



Army Rangers

Special Operations



ASVAB - Basic Training - Boot Camp - Navy Seals - Army Rangers - Force Recon - Green Berets

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Ranger School
No Excuse Leadership

Ranger School - No Excuse Leadership

A great compilation of U.S. Army Ranger School vignettes designed to demonstrate how one can achieve the mental toughness to succeed...no matter what the adversity. Though exceptionally diverse in background and experience, the Ranger students chronicled in this book reveal that they all had one thing in common...tenacity, perseverance and a desire to be one of the best. RANGER SCHOOL, NO EXCUSE LEADERSHIP is an excellent addition to any leadership or business manager development program and should become as worn, tabbed and dog eared as any well read '-10' equipment maintenance manual. Rangers Lead The Way!



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US Army Ranger School

Ranger Indoctrination Program (RIP) begins when the Ranger Liaison picks up the Ranger candidates at Airborne School - just after graduation - to immediately begin the program.

The program is designed to instruct and select, from a pool of candidates in grades E-1 to E-4, those suitable for service in the 75th Ranger Regiment. The four week program consists of physical training and continuous preparation for service in the Regiment. It is important that each candidate be familiarized with operational procedures, equipment and the standards of the Regiment prior to their assignment.

- Daily Physical Training
- Ranger History test
- Map Reading
- APFT
- Airborne Operation
- Ranger Standards
- Day and night land navigation
- 5-mile run

- Combatives
- Knots
- Combat Water Survival Test
- 6, 8 and 10-mile road marches
- Driver Training (DDC Card)
- Fast Rope Training
- Combat Lifesaver certification

Benning Phase

Phase I of Ranger School is currently twenty-one days in duration and conducted by the 4th Ranger Training Battalion in the heavily forested terrain of Fort Benning, Georgia.

Mountain Phase

The 5th Ranger Training Battalion's mountain phase is twenty-one days of lower and upper mountaineering, mountain techniques, and tactical operations.

Florida Phase

The third and final phase of Ranger School is conducted by the 6th Ranger Training Battalion in the harsh and oppressive environment of the Florida jungle and swamp. Ranger students will learn boat drills, make rope bridges, and negotiate rivers and swamps. Oh yes, and patrol, patrol, patrol...

Ranger Preparation Physical Training

Check out the [Army Special Forces Workout](#) to help prepare for the rigors of Ranger School and read more below for additional training tips and techniques.

Exercise Menu and Schedule - Prepared by MSG House of the Army Physical Fitness School

The Ranger student will be challenged physically during the following 7 events:

- 1) APFT
- 2) 5 Mile Run
- 3) 16 Mile Road March
- 4) Land Navigation
- 5) Pull-ups
- 6) 3.2 Mile Buddy Run
- 7) Other: This area includes those daily events such as running or rucking between training sites and the occasional motivational conditioning exercises.

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The APFT is administered to the standard as depicted in FM 21-20, to the letter. The event consists of the push-up, sit-up, and two mile run. Regardless of age the student will be tested in the 17 to 21 year old age bracket, and you must score 70 points per event. This means 49 push-ups, 59 sit-ups, and 15:12 on the run, as a minimum, must be achieved. The prospective Ranger student should be able to score 100 points per event the APFT. You should conduct a "to standard APFT" being graded by someone other than a member of the unit or your buddy, the key is to have the grader give you an honest assessment that you can use as a starting point. If you cannot score well on the test then the unit should stop you at home station.

The following is an exercise menu that will assist the perspective Ranger student to prepare for the course:

THE PUSH-UP

- 1) Timed sets of push-ups – Do timed sets of Regular, Wide arm and, Diamond push-ups for 40-30-20 seconds each with no more then 30 seconds rest between sets. Adhere strictly to proper form described in FM 21-20. (3 sets minimum)
 - 2) Bench press – Strength improvement. Perform 20 repetitions of 50% of body weight working towards 20 reps at 65%. Do 3-4 sets per session.
 - 3) Front Deltoid raises – 10-15 pounds 3-4 sets working towards temporary muscle failure (TMF).
 - 4) Tricep Extension – 10-15 pounds 3-4 sets working towards temporary muscle failure (TMF).
 - 5) Seated or bent over row - Strength improvement. Perform 20 repetitions of 50% of body weight working towards 20 reps at 65%. Do 3-4 sets per session.
 - 6) Swimmer or Prone Row – 3-4 sets at 20-30 reps each.
 - 7) Roman chair – 3-4 sets 20 –30 reps per set, facing down, progressing to with weight.
 - 8) Dips- 3-4 sets working towards muscle failure.
- Need help? Check out our [Push Ups Improvement](#) Section

THE SIT-UP

- 1) Timed sets of sit-ups- Do timed sets of sit-ups for 60-40-30 seconds each with no more then 30 seconds rest between sets. Adhere strictly to proper form described in FM 21-20. (3 sets minimum)
 - 2) Flutter kicks – 3 sets of 50 –100 reps.
 - 3) Hanging leg raises* – 3 sets of 50 – 100 reps. Start with legs bent work towards legs straight.
 - 4) Incline sit-ups* 3-4 sets of 30 to 50 progressing to with weight as strength improves.
 - 5) Flat bench leg raises* – 3-4 sets of 20 to 30.
- *Exercise should be done very slowly to ensure a contraction is maintained throughout the repetition.



THE 2 MILE RUN

Intervals are the best way to improve on your 2 mile run time. See Fm 21-20 or the unit MFT for the proper method of conducting interval training. Interval training should not be conducted more then one day per week.

THE 5 MILE RUN

In order for the prospective Ranger student to adequately prepare for this event, a very thorough warm-up should occur prior to conducting the 5 mile run to the standard of 8 minuets per mile plus or minus 15 seconds (39:45 to 40:15). This should include stretching, rotation drills and, calisthenics session with sufficient intensity to produce TMF in a moderately fit soldier.

- 1) Interval training – Should be conducted no more then once per week and for a distance of at least 8 work laps at 400 yards each.
- 2) Fartlek run – Twice per week at 3-5 miles per run. Heart rate should not drop lower then 70% training heart rate (THR) and no higher the 90% THR.
- 3) Long slow run – 6-8 mile run with the pace never dropping slower then 8 minuet miles.

THE 16 MILE ROAD MARCH

The 16-mile road march is conducted with all combat equipment that the Ranger student will be issued plus weapon. The pace is no faster then 17min per mile and no slower then 24min per mile. Prepare for this event by conducting a 4-mile road march with at least 40 pounds of equipment plus water and rubber duck at least once a week. Each week add 2 miles to the total until you arrive at 16 to 18 miles to standard. You can road march more then once per week but remember that this event is long and

boring, don't waste valuable training time on something as easy as road marching.

LANDNAV

Perform landnav training on a course that you create or one that is already in place on your post. The course should be at least 10 kilometers in length; you should be able to begin in the dark or at night and move through to daylight. Your equipment will be LCE with rubber duck.

PULL-UPS

The pull-up event is done following the APFT and you must complete at least 6 pull-ups to enter the course. The start position is mount the bar and come to a motionless hang on the bar with palms facing towards body arms extended overhead. On the command GO you will begin by pulling your body up to a motionless pause with the chin over the top of the bar then lower the body down to the start position. This is one repetition, remember that you will not be allowed to swing or other wise use your legs to assist your movement.

Begin your training by conducting an assessment of your current ability. Following your assessment begin training for improvement by using one or all of the following methods:

- 1) 3 sets of assessment total. Have a spotter available to assist you by lifting on the legs as you attempt to execute the pull-ups.
- 2) Lat pull down. 3 sets at 50% body weight 8-12 reps per.
- 3) 3-4 sets on the gravitron.

THE SWIM

If you can swim, good you should practice swimming at least 20 meters with LCE and weapon while in BDU's. You should also practice walking off the 3 meter board with LCE and weapon while wearing BDU's. You will have to enter the water surface with dropping your weapon. The final swim event is the equipment removal station. You should practice entering the water from the side of a pool. You will wear the same uniform as stated above. You will remove your LCE and release your weapon while remaining submerged. Once the equipment is removed you will surface and swim to the side of the pool.

NOTE: All swim events must be accomplished without showing fear. If you can't, learn how!

Want to challenge yourself? Check out the [Army Special Forces Workout](#) to prepare you for Ranger School.

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US Special Forces Guide



Inside The Delta Force



Six Silent Men

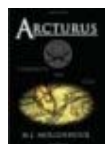


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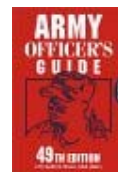
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