

12 Week Pre-SURT Training Plan

Overview

This 4 week plan is designed to progress you to meet the demands of SURT and eventually Ranger School. Your Ranger Physical Fitness Assessment will drive portions of this program so that needs to be completed before you start. This program also assumes that you have been conducting general physical preparedness by utilizing strength and conditioning methods for your performance.

General Guidelines

This plan is broken down into 2 phases with 3 weeks of ramping progression and 1 week of de-load/taper. The de-load/taper week is critical to allow your body to recover and be ready for the upcoming phases. Most of these exercises can be easily researched if you are unfamiliar. They can also be adjusted to your capability, resources available, equipment, and/or time.

It is imperative that you adjust the training if you begin to experience pain. Your goal for this training plan should be to be in excellent condition to withstand the rigors of SURT and Ranger school with no injuries. If pain persists, you should seek medical attention.

You must understand that your recovery and injury prevention strategies should be conducted post-training as well. Proper hydration, adequate nutrition, and sleep are absolutely mandatory.

Your RATE OF PERCEIVED EXERTION (RPE) will drive the intensity and load of each of these session, specifically your STRENGTH training. The chart below explains how RPE can best be interpreted.

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Endurance training (runs) will be utilizing specific paces as listed within the training calendar. To further understand what each run is designed to do, refer to the chart below:

Three Quality Runs			
Type of Training	Key Run # 1: Track Repeats	Key Run #2: Tempo Run	Key Run #3: Long Run
PURPOSE	Improve max VO2, running speed and running economy	Improve endurance by raising lactate threshold	Improve endurance by raising aerobic metabolism
INTENSITY	5-K race pace or slightly faster	Comfortably hard; 15-45 sec slower than 5-K race pace	Approx. 30 sec slower than goal race pace
DURATION OF EACH RUN	10 min or less	20-45 min at tempo pace	60-180 min
FREQUENCY	repeat shorter segments until quality work totals about 5-K per session	One tempo run per week	One long run per week

Interval track workouts will use the chart below for specific splits based on your 1-mile split time from the 5mile assessment.

REPEAT INTERVAL SPLITS				
1 MILE SPLIT FROM 5 MILE ASSESSMENT	400M REPEATS	800M REPEATS	1200M REPEATS	1600M REPEATS
6:30-7:00	1:23 - 1:29	2:46 - 2:58	4:09 - 4:27	5:32 - 5:56
7:01-7:30	1:29 - 1:35	2:58 - 3:10	4:27 - 4:45	5:56 - 6:20
7:31-8:00	1:35 - 1:41	3:10 - 3:22	4:45 - 5:03	6:20 - 6:44
8:01-8:30	1:41 - 1:47	3:22 - 3:34	5:03 - 5:21	6:44 - 7:08
8:31-9:00	1:47 - 1:53	3:34 - 3:46	5:21 - 5:39	7:08 - 7:32

PHASE1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Week 1</p> <p>RPE:7-9</p> <p>Rest in between Sets 1-2 minutes or as needed to maintain form.</p>	<p>PREP [3 rounds] Worlds Greatest Stretch x 5/side Bodyweight Squats x 10 Rear Lunges x 10/side</p> <p>TRAINING 1. Back Squat 4x6 Build each set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side</p> <p>Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance machine choice</p>	<p>PREP [3 rounds] Straight Arm Pulls x 5 Thoracic Spine Rotations x 8 Empty Barbell Bench x 10</p> <p>TRAINING 1. Bench Press 4x6 Build each set 2. Slow and Strict Pull-up/Chin Up 3x4 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20</p> <p>Conditioning: 20 minutes flush Non-impact endurance machine choice</p>	<p>10-20min warm up</p> <p>8x400m w/ 400m recovery walk in between each rep</p> <p>10 min cool</p>	<p>PREP [3 rounds] Worlds Greatest Stretch x 5/side Bodyweight Squats x 10 Rear Lunges x 10/side</p> <p>TRAINING 1. Deadlift 4x6 Build each set 2. Weighted Rear Lunges 4x8/side 3a. Split Squats 3x8/side 3b. Hip Thrusts 3x10 3c. 1-Leg RDL 3x8/side</p> <p>Conditioning: 10-12 reps 30s SPRINT: 30s EASY Non-impact endurance machine choice</p>	<p>PREP [3 rounds] Lat Hang Stretch x20s DB Curl to Press x10 Empty Barbell Strict Press x10</p> <p>TRAINING 1. Strict Standing Press 4x6 Build each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20</p> <p>4a. Strict Push ups 3x50% of assessment 4b. Strict Sit ups 3x50% of assessment</p> <p>Conditioning: 20 minutes flush Non-impact endurance machine choice</p>	<p>10-20min warm up</p> <p>3 mile EASY PACE RUN</p> <p>Zone 2 "Conversation PACE" feeling</p> <p>Usually 2 minutes slower per mile than 5 mile assessment time.</p> <p>10 min cool</p>
PHASE1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Week 2</p> <p>RPE:7-9</p> <p>Rest in between Sets 1-2 minutes or as needed to maintain form.</p>	<p>PREP [3 rounds] Worlds Greatest Stretch x 5/side Bodyweight Squats x 10 Rear Lunges x 10/side</p> <p>TRAINING 1. Back Squat 4x4 Build each set 2. RDL 4x10 3a. Weighted Step Up 3x8/side 3b. Kettlebell Swings 3x10 3c. Lateral Lunge 3x8/side</p> <p>Conditioning: 10-12 reps 30s SPRINT: 90s EASY Non-impact endurance machine choice</p>	<p>PREP [3 rounds] Straight Arm Pulls x 5 Thoracic Spine Rotations x 8 Empty Barbell Bench x 10</p> <p>TRAINING 1. Bench Press 4x4 Build each set 2. Slow and Strict Pull-up/Chin Up 3x5 add weight if needed 3a. Bent-over Rows 3x10 3b. Close Grip Push Ups 3x12 3c. Bent Over Reverse Flys 3x20</p> <p>Conditioning: 20 minutes flush Non-impact endurance machine choice</p>	<p>1 mile warm up, 2 miles at short tempo pace, 1 mile cool</p> <p>Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles.</p> <p>SHORT TEMPO pace is at 20 seconds SLOWER than your 5mile assessment time.</p>	<p>PREP [3 rounds] Worlds Greatest Stretch x 5/side Bodyweight Squats x 10 Rear Lunges x 10/side</p> <p>TRAINING 1. Deadlift 4x4 Build each set 2. Weighted Rear Lunges 4x8/side 3a. Split Squats 3x8/side 3b. Hip Thrusts 3x10 3c. 1-Leg RDL 3x8/side</p> <p>Conditioning: 10-12 reps 30s SPRINT: 30s EASY Non-impact endurance machine choice</p>	<p>PREP [3 rounds] Lat Hang Stretch x20s DB Curl to Press x10 Empty Barbell Strict Press x10</p> <p>TRAINING 1. Strict Standing Press 4x4 Build each set 2. Inverted Rows 4x10 3a. Hanging Leg Raises 3x10 3b. Dips 3x12 3c. Face Pulls 3x20</p> <p>4a. Strict Push ups 3x55% of assessment 4b. Strict Sit ups 3x55% of assessment</p> <p>Conditioning: 20 minutes flush Non-impact endurance machine choice</p>	<p>Ruck 4 miles 35#</p>

PHASE 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Week 3</p> <p>RPE:8-9</p> <p>Rest in between Sets 1-2 minutes or as needed to maintain form.</p>	<p>PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6</p> <p>TRAINING 1. Back Squat 5x3 Build each set 2. Strict Standing Press 3x10</p> <p>As many rounds in 10min: 3a. Strict Chin Up x70% 3b. Strict Push Ups x70%* 3c. Strict Sit Ups x70%* *from assessment</p> <p>Conditioning: 10-12 reps 30s SPRINT: 45s EASY Non-impact endurance machine choice</p>	<p>10-20min warm up</p> <p>7 mile EASY PACE RUN</p> <p>Zone 2 "Conversation PACE" feeling</p> <p>Usually 2 minutes slower per mile than 5 mile assessment time.</p> <p>10 min cool</p>	<p>A. 6-8 x 40yd running build ups Focus on technique and terminating speed should be 85-90%.</p> <p>B1. Sled Pull (backwards drag) 8x50m B2. Max Strict Chin Ups Rest 60-90s in between sets</p> <p>C1. Pinch Grip plate carry 6x60m C2. Gorilla Rows 6x12 Rest 60-90s in between sets</p> <p>D1. Quick (arms extended) Sled Push 8x50m D2. Max Sit Ups Rest 60-90s in between sets</p>	<p>1 mile warm</p> <p>4 miles @ mid-tempo pace</p> <p>1 mile cool</p> <p>Warm up and cool down MILES are slow and untimed. You still need to do a general warm up and cool down in addition to these warm up/cool down miles.</p> <p>MID TEMPO pace is at 40 seconds SLOWER than your 5mile assessment time.</p>	<p>PREP [3 rounds] Rear Lunge x10 Straight Arm Pull x 5 Bodyweight Hip Thrusts x10</p> <p>TRAINING 1. Deadlift 5x3 Build each set 2. Bench Press 4x4 3. Bent Over Rows 3x10</p> <p>Every minute on the minute for 12 minutes: 3a. Inverted Rows x5 3b. Close Grip Push Ups x5 3c. Hanging leg raises x5</p> <p>Conditioning: 20 minutes flush</p>	<p>10-20min warm up</p> <p>6 mile EASY PACE RUN</p> <p>Zone 2 "Conversation PACE" feeling</p> <p>Usually 2 minutes slower per mile than 5 mile assessment time.</p> <p>10 min cool</p>
PHASE 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<p>Week 4</p> <p>De-load week. Take advantage of less volume and improve your recovery. Let your body recover. Get ready to report to SURT.</p>	<p>PREP [3 rounds] Light bent over row x10 Light overhead press x 10 Light Squat x 5-6</p> <p>TRAINING 1. Back Squat 3x3 Build each set 2. Strict Standing Press 2x10</p> <p>As many rounds in 5min: 3a. Strict Chin Up x35% 3b. Strict Push Ups x35%* 3c. Strict Sit Ups x35%* *from assessment</p> <p>Conditioning: 5-6 reps 30s SPRINT: 45s EASY Non-impact endurance machine choice</p>	<p>10-20min warm up</p> <p>2 mile Heavy Ruck @ 55-60#</p> <p>10 min cool</p>	<p>30 minute recovery swim or non-impact endurance machine recovery flush</p>	<p>A. 3 x 40yd running build ups Focus on technique and terminating speed should be 85-90%.</p> <p>B1. Sled Pull (backwards drag) 3x50m B2. Max Strict Chin Ups Rest 60-90s in between sets</p> <p>C1. Pinch Grip plate carry 3x60m C2. Gorilla Rows 3x12 Rest 60-90s in between sets</p> <p>D1. Quick (arms extended) Sled Push 3x50m D2. Max Sit Ups Rest 60-90s in between sets</p>	RECOVER	RECOVER