

# **Tactical Strength and Conditioning™**

## **Facilitator Course (Basic)**

### **Day One**

- 0800 – 0900**      **Introduction to the Tactical Athlete (Lecture)**  
This presentation will discuss who the Tactical Athlete/Operator is and relate strength and conditioning concepts to their tasks.
- 0900 – 1030**      **Basic Anatomy and Physiology (Lecture)**  
This presentation will discuss the basic components of human anatomy, the effects exercise has on the human body and how it relates to the physical demands of the job.
- 1030 – 1200**      **Basic Warm-Up Principles (Hands-on)**  
This interactive hands-on session will cover a variety of warm-up methods specific to a variety of workouts.
- 1200 – 1300**      **Lunch**
- 1300 – 1430**      **Principles of Resistance Training and its Application (Lecture)**  
This presentation will discuss the basic principles of resistance training and its application to tactical athletes.
- 1430 – 1700**      **Training for Power (Hands-on)**  
This hands-on session will teach strength training exercises that help develop power. Different variations of clean, snatch, and jerk patterns as well as double and single leg movements. A variety of implements will be utilized.

## Day Two

- 0800 – 0930**      **Tactical Nutrition™ and Supplementation (Lecture)**  
This presentation will show how proper nutrition fuels the body. We will discuss everyday nutrition as well as operational nutrition. This is a “food first” approach, however proper supplementation strategies will be addressed.
- 0930 – 1100**      **Aerobic and Anaerobic Training (Lecture)**  
This presentation will discuss the aerobic and anaerobic energy system and the various strategies for training with and without equipment.
- 1100 – 1200**      **Anaerobic and Aerobic Fitness Test (Hands-on)**  
A sampling of tests will be demonstrated and experienced by the attendee. Scores will be related back to normative data.
- 1200 – 1300**      **Lunch**
- 1300 – 1430**      **Speed, Agility and Plyometrics (Lecture)**  
This presentation will cover speed, agility and quickness and its application to the tactical athlete in a variety of situations.
- 1430 – 1600**      **Speed and Agility Testing and Drills (Hands-on)**  
This hands-on session will cover the various tests, drills and implements that can be utilized to improve and assess speed, agility and quickness.
- 1600 – 1700**      **Recovery and Regeneration (Lecture)**  
This presentation will cover various ways to recover after a workout and regenerate the body from day to day training.

## **Day Three**

- 0800 – 0900**      **Periodization (Lecture)**  
This presentation will discuss the importance of periodization as it relates to program design. Linear, non-linear, undulating and unplanned non-linear periodization models will be discussed.
- 0900 – 01030**      **Applied Periodization and Program Design- Deployment Pattern Training (Lecture)**  
This presentation will discuss the various strategies to developing strength and conditioning program while on deployment.
- 1030 – 1200**      **Circuit Training (Lecture and Hands-on)**  
This session will discuss the physiological effects of circuit training. The attendee will be able to take part in a circuit.
- 1200 – 1300**      **Lunch**
- 1300 – 1500**      **Program Design Activity (Group Activity)**  
This activity will have attendees work together in groups designing programs for different scenarios.
- 1500 – 1600**      **Suspension Training (Hands-on)**  
This session will show the use of the suspension training implement that can be set up virtually anywhere.
- 1600 – 1700**      **Round Table Discussion with all Presenters**  
This will be an open forum to speak with staff in a large group discussion.