

Table 1

<b>Disclaimer:</b>	The RASP (Ranger Assessment and Selection) Prep Program is for individuals with an already moderate to high foundation of fitness. If this is not you, no worries, spend some time in one of our other basic programs or one of HTK fitness programs to build your capacity, then come back and do this program.
<b>Prologue:</b>	Ranger Assessment and Selection (RASP) is not about looking good; its not about lifting the most, running the furthest or rucking the fastest. RASP, and all of SOF for that matter, is about versatility. Its about being a jack-of-all-trades and proficient at EVERYTHING you do. RASP, as most of you know, is also about mentality. This process isn't insurmountable, but if your mind isn't ready for "the suck," no amount of physical fitness will help you succeed. With that being known, this program is designed to increase your work capacity in the important domains of selection, and it WILL test you mentally. Don't go into this half assed, but don't push till injury either. Remember, this is a training program, not selection. Be sure you're at top physical condition for RASP - and that includes being injury free. Warm ups and cool downs are CRUCIAL to this process, and they should be thought of as a part of training, not an optional piece. Be sure to maintain discipline and do what is needed on your end to make the best of this program. Good luck. Rangers Lead The Way!
<b>Equipment Needed:</b>	Ruck or Ruck-like bag (sturdy backpack will do). 20,30,40# Kettlebells or dumbbells. Access to a pool. Access to a pull up bar. Access to a climbing rope 12-20'.
	*All exercises can be found on google or youtube if you do not know what proper technique looks like*
<b>Week 1:</b>	<i>Laying your foundation</i>
<b>Day 1</b>	Warm up: Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.
	3 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.
	3 minutes max sit ups - according to APFT standard
	1 minute max pull ups or jumping pull ups
	Run 800 m @60% effort
	Rest 3 minutes
	2 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.
	2 minutes max sit ups - according to APFT standard
	30 seconds max pull ups or jumping pull ups
	Run 800 m @70% effort
	Rest 2 minutes
	1 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.
	1 minutes max sit ups - according to APFT standard
	15 seconds max pull ups or jumping pull ups
	Run 800 m @80% effort
	Rest 5 minutes

	then						
	3 rounds:						
	60 second wall sit holding 10# weight (preferably a plate) in front of you.						
	60 2 count flutter kicks						
	Walk 400 m						
	Cool Down:						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 5 miles with 15-25# (DO NOT GO OVER 25#) @60-70% effort pace. Shoot for 5 miles in 75 minutes or less.						
	100 Squats with ruck on you back or head.						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Run in running shoes 400m @9 min mile pace, or less						
	40 burpees						
	Run 800m @9 min mile pace, or less						
	80 burpees						
	Run 1600m @9min mile pace, or less						
	160 burpees						
	Run 3200m @9min mile pace, or less						
	Rest 5 minutes						
	Accumulate 6 minutes in a front plank. Focus on form - dont sag and keep you ass out of the air.						
	-Every time you break, do 25 air squats						
	Cool Down:						

	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 5:</b>	Spend 60 minutes in the pool. Do a variety of strokes and just get comfortable. If you cant swim, use this time to practice. Be safe. Don't drown.						
<b>Conclusion:</b>	Week 1 is complete. Whether you feel that it was easy, or the hardest thing you've ever done, its complete - good shit. Be sure to keep up with your recovery and do some reading up on the 75th Ranger Regiment. An understanding of EXACTLY what you're about to do along with this type of training will set you up nicely to succeed in RASP. DO NOT SUPPLEMENT THIS PROGRAM WITH OTHERS. Doing so may hinder your progress and the quality of this training cycle.						
	<b>Program Designed by John Garman - SGT 75th Ranger Regiment, June 2017.</b>						

Table 1

<b>Week 2:</b>	<i>Picking up the pace</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Every Minute on the Minute (EMOM) 20 mins						
	x3 pull ups or 5 jumping pull ups						
	x5 push ups (chest to ground)						
	x10 sit ups						
	Run 2 miles once EMOM complete						
	rest 5 minutes						
	EMOM 10 mins						
	x8-12 burpees						
	Run 1 mile once EMOM complete						
	then						
	200 2-count flutter kicks						
	-x200m sprint every time you break						
	Cool Down:						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 6 miles with 15-30# (DO NOT GO OVER 30#) @60-70% effort pace. Shoot for 6 miles in 90 minutes or less.						
	-every mile take your ruck off and do 50 mountain climbers						
	-every 2 miles take your ruck off and all of the contents out. Drink water. Then put it back in and keep going (If you think this is stupid or pointless, just wait till selection)						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						

<b>Day 4:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
<b>NOTE:</b>	Only run in boots if you have them and they are somewhat broken in. Doing this in new boots will fuck your feet up - dont do that; save your feet for selection.						
	Run in running boots 400m @9 min mile pace, or less						
	20 burpee pull ups						
	Run in boots 600m @9 min mile pace, or less						
	20 burpee pull ups						
	Run in boots 800m @9min mile pace, or less						
	20 burpee pull ups						
	Run in boots 1000m @9min mile pace, or less						
	Rest 5 minutes						
	Accumulate 8 minutes in a front plank. Focus on form - dont sag and keep you ass out of the air.						
	-Every time you break, do 25 air squats						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 5:</b>	Spend 60 minutes in the pool. Do a variety of strokes and just get comfortable. If you cant swim, use this time to practice. Be safe. Don't drown.						
<b>Note:</b>	This will change next week. DO NOT SKIP POOL DAY						
<b>Conclusion:</b>	Week 2 is in the books. You've committed at this point and you should be proud of that. Don't get complacent; keep your head in the game and focus on the end goal. Do some more reading on the regiment and remind yourself of what you're chasing. Remember to eat well and treat the body as a machine - a machine thats being prepped to perform a specific task. RLTHW!						
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Table 1

<b>Week 3:</b>	<i>Grit</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Complete as many rounds as possible in 40 minutes						
	Run 400m						
	20 push ups						
	10 pull ups						
	100m Farmer Carry with 2x35-55# DBs or KBs or with an equivalent						
	50 flutter kicks						
	then						
	Accumulate 7 minutes in wall sit holding an AR or rifle weighted staff in front of you						
	Accumulate 5 minutes in 6 inches holding an AR or rifle weighed staff over your head.						
	-any time you break, run 100m with 25#						
	Cool Down:						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 8 miles with 20-40# (DO NOT GO OVER 40#) @60-70% effort pace. Shoot for 8 miles in 120 minutes or less.						
	-every 2 miles take your ruck off and all of the contents out. Drink water. Then put it back in and keep going.						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Run 3 miles @8 min mile or less						
	10 pull ups						

	30 second chin over bar hold						
	100 push ups						
	Run 2 miles @8 min mile pace or less						
	10 pull ups						
	30 second chin over bar hold						
	100 push ups						
	Run 1 mile @8 min mile pace or less						
	10 pull ups						
	30 second chin over bar hold						
	100 push ups						
	Rest 5 minutes						
	Accumulate 8 minutes in a side plank (4 mins each side). Focus on form						
	-Every time you break, do 25 air squats						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 5:</b>	Tread water for 30 minutes						
	-every time you go to the side, get out and do 5 burpees						
<b>NOTE:</b>	HAVE A LIFE GUARD OR STRONG SWIMMER TO ASSURE YOU DON'T DROWN						
	You can add anything you'd like to this day after you complete the swim						
<b>Conclusion:</b>	Good work so far. Keep up the pace and reassure yourself of your goals. Realize that this program is for RASP - it is GOAL specific. If you are doing other stuff along with this program, just do it with caution. Lifting, if done with proper form, is a great accessory to add.						
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Table 1

<b>Week 4:</b>	<i>Recovery and Mentality</i>						
<b>Day 1</b>	Do whatever you'd like to do today. Don't go too hard but have fun. Use this day to be active but to also let your body recover. Recovery is A PART OF THE PROGRAM. If you skip recovery its the same as skipping workouts - Don't do it. Integrity.						
<b>Day 2:</b>	Wake up at 4:30 am - no excuses.						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 10 miles with 25-45# (DO NOT GO OVER 45#) @60-70% effort pace. Shoot for 10 miles in 160 minutes or less.						
	-every 2 miles take your ruck off and all of the contents out. Drink water. Then put it back in and keep going.						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Wake up at 4:30 am - no excuses.						
	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Run 5 miles						
	500 burpees						
	-split this up however you'd like to get it done						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 5:</b>	Tread water for 30 minutes						
	-every time you go to the side, get out and do 5 burpees						
<b>NOTE:</b>	HAVE A LIFE GUARD OR STRONG SWIMMER TO ASSURE YOU DON'T DROWN						
	Dont add anything to this. Let the body recover. Next week is back at it.						
<b>Conclusion:</b>	This week was for recovery and mentality. Forcing yourself to get up early and work will be a constant while in selection. Working without sleep will be another. Get a taste now and embrace it. Rangers lead the fucking way!						

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Table 1

<b>Week 5:</b>	<i>Increasing Intensity</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	5 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.						
	5 minutes max sit ups - according to APFT standard						
	1 minute max pull ups						
	Run 1600 m @60% effort						
	Rest 5 minutes						
	2 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.						
	2 minutes max sit ups - according to APFT standard						
	60 seconds max pull ups						
	Run 1600 m @70% effort						
	Rest 5 minutes						
	1 minutes max push ups - chest HITS THE GROUND on every rep. Integrity.						
	1 minutes max sit ups - according to APFT standard						
	60 seconds max pull ups or jumping pull ups						
	Run 1600 m @80% effort						
	Rest 5 minutes						
	then						
	500 flutter kicks						
	Cool Down:						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 12 miles with 25-35# (DO NOT GO OVER 35#) @60-70% effort pace. Shoot for 3 hours or less						
	Every 2 miles drop and empty ruck, and drink water. Dont skip this.						
	then						

	100 2-count mountain climbers with ruck on your back. If the ruck keeps riding up on your head and frustrating the shit out of you, get used to it.					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.					
<b>Day 4:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	Run in running shoes carrying 25# 800m @9 min mile pace, or less					
	40 burpees					
	Run 800m @7 min mile pace, or less					
	40 burpees					
	Run 1600m @8 min mile pace, or less					
	40 burpees					
	Run 1600m @8min mile pace, or less					
	Rest 5 minutes					
	Accumulate 10 minutes in a front plank. Focus on form - dont sag and keep you ass out of the air.					
	-Every time you break, do 25 air squats					
	Cool Down:					
	walk 1 mile					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 5:</b>	Spend 60 minutes in the pool with pants and shoes on. Do a variety of strokes and just get comfortable. Make sure to have a life guard or safety buddy present. Be safe. Don't be an idiot.					
<b>Conclusion:</b>	Week 5 done. Keep motivated. Supplement this program as you feel but be sure not to over train. Overtraining will prevent you from peaking for selection. If able, supplement in some rock wall climbing. This is random but great for fitness and cognitive ability. Lastly, now wouldn't be a bad time to look into jujitsu or something similar. Be safe. RLTW!					
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Table 1

<b>Week 6:</b>	<i>Increasing Intensity Again</i>					
<b>Day 1</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	EMOM 10					
	10-15 push ups					
	EMOM 10					
	5-10 pull ups					
	5 rounds:					
	15 unbroken KB swings @25-35# - keep you back tight and use your hips and ass. Do not load the lower back.					
	20 sit ups - make these APFT quality					
	-after 5 rounds-					
	Run 2 miles for time					
	then					
	3 rounds					
	45 second chin over bar hold (supinated)					
	60 second front plank					
	Cool Down:					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 2:</b>	4:30 AM wake up					
	Warm up:					
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.					
	Ruck 5 miles @35# @15 min mile pace or less					
	rest 3 minutes and drink water					
	Run 2 miles in boots @9 min mile pace or less					
	rest 3 minutes and drink water					
	Ruck 5 miles @35# @15 min mile pace or less					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.					

<b>Day 4:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	100 pull ups						
	200 push ups						
	300 air squats						
	200 knee push ups						
	100 Aussie pull ups (horizontal)						
	rest 10						
	1 mile farmer carry with 25# KB or DB in each hand.						
	-rest as you need-						
	-every time you break do 20 2-count flutter kicks-						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 5:</b>	10 x 50m pool sprints						
	-rest as needed						
<b>Conclusion:</b>	At this point you've probably picked up on the pattern. This is getting you progressively better at the things you'll see in selection. This workout skeleton changes after week 7. Keep at it. Keep supplementing as needed. Focus on your specific weaknesses. If you are noticing any signs of injury - prolonged pain, tightness, numbness, etc - don't "tough it out." Be sure to get it check out as to prevent any refusal from being allowed a slot in the 75th.						
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Table 1

<b>Week 7:</b>	<i>Over the Hump</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	EMOM until you fail						
	x10 burpees						
	Then						
	5 rounds:						
	6 strict pull ups						
	4 slight kipping pull ups						
	Sprint 200m @90% effort (close to all out)						
	Rest 60 seconds						
	then						
	Accumulate 10 minutes in front plank						
	100m Farmer carry with 25-35# every time you break						
	Cool Down:						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	4:00 AM wake up						
	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 15 miles @25-35# (don't exceed 35#) at 15 min mile pace or less						
	Every 2 miles stop, take a knee, drink water						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Warm up:						

	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	As many rounds as you can in 45 minutes					
	Run 400m					
	20 KB swings @25#					
	40 sit ups					
	20 push ups					
	rest 10					
	As many rounds as you can in 15 minutes					
	20 lunges					
	30 mountain climbers (2 count)					
	10 pull-up bar back roll to supports - google if you don't know					
	Cool Down:					
	walk 1 mile					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 5:</b>	Tread water for 45-60 minutes (adjust for skill level)					
	-every time you have to go to the side: x30 second plank					
<b>Conclusion:</b>	Keep motivated.					
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Table 1

<b>Week 8:</b>	<i>Progress</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Max Push Ups in 3 minutes						
	Run 800m @90% effort						
	Rest 3 minutes						
	Max Sit Ups in 3 minutes						
	Run 600m @90%						
	Rest 3 minutes						
	Max Pull ups in 3 minutes						
	Run 400m @90%						
	Rest 3 minutes						
	Max Push Ups in 2 minutes						
	Run 200m carrying 30#						
	Rest 2 minutes						
	Max Sit Ups in 2 minutes						
	Run 200m carrying 30#						
	Rest 2 minutes						
	Max Pull ups in 2 minutes						
	Run 200m carrying 30#						
	Rest 2 minutes						
	Max Push Ups in 1 minute						
	Max Air Squats in 1 minute						
	Max Sit Ups in 1 minute						
	Max Pull Ups in 1 minute						
	Max Lunges in 1 minutes						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	To mentally test yourself, this could be done on 4 hours of sleep... Just saying						
	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 5 miles @45# (don't exceed 45#) at 15 min mile pace or less						
	Run 4 miles in boots						
	<i>(Optional - Additional Ruck 2 miles @45# at 15 min mile pace or less)</i>						

	Every 2 miles of the ruck, stop, take a knee, drink water					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.					
<b>Note:</b>	Rest your ass off. Be sure to address any issues you may be having. Keep reminding yourself of the importance of being 100% for selection - don't let pride cause you to injure yourself before you even start.					
<b>Day 4:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	As many rounds as you can in 20 minutes					
	x5 wall walks					
	x50 air squats					
	x5 chest to bar pull ups or muscle ups					
	x50 flutter kicks					
	rest 10					
	As many rounds as you can in 10 minutes					
	20 box jumps at 20-30"					
	100 m farmers carry with x2 50-70# DBs or KBs					
<b>Note:</b>	If you dont have this, you can load a barbell and back rack it while you walk.					
	5 chin ups or 3 rope climbs 12-15'					
	20 sec chin over bar hold					
	Cool Down:					
	walk 1 mile					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 5:</b>	5x50m swim sprints in clothes (no shoes)					
	rest as needed between					
	then					
	5x50m swim sprints wearing boots (no shirts or pants - also not nude if you're in public; people dont seem to appreciate that)					
	rest as needed between					
<b>Conclusion:</b>	Keep motivated. Keep healthy. Keep that Tan Beret in mind.					
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Table 1

<b>Week 9:</b>	<i>Recovery and Mentality</i>						
<b>Day 1</b>	Do whatever you'd like to do today. Don't go too hard but have fun. Use this day to be active but to also let your body recover. Recovery is A PART OF THE PROGRAM. If you skip recovery its the same as skipping workouts - Don't do it. Integrity.						
<b>Day 2:</b>	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Jog 5-10 miles at a decent pace. Not too hard. Use this as recovery						
	Maybe practice some skill work like rope climbs, etc, if necessary						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Ruck 5 miles @20#						
	Every mile complete 2 minutes of push ups and sit ups						
	You can add anything you'd like to this day but make it low impact and intensity as to not hinder the recovery.						
<b>Day 5:</b>	Tread water for 60 minutes						
	You can add anything you'd like to this day but make it low impact and intensity as to not hinder the recovery.						
<b>Conclusion:</b>	Recovery is always an important aspect of training. Enjoy						
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<b>Week 10:</b>	<i>Home Stretch</i>						
<b>Day 1</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	For time:						
	Run 400m						
	20 Hand Stand push ups or elevated feet push ups						
	200 flutter kicks						
	Run 600m						
	20 alternating ball push ups (plyo push ups)						
	200 single count mountain climbers						
	Run 800m						
	20 ball push ups						
	20 strict hanging knee raises						
	Run 1000m						
	Rest 5-10						
	6 rounds:						
	Sprint 100m @90%						
	10 burpees as fast as possible						
	Rest 3 minutes between each round						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Ruck 1 mile in boots @12 min mile pace with 35# ruck						
	10 rope climbs using a wrap or J-hook technique (google) - DO NOT do ropes with the ruck on						
	Ruck 1 mile in boots @12 min mile pace						
	6 rope climbs						
	Ruck 1 mile in boots @12 min mile pace						
	2 rope climbs						
	Ruck 1 mile in boots @12 min mile pace						

	rest 5-10					
	3 rounds:					
	20 overhead walking lunges using Ruck					
	10 burpees lifting ruck over head each rep					
	jog 200m (without ruck)					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.					
<b>Day 4:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	Tread water for 15 minutes					
	3 rounds:					
	50 m swim					
	25 air squats					
	25 sit ups					
	rest 5-10					
	Tread water for 15 minutes holding 5-10#					
<b>Note:</b>	Ive said this ad nauseam - HAVE A LIFE GUARD OR SWIM BUDDY WITH YOU AT ALL TIMES. If one isnt available, do not do this.					
<b>Day 5:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	EMOM 10					
	x10-15 push ups					
	x10-15 Box jumps at 20"					
	rest 5					
	EMOM 10					
	Sprint 50m					
	10 KB swings @20-40#					

	rest 5
	EMOM 10
	x2 Turkish Get-Ups each arm @15-35# KB or DB
	then
	3 rounds:
	60 sec wall sit holding an AR or some equivalent in weight
	60 sec front plank
	45 sec side plank
	45 sec side plank
	90-120 sec rest
<b>Conclusion:</b>	Tan beret and scroll.
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Table 1

<b>Week 11:</b>	<i>Embrace</i>						
<b>Day 1:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Max Push ups in 5 mins						
	rest 2 mins						
	Max Sit ups in 5 mins						
	rest 2 mins						
	Max Pull ups in 5 mins						
	rest 2 mins						
	Max distance run in 5 mins						
	rest 2 mins						
	4 rounds:						
	10 push ups						
	10 knee push ups						
	10 burpees						
	10 air squat jumps						
	10 air squats						
	10 supinated pull ups						
	10 kipping pull ups (careful)						
	Run 400m @60%						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Tread water for 15 minutes						
	10x50m sprints						
	Tread water for 15 minutes						
	5x50m back stroke sprints						

	Tread water for 15 minutes					
<b>Note:</b>	HAVE A LIFE GUARD OR SWIM BUDDY WITH YOU AT ALL TIMES. If one isnt available, do not do this.					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.					
<b>Day 4:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	Run 1 mile @7min mile pace or less					
	2 rounds:					
	5 rope climbs					
	20 box jumps					
	Ruck 2 miles @45#					
	2 rounds:					
	3 rope climbs					
	10 box step ups with ruck over head					
	Run 1 mile @7min mile pace or less					
	rest 5-10					
	3 rounds:					
	60 sec side plank					
	60 sec side plank					
	60 rest					
	Cool Down:					
	Spend 10-20 minutes doing mobility and stretching					
<b>Day 5:</b>	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	For time:					
	50 push ups					
	25 pull ups (pronated)					
	50 knee push ups					
	25 chin ups (supinated)					

	50 two-count mountain climbers
	25 one arm DB snatch @25-45# (each arm)
	rest 5-10 mins
	3 rounds:
	25 KB swings @35-45#
	20 walking lunges with KB in goblet squat position
	15 KB push ups (hands on the ball of the bell)
	then
	3 rounds:
	60 sec wall sit holding an AR or some equivalent in weight
	60 sec front plank
	45 sec side plank
	45 sec side plank
	90-120 sec rest
<b>Conclusion:</b>	One more. Stay healthy and injury free.
	Program Designed by John Garman - SGT 75th Ranger Regiment, June 2017.

Table 1

<b>Week 12:</b>	<i>Finish Strong</i>						
<b>Day 1:</b>	Warm up:						
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.						
	Max Push up in 2 minutes						
	rest 3 mins						
	Max Sit ups in 2 mins						
	rest 5						
	Run 5 miles for time						
	rest 5						
	Max pull ups pronated or supinated						
	Thats it for this day. Your results should be satisfying. Do whatever youd like for the rest of the day.						
	Cool Down:						
	walk 1 mile						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 2:</b>	Warm up:						
	Spend 10-20 minutes to focus on the areas that are sore from the day prior.						
	Tread water for 15 minutes						
	Tread water in boots for 10 minutes						
	Jump in pool and tread water in shirt and pants for 5 minutes						
	Then immediately*						
	Swim the length of the pool in shirt and pants						
<b>Note:</b>	HAVE A LIFE GUARD OR SWIM BUDDY WITH YOU AT ALL TIMES. If one isnt available, do not do this.						
	Spend 10-20 minutes doing mobility and stretching						
<b>Day 3:</b>	Rest. 60 minutes stretching and mobility.						
<b>Day 4:</b>	Wake up 4:30 am						

	Warm up:					
	Spend 10-20 minutes getting your entire body ready to move. Focus on warming up the skeletal muscles along with the joint capsules of the shoulder and hip.					
	Ruck 12 miles with 35-45# in less than 3 hours. Shoot for less than 2:45:00 if able					
	-Drink water as needed and be safe.					
	Cool down:					
	Spend 10-20 minutes doing mobility and stretching					
	walk 1 mile					
<b>Day 5:</b>	Do whatever you want.					
<b>Conclusion:</b>	By the end of this program, if done with proper rest, diet and maintenance, you should be fully ready to tackle the physical aspects of RASP. You should, given the demands of some of this program, also be set up well for the mental testers that will accompany the physical turmoil of selection. If you still feel that you need some training in specific areas, then this program served its purpose: to exploit weakness and show you where your holes lay. With the physical and mental tools bestowed upon you during the last 12 weeks, I am confident that you are far more ready to meet the challenges ahead of you than you were on day zero of the program. Feel free to reach out to us for any further assistance, or to address any concerns. Share your story with us after RASP and thanks for putting your trust in Hard To Kill Fitness. Keep up the work, stay motivated and thank you for your future service to our country. And lastly, but most importantly, Rangers Lead the Fucking Way!					
	Program Designed by John Garman - SGT 75th Ranger Regiment, June 2017.					