

Chapter 16: Assignment

Embracing Endurance

Objective: This assignment will help you take the first steps toward challenging your limits by committing to an endurance goal. By doing this, you'll gain insight into your physical and mental resilience, laying a foundation for continuous growth.

Instructions:

1. Identify Your Starting Point

- Reflect on your current fitness level. What feels challenging for you right now? Whether it's running, biking, or even walking longer distances, choose a starting point that will push you just outside of your comfort zone. (If you really want to challenge yourself and see where you are, take the Army Physical Fitness Test APFT: two minutes of push-ups, two minutes of sit-ups, and then a two-mile run. See if you can pass the minimum standard to be an army soldier. You can look it up online, as the standards differ by age. When I was in, the standard was (push-ups: male – 42, female – 19; Sit-ups: male/female – 53; two-mile run: male – 15:54, female – 18:54). A ten-minute break is allowed between each event.
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2. Set a New Endurance Goal

- Based on your starting point, set an endurance goal that is both challenging and achievable. This might be signing up for a 5K, a longer walk, or a swim, or even committing to a hiking trip. The goal should excite you but also feel like it requires effort and commitment.
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3. Outline Your Plan

- Write down at least three actions you'll take to prepare for this endurance goal. For example:
 - “I will dedicate thirty minutes, three times a week, to training for my 5K.”
 - “I will track my progress to stay motivated.”
 - “I will set smaller weekly goals to ensure I’m progressing.”

4. Reflect on Your Commitment

- Why does this goal matter to you? Write a few sentences about how this endurance challenge will help you grow mentally and physically, preparing you to tackle other life challenges with a stronger mindset.

Outcome: By completing this assignment, you'll not only be preparing for a physical challenge but also strengthening the mental resilience and discipline that lie at the heart of the Ranger Mindset.

Additional Space

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