

Table 1

Week 5:	<i>Increasing Intensity</i>						
Day 1	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						
Day 2:	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					
Day 3:	Rest. 60 minutes stretching and mobility.					
Day 4:	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					
Day 5:	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.					
Conclusion:	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!					
	Program Designed by John Garman - SGT 75th Ranger Regiment, June 2017.					