1.

**"A" Skip/
Backward Skip**
20 yards there and back.



M.P. 8.0

2.

**Inchworm/
Straight Leg March**
10 yards there and back
each.



3.

**Squat Arms
Forward**
10 reps.



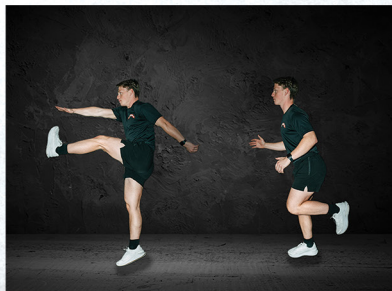
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M.P. 8.0

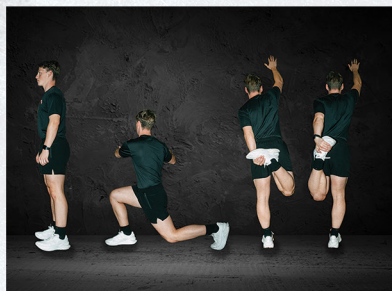
4.

**Straight
Leg Skip/
Backwards Jog**
20 yards there and back.



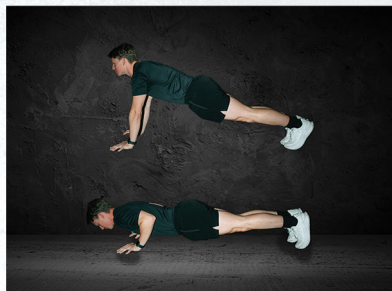
5.

**Lunge w/ Rotation/
Quad Stretch**
10 reps each.



6.

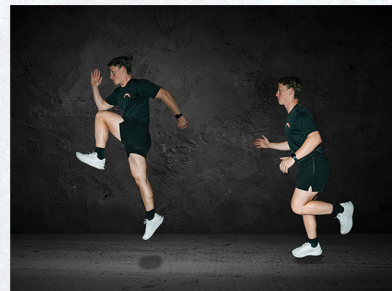
Pushup
10 reps.



R.A.S.P.

7.

**Skip for Distance
/Backwards Run**
10 yards there and back
each.



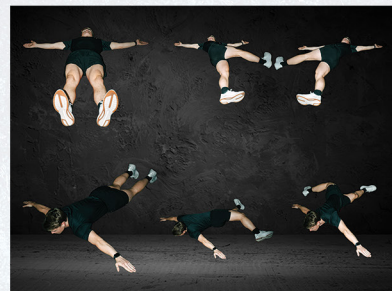
8.

**Elbow to Instep/
Straight Leg March
X-body**
10 reps/10 yards there and
back.



9.

**Leg Swing Alt/
Prone Scorpion**
10 reps each.



PREPARATION GUIDE



8 WEEK WORKOUT PLAN

Designed by the 75TH Ranger Regiment
Human Performance and Wellness Staff:

- Strength & Conditioning Coaches
- Cognitive Performance Specialist
- Occupational Therapist
- Registered Dietitian
- Physical Therapist
- Athletic Trainers
- Data Scientist



SUA SPONTE

TRAINING OVERVIEW

Objective: To physically prepare a recruit for the Pre-RASP phase of selection to the 75th Ranger Regiment. Ultimately success being defined as classing up to RASP I and having the opportunity to become a member of the 75th Ranger Regiment.

Plan Overview: This plan is built with the goal of improving performance in the RFT, overall aerobic performance, and the ability to generally do work. There are 3 main components of the plan, (1) movement preparation, (2) PT Improvement, and (3) energy system development.

Plan Outline: Mondays, Wednesdays, and Fridays are generally dedicated to PT Improvement work. It is recommended to do the run first and then proceed with the push-up, plank, and chin/pull-up improvement work. Tuesdays and Thursdays are about increasing work capacity. You will perform the exercises listed in a circuit type fashion for the prescribed time frame. Twice during the 8-week phase you will perform a diagnostic RFT to determine progress.

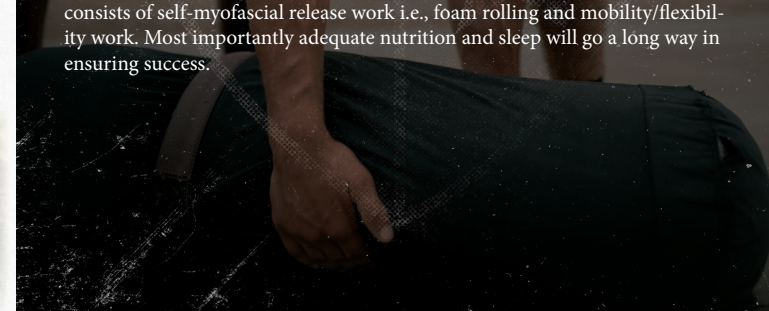


TRAINING OVERVIEW

Ruck March Preparation: While there is no programmed ruck marching in the plan it is advised that you perform some form of loaded walking no more than once a week. The weekend would be a good time to put this movement in. If you have it, wearing a ruck is preferred. Ruck should ideally be loaded with 25-35 pounds of dry weight with the bulk of the weight being higher up and close to the body. Gradually increasing the weight from 25 to 35-40 pounds would be ideal. Ruck distances of 4-6 miles will be sufficient to condition the traps, back, glutes, and lower leg to the stresses of rucking. If no ruck is available a backpack/assault pack will suffice. Again, make sure the load is higher up and close to the body. If neither a ruck or backpack are available a weight vest can be utilized. **DO NOT** just throw a 25+lb plate or sandbag in the bottom of your ruck/pack. Fill the bottom with larger lighter items if needed i.e., a sleeping bag before putting the weight in.

Additional Cardio: If additional cardio is needed it is advised that this be done in the form of low impact Zone 2 cardio. Any cardio machine, as long as it is not running, will be good. Time frame of 30-60 minutes will be sufficient for this session. No more than two additional low impact cardio sessions should be needed during the week.

Recovery: It is recommended that at a minimum a weekly recovery session be done. This can be completed after one of the low impact cardio sessions and consists of self-myofascial release work i.e., foam rolling and mobility/flexibility work. Most importantly adequate nutrition and sleep will go a long way in ensuring success.





RUN TRAINING PACE CHART

HR Zone	1	2	3	4		4/5
5 Mile Time	Active Recovery	Aerobic	Aerobic Threshold	Lactate Threshold	5 mile	2 mile
28:00	7:50	6:52	6:10	5:53	5:36	5:19
28:30	7:59	6:59	6:16	5:59	5:42	5:25
29:00	8:07	7:06	6:23	6:05	5:48	5:31
29:30	8:16	7:14	6:29	6:12	5:54	5:36
30:00	8:24	7:21	6:36	6:18	6:00	5:42
30:30	8:32	7:28	6:43	6:24	6:06	5:48
31:00	8:41	7:36	6:49	6:31	6:12	5:53
31:30	8:49	7:43	6:56	6:37	6:18	5:59
32:00	8:48	7:50	7:02	6:43	6:24	6:05
32:30	9:06	7:58	7:09	6:49	6:30	6:10
33:00	9:14	8:05	7:16	6:56	6:36	6:16
33:30	9:23	8:12	7:22	7:02	6:42	6:22
34:00	9:31	8:20	7:29	7:08	6:48	6:28
34:30	9:40	8:27	7:35	7:15	6:54	6:33
35:00	9:48	8:34	7:42	7:21	7:00	6:39
35:30	9:56	8:42	7:49	7:27	7:06	6:45
36:00	10:05	8:49	7:55	7:34	7:12	6:50
36:30	10:13	8:57	8:02	7:40	7:18	6:56
37:00	10:22	9:04	8:08	7:46	7:24	7:02
37:30	10:30	9:11	8:15	7:53	7:30	7:08
38:00	10:38	9:19	8:22	7:59	7:36	7:13
38:30	10:47	9:26	8:28	8:05	7:42	7:19
39:00	10:55	9:33	8:35	8:11	7:48	7:25
39:30	11:04	9:41	8:41	8:18	7:54	7:30
40:00	11:12	9:48	8:48	8:24	8:00	7:36

5						
1 mile	800m pace	800m time	400m pace	400m time	200m pace	200m time
5:02	4:46	2:23	4:29	1:07	4:12	0:32
5:08	4:51	2:25	4:34	1:08	4:17	0:32
5:13	4:56	2:28	4:38	1:10	4:21	0:33
5:19	5:01	2:30	4:43	1:11	4:26	0:33
5:24	5:06	2:33	4:48	1:12	4:30	0:34
5:29	5:11	2:36	4:53	1:13	4:35	0:34
5:35	5:16	2:38	4:58	1:14	4:39	0:35
5:40	5:21	2:41	5:02	1:16	4:44	0:35
5:46	5:26	2:43	5:07	1:17	4:48	0:36
5:51	5:31	2:46	5:12	1:18	4:52	0:37
5:56	5:37	2:48	5:17	1:19	4:57	0:37
6:02	5:42	2:51	5:22	1:20	5:02	0:38
6:07	5:47	2:53	5:26	1:22	5:06	0:38
6:13	5:52	2:56	5:31	1:23	5:10	0:39
6:18	5:57	2:58	5:36	1:24	5:15	0:39
6:23	6:02	3:01	5:41	1:25	5:20	0:40
6:29	6:07	3:04	5:46	1:26	5:24	0:41
6:34	6:12	3:06	5:50	1:28	5:28	0:41
6:40	6:17	3:09	5:55	1:29	5:33	0:42
6:45	6:23	3:11	6:00	1:30	5:38	0:42
6:50	6:28	3:14	6:05	1:31	5:42	0:43
6:56	6:33	3:16	6:10	1:32	5:46	0:43
7:01	6:38	3:19	6:14	1:34	5:51	0:44
7:07	6:43	3:21	6:19	1:35	5:55	0:44
7:12	6:48	3:24	6:24	1:36	6:00	0:45

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0
Aerobic Run • 2 miles (Easy)	AMRAP (20 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Aerobic Run • 2 miles (Easy)	AMRAP (20 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Aerobic Run • 2 miles (Easy)
Calistenics • T-Pushups 4 x max reps rest 1:00 • Chin-ups 4 x max reps rest 1:00 • Planks 2 x 1:00 rest :30	Calistenics • Weighted T-Pushups 25 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups Strict Form 25 lbs 4 x max reps :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between sets	Calistenics • Weighted T-Pushups 25 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups Strict Form 25 lbs 4 x max reps :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between sets	Calistenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :05 lower :02 hold Explode up :30 rest in between sets	Calistenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :05 lower :02 hold Explode up :30 rest in between sets
Foam Roll and Mobility				

Run Time:	Run Time:	Run Time:	Run Time:	Run Time:
T-Pushups:	T-Pushups:	T-Pushups:	T-Pushups:	T-Pushups:
Chin-ups:	Chin-ups:	Chin-ups:	Chin-ups:	Chin-ups:
Plank:	Plank:	Plank:	Plank:	Sit-ups:
Total Time:	Total Time:	Total Time:	Total Time:	Total Time:

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0
Aerobic Run • 3 miles (Easy)	AMRAP (20 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Aerobic Run • 3 miles (Easy)	AMRAP (20 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Aerobic Run • 3 miles (Easy)
Calistenics • T-Pushups 4 x max reps rest 1:00 • Chin-ups 4 x max reps rest 1:00 • Planks 2 x 1:15 rest :30	Calistenics • Weighted T-Pushups 25 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups - Strict Form 25 lbs 4 x max reps :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between sets	Calistenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold - Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold - Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :05 lower :02 hold - Explode up :30 rest in between sets	Calistenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold - Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold - Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :05 lower :02 hold - Explode up :30 rest in between sets	Calistenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold - Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold - Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :05 lower :02 hold - Explode up :30 rest in between sets
Foam Roll and Mobility				

Run Time:	Run Time:	Run Time:	Run Time:	Run Time:
T-Pushups:	T-Pushups:	T-Pushups:	T-Pushups:	Pushups:
Chin-ups:	Chin-ups:	Chin-ups:	Chin-ups:	Pull-ups:
Plank:	Plank:	Plank:	Plank:	Sit-ups:
Total Time:	Total Time:	Total Time:	Total Time:	Total Time:

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8:00	Warm-up • Movement Prep 34:00	Warm-up • Movement Prep 8:00	Warm-up • Movement Prep 34:00	Warm-up • Movement Prep 8:00
Aerobic Run • 4 miles (Easy)	AMRAP (25 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Aerobic Run • 4 miles (Easy)	AMRAP (25 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Aerobic Run • 4 miles (Easy)
Calisthenics • T-Pushups 4 x max reps rest 1:00 • Chin-ups 4 x max reps rest 1:00 • Planks 2 x 1:30 rest :30	Calisthenics • Weighted T-Pushups 25 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups 25 lbs 4 x max reps :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between sets	Calisthenics • Weighted T-Pushups 25 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups 25 lbs 4 x max reps :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between sets	Calisthenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :30 rest in between sets	Calisthenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :30 rest in between sets
Foam Roll and Mobility				

Run Time:

Rounds Completed:

Run Time:

Rounds Completed:

Run Time:

T-Pushups:

Total Time:

T-Pushups:

Total Time:

Pushups:

Chin-ups:

Total Time:

Chin-ups:

Total Time:

Pull-ups:

Plank:

Total Time:

Plank:

Total Time:

Sit-ups:

Total Time:

Total Time:

Total Time:

Total Time:

Total Time:



WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0 Diagnostic RFT • T-Pushups 1 x 200 Max reps • Plank 1 x Max Time • 5 miles (Max Effort) • Chin-ups 1 x Max reps	Warm-up • Movement Prep 34.0 AMRAP (15 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Warm-up • Movement Prep 8.0 Aerobic Run • 3 miles (Easy) Calisthenics • Weighted T-Pushups 25 lbs 4 x 20 reps • :30 rest in between sets • Weighted Chin-ups Strict Form 25 lbs 4 x max reps • :30 rest in between sets • Weighted Plank 4 x :30 :30 rest in between set Foam Roll and Mobility	Warm-up • Movement Prep 34.0 AMRAP (25 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Warm-up • Movement Prep 8.0 Aerobic Run • 4 miles (Easy) Calisthenics • Tempo Push-ups 5 x 8-10 reps :05 lower :02 hold Explode up :30 rest in between sets • Tempo Pull-ups 5 x 4-6 reps :05 lower :02 hold Explode up :30 rest in between sets • Weighted Sit-ups 4 x 10 :30 rest in between sets

Run Time:		Run Time:		Run Time:	
T-Pushups:		T-Pushups:		Pushups:	
Chin-ups:		Chin-ups:		Pull-ups:	
Plank:		Plank:		Sit-ups:	
Total Time:		Total Time:		Total Time:	

40

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0 • 1 mile jog	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0
Anaerobic Run • 6 x 800m (Hard) • 3:00 rest in between reps * Refer to "800" on pacing chart • 1 mile cool down	AMRAP (30 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Aerobic Run • 3 miles (Easy)	AMRAP (30 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Aerobic Threshold Run • 5 miles (Moderate) • Refer to "Aerobic Threshold" on pacing chart
Calistenics • T-Pushups 10:00 Max reps • Chin-ups 10:00 Max reps • Plank 3 x 1:15 :30 rest in between sets	Calistenics • Weighted T-Pushups 25-45 lbs :30 rest in between sets :10 x 5 reps • Weighted Chin-ups 25 lbs * Strict Form 10 x 3 :30 rest in between sets • Weighted Plank 8 x :20 :30 rest in between sets	Calistenics • Weighted T-Pushups 25-45 lbs :30 rest in between sets :10 x 5 reps • Weighted Chin-ups 25 lbs * Strict Form 10 x 3 :30 rest in between sets • Weighted Plank 8 x :20 :30 rest in between sets	Calistenics • Push-ups * Total reps for time 1 x 100 • Pull-ups * Total reps for time 1 x 50 • Weighted Sit-ups 10 x 5 :30 rest in between sets	Calistenics • Push-ups * Total reps for time 1 x 100 • Pull-ups * Total reps for time 1 x 50 • Weighted Sit-ups 10 x 5 :30 rest in between sets
Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility
Run Times:	Rounds Completed:	Run Time:	Rounds Completed:	Run Time:
	Total Time:	T-Pushups:	Total Time:	Pushups:
		Chin-ups:		Pull-ups:
		Plank:		Sit-ups:
T-Pushups:		Total Time:		Total Time:
Pull-ups:				
Plank:				
Total Time:				

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0 • 1 mile Jog	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0	Warm-up • Movement Prep 34.0	Warm-up • Movement Prep 8.0
Anaerobic Run • 3 x 1 mile (Hard) • 6000 rest in between reps * Refer to "1 mile" on pacing chart • 1 mile cool down	AMRAP (35 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Aerobic Run • 3 miles (Easy)	AMRAP (35 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Aerobic Threshold Run • 6 miles (Moderate) • Refer to "Aerobic Threshold" on pacing chart
Calistenics • T-Pushups 10000 Max reps • Chin-ups 10000 Max reps • Plank 3 x 1:15 :30 rest in between sets	Calistenics • Weighted T-Pushups 25-45 lbs • 10 x 5 reps :30 rest in between sets • Weighted Chin-ups 25 lbs • Strict Form 10 x 3 :30 rest in between sets • Weighted Plank 8 x 20 :30 rest in between sets	Calistenics • Weighted T-Pushups 25-45 lbs • 10 x 5 reps :30 rest in between sets • Weighted Chin-ups 25 lbs • Strict Form 10 x 3 :30 rest in between sets • Weighted Plank 8 x 20 :30 rest in between sets	Calistenics • Push-ups * Total reps for time 1 x 100 • Pull-ups * Total reps for time 1 x 50 • Weighted Sit-ups 10 x 5 :30 rest in between sets	Calistenics • Push-ups * Total reps for time 1 x 100 • Pull-ups * Total reps for time 1 x 50 • Weighted Sit-ups 10 x 5 :30 rest in between sets
Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility	Foam Roll and Mobility
Run Times:	Rounds Completed:	Run Time:	Rounds Completed:	Run Time:
	Total Time:	T-Pushups:	Total Time:	Pushups:
T-Pushups:		Chin-ups:		Pull-ups:
Chin-ups:		Plank:		Sit-ups:
Plank:		Total Time:		Total Time:
Total Time:				

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up • Movement Prep 8.0 Diagnostic RFT • T-Pushups 1 x 200 Max reps • Plank 1 x Max Time • 5 miles (Max Effort) • Chin-ups 1 x Max reps	Warm-up • Movement Prep 34.0 AMRAP (15 mins) • Burpees x 10 • Walking Lunges x 10 ea • Situp x 10 • Bear Crawl x 20m	Warm-up • Movement Prep 8.0 Aerobic Run • 3 miles (Easy) Calistenics • Weighted T-Pushups 25-45 lbs 4 x 20 reps :30 rest in between sets • Weighted Chin-ups • Strict Form 25 lbs 10 x 3 :30 rest in between sets • Weighted Plank 8 x :20 :30 rest in between sets Foam Roll and Mobility	Warm-up • Movement Prep 34.0 AMRAP (35 mins) • Split Squat Jump x 6 ea • Lying Leg Raises x 10 • BW Squat x 20 • Bear Crawl x 20m	Warm-up • Movement Prep 8.0 Aerobic Threshold Run • 7 miles (Moderate) * Refer to "Aerobic Threshold" on pacing chart Calistenics • Push-ups * Total reps for time 1 x 100 • Pull-ups * Total reps for time 1 x 50 • Weighted Sit-ups 10 x 5 :30 rest in between sets
Run Times:	Rounds Completed:	Run Time:	Rounds Completed:	Run Time:
T-Pushups:	Total Time:	T-Pushups:	Total Time:	Pushups:
Chin-ups:		Chin-ups:		Pull-ups:
Plank:		Plank:		Sit-ups:
Total Time:		Total Time:		Total Time:

NUTRITION AND SLEEP

3 Proven Nutritional Strategies to Optimize Performance

1. EAT A VARIETY OF FOODS

Quality Carbohydrates - your body's preferred energy source.

Lean Protein - provides the building blocks of muscle and supports immune function.

Unsaturated Fat - supports brain health and helps manage inflammation.

Fruits & Vegetables - packed with vitamins and minerals to support multiple body functions

SMART PICKS:

Quality Carbohydrates	Lean Protein	Unsaturated Fats	Fruits and Vegetables
• whole grains • beans • peas • potatoes • corn • fruit • milk	• beef • pork • fish • poultry • wild game • eggs • dairy • beans • nuts • seeds	• olive oil • nuts • seeds • avocados • fatty fish	Any colorful fruit or veggie

***Pro tip:** At every meal, include each of the components above

2. STAY ON TOP OF YOUR HYDRATION

- Take small, frequent sips of fluid over the course of the day. **AVOID CHUGGING.**
- Drink 0.5 - 0.75 ounces of fluid for every pound of body weight.
- Drink more to account for sweat losses from training.

SMART PICKS:

Water

100% Juice

Milk

Watery Foods
(i.e. melon, grapes, cucumber)

***Pro tip:** When sweat losses are high, consider foods and beverages with added sodium (i.e. sports drinks)

3. TIME MEALS AND SNACKS APPROPRIATELY

Eat regular, balanced meals and nutritious snacks. Avoid going more than 5 hours without food.

PRIORITIZE FUEL FOR TRAINING



***Pro tip:** One meal or snack won't make or break your performance. It's what you do over time that makes a difference. Consistency is key.

PRE-RASP SLEEP TIPS

Sleep to perform:

Sleep is one of the foundational elements for excellence. Many important functions happen during sleep- the body heals and repairs, waste is cleared from the brain, hormones (e.g. testosterone) rebound, memories get organized, information gets processed. This leads to greater resilience, balanced moods, stable appetite, faster reaction times, better decision making, improved learning and memory.

Set a Schedule

- Sleep 7-9 hours each night: allow your brain time to get through all its sleep cycles
- Have a bedtime and stick to it most nights
- Sleep more than usual if you're sick, tired, injured, or sleep deprived
- Limit meals and beverages: taper fluids at night and finish your largest meal at least 2 hours before bed to avoid digestion interfering with rest
- Avoid alcohol and nicotine: these lead to lighter sleep and more frequent wakeups
- Finish workouts at least 2-3 hours before bed

Create the right environment

- Block out as much light as possible (cover windows or indicator lights on electronics, use an eye mask)
- Use soft white noise or earbuds/earplugs to decrease noise disturbance
- Keep your bedroom cool: 65-69 degrees (use a fan when temperature is out of your control or as white noise)

Manage Sleep Latency

- Trouble falling asleep? Rumination, worry, and even excitement can interfere with sleep
- Engage in relaxing sleep routine 30 mins to 1 hour prior to bed (e.g. next day prep, hot shower, no electronics, read, write, stretch, meditate)
- Try a mental gratitude practice, deep breathing, or a guided sleep meditation to distract your brain from thinking and relax the body
- Don't lie in bed longer than 20 minutes: get up and do something relaxing until you feel tired and get back in bed
- If you nap, keep it to under 30 minutes or around 90 minutes and prior to 3pm to avoid interfering with nightly sleep.



***THERE MUST BE A WILLINGNESS TO MARCH
A LITTLE FARTHER, TO CARRY A HEAVIER
LOAD, TO STEP OUT INTO THE DARK
AND UNKNOWN FOR THE SAFETY AND
WELLBEING OF OTHERS.***

-General Creighton W. Abrams

CONTACT A RECRUITER
TODAY



RLTW