



2022 NSCA TACTICAL ANNUAL TRAINING #NSCATactical22

Integrating the Concepts of Sports Performance into the Tactical Arena

Robb Rogers M.Ed., CSCS

Strength and Conditioning Coach

350 SWHPS Lackland AFB – San Antonio TX



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Arena*

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CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Any opinions or statements in this power point or offered in this presentation belong solely to the speaker and do not reflect or represent any policy or official stance of the United States Air Force or the Department of Defense.

My History

- Collegiate Strength and Conditioning – Missouri, University of Southern California, Baylor, Middle Tennessee State
- Pro Sports – St. Louis Blues, Richard Petty Motorsports
- Military – 10th SFG, 3/160 SOAR, 38 RQS and 350th SWHPSG
- Consulting: University of Arkansas, Western Kentucky University, California POST, NSW Special Police, NUDT in China and Chinese Olympic Committee

BMT – SWCC – Pre-Dive



BMT



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Warm up / recovery



Tactical VS. Sport

- Season – Career
- Schedule - ?
- Time Constraints - ?
- Time Outs ?
- In-Season, Off-Season - ?
- Win – the Complaint, Threat, Mission, etc.
- Championship – Come Home

Concepts

- Frequency, Dosage and Sequence
- Quality of Efforts
- WOD vs. Program
- Emphasis – Strength/Speed & Power/Fitness
- Managing Injury History
- The Role of Recovery

Frequency – Dosage - Sequence

- Exercise is medicine
- Frequency is how often
- Dosage is how much
- Sequence is in what order
- Consistency is key

Frequency

- 6 Day Program – Body Building
- 5 Day Program – 3 & 2 OR 2 & 3
- 4 Day Split – Total Body / Upper and Lower
- 3 Day Lift – 3 Day Cardio Alternately
- Tri-Athlete – 2-2-1-2-2-1

Dosage

- Volume – Sets and Reps
- One long workout – two shorter workouts
- Minimal dosage for a training effect
- Optimal dosage for a maximal training effect
- Micro Dosing
- Overdosing and Overreaching

Sequence

- Warm Up Sequence – Activate-Move (ROM & Direction)-
Injury Prevention-Build up-Train
- Training Sequence – Speed-Power-Strength-Work Capacity
(Fitness)
- Speed – Assisted-Above 90% of max speed
- Power – Impulse-Explosive-Elastic-with load ?
- Strength – Above 80% effort
- Work Capacity – Strength, Speed

Quality of Efforts

Do 5 reps or do your best rep 5 times?”

- Quality of turnover in sprinting/running
- Quality of lift (pattern)
 - Squat/Lunge/Step – Push – Pull – Hinge – Core
 - Jump/Land – 1st Step/Get Away Step – Jog/Run/Sprint
- Quality of throw/toss
- Quality of technique

Coaching vs Managing

- Role of cueing – words are pictures
- Creating focus – competition – “pays to win”
- Elevating performance/execution – internal/external drive
- Planning vs execution – Coach people!
- Adapting – cumulative effect of training
- Evaluation of session/program – how to improve

WOD vs Program

- “WOD” is a workout of the day
- A program is a specific training plan designed to achieve a goal(s) by manipulating variables in the optimal sequence and volumes over time to allow for stimulus of training and recovery to allow for optimal increases in measurable and intangibles.
- WOD is designed to be executed under the pressure of time to perform

Run and Ruck Training Relationship

Run and Ruck Relative Intensity* 9 Week Course						
Training Weeks	Distance*	Long Interval*	Short Interval*	Ruck*	Weekly Totals	Weekly %
Week One	771,000	0	0	2,851,200	3,622,200	6%
Week Two	1,156,680	0	2,570,400	2,636,760	6,363,840	11%
Week Three	2,570,400	1,156,680	642,600	4,394,600	8,764,280	15%
Week Four	1,927,800	1,285,200	214,200	3,515,680	6,942,880	12%
Phase One Totals	6,425,880	2,441,880	3,427,200	13,398,240	25,693,200	44% Phase 1
Week Five	1,028,160	1,285,200	428,400	4,230,900	6,972,660	12%
Week Six	2,570,400	1,542,240	0	3,679,200	7,791,840	13%
Week Seven	2,827,440	0	428,400	7,470,820	10,726,660	19%
Week Eight	1,028,160	1,542,240	0	4,088,000	6,658,400	12%
Phase Two Totals	7,454,160	4,369,680	856,800	19,468,920	32,149,560	56% Phase 2
Percent Change Phase 1 to 2	+14%	+44%	-75%	+31%	8 Wk Total 57,842,760	
Percentage of each in total training	24%	12%	7%	57%	9 Wk Total 60,693,960**	100%
*Relative Intensity Is distance, load, body weight and stride length factored in	* Each number represents the number of pounds the average recruit (5' 9" 180 lbs) loads thru the lower extremity in training in each. Divide by 2 would be the load per shin. This total is the total load for the movement.				**CFT Ruck Week 9	

Sample Week of Training

6	Power	7	Strength	8	Recovery	9	Anaerobic	10	CFT	Focus
	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Intro/rep tech/mvemnts	Tech/Pattern	
	0-400m/ 400m+ Intervals, Change of Direction	35 Minute LSD	Alt. Cardio	30 Minute LSD, 400m+ Intervals, Accel/Fly	3 mile Ruck 60 lb load					
	Intro MS/BB	Swim Intros ALL	Intro WB/10-Ups ?x50m Drills	PC UW (3@2:45) MS/BB/TW ?x200m free W/ snorkel	1500 Meter Fin					
	S&C III: Unilateral Stability: Upper Push, Lower Push, Lower Pull,	S&C II: Squats, Lower Pull, Upper Push, Upper Pull		S&C I: RDL, Lower Push, Upper Push, and Upper Pull	Trap Bar Dead Lift 3 rep Max					
	Arousal Management/HR Recovery				Worm Race I/SB PT					
	Mobility I	Mobility I	Mobility II	Mobility I	MR/AL - HR Recovery 1					
11	Power	12	Strength	13	Aerobic	14	PRT	15	Work Cap	Focus
	Rep and Load	Rep and Load	RECOVER	Kit Run / Ruck/Down CH 47	Push Quality Mvemnts	Reps/Stress				
	0-400m/ 400m+ Intervals, Change of Direction	40 Minute LSD	Alt. Cardio	Ruck 5 miles/ 35lbs Pace 13-15min	Kit Run/ Ruck/ Worm					
	UW (4@2:45) BB/TW ?x50m Freestyle (Intro to interval swim)	UW (3@2:30) MS/BB ?x25m Sprint kick w/ pro fins	UW (4@2:30) Remedial Stations LSD Fin 10-45 Mins	UW (3@2:00)/BB/TW Exposure Drills ?x25m Sprint Swim/Fin	PC UW (5@2:30) MS/BB/TW ?x100m Fin Interval					
	S&C III: Unilateral Stability: Upper Push, Lower Push, Lower Pull, Upper Pull	S&C I: Deads, Lower Push, Upper Push, and Upper Pull		Strongman I	Assault Course					
	MR- Brief - Self Talk/Belief/Efficacy	MR- Brief Teamwork	MR/AL - Teamwork/ Problem Solving	Down CH 47	MR- Brief Feedback - Giving/Receiving					
	Mobility I	Mobility I	Mobility II		Mobility I					

Stress Mitigation



Recommendations for an Operational Career (Military)

- 3 Month Phases
 - Emphasize Strength – Power and Speed – Fitness in order
 - Emphasize Speed and Power – Strength – Fitness in order
 - Emphasize Fitness – Strength – Power and Speed in order
- Each emphasis is a month long
- Each phase represents 3 months
- This template allows for 9 months of program

Recommendations Con't

- Swim 1 – 2 times per month up to 1 - 2 times per week
- Run Speed – Speed short intervals – Distance w/ONE long run a month
- Do Intermediate & Long intervals (60 seconds plus) on a bike, rower, etc.
- Lift HEAVY on a squat once every 7-10 days
- Lift HEAVY on a dead lift once every 7 – 10 days
- Lift HEAVY on a clean once every 7 – 10 days
- Push Reps = pull reps and double leg reps = single leg rep

Managing Injury History

- Manage your injury history before it manages you
- The psoas and degenerative back disease
- The SCM and scalene's role in degenerative cervical neck disease
- The Shoulder
- The Core
- The Hip
- The Knee

Role of Recovery

- Plan recovery first
- Plan for a recovery day
- Plan recovery at the end of each workout (stretch-feet up)
- The role of Massage, Foam Rolling, Adjustment, Cryotherapy, Float Tanks, Hydrotherapy, etc.
- Yoga, deep tissue massage, the pool

Strategies to Get Strong

- TUT
 - Pause (1-2 Seconds) Hold (3+ Seconds)
- Volume
 - Sets (for Strength) Reps (for Size)
- Load/Speed
 - Max Loads Max Reps
- Max Strength
 - 1-3 Reps with Max Load/Max Rest
- Max Power
 - 1-3 Reps with Max Speed/Max Rest

Training/Programming Ideas

- Wave Sets 3x10/5(45) 4x8/4(48) 5x6/3(45) 6x4/2(36) 7x2/1(21)
 - Add 2.5-5% to Max
- Extended Ladder 5x10(50) 10-4x8(42) 10-8-5x6(48)
10-8-6-6x4(48) 10-8-6-4-8x2(44)
 - Add 2.5-5% to max
- Pure Strength Ladder 10-8-6-4-2(22) 9-7-5-3-1(25) 8-6-4-2-1(21)
7-5-3-2-1(18)
 - Add 2.5-5% to max

Fitness Strategies

- Strength Fitness
 - Bar/DB/KB Circuits
- Run Fitness
 - Intervals & LSD
- Swim Fitness
 - Fin/Surface/Underwater
- Ruck Fitness
 - Tempo and Load
- Cal Fitness
 - Circuits

Circuits

- Bar (Use 25 to 30% of Fat Free Bodyweight / 5 Reps Per Exercise)
 - Hang Clean + Front Squat & Press + Bent Over Row
 - Hang Snatch + Overhead Squat + Good Morning
- DB (2 Dumbbells @ 10 - 15% of Fat Free Bodyweight / 10 Reps Per Exercise)
 - Upright Row + Squat & Press + Push Up & Row + Bent Over Row + Step Ups + Good Morning + Squat Jumps + Hang Snatch + Lateral Lunges + Alternate Curl Press
- KB (1 or 2 Kettlebells @ 15 – 20% of Fat Free Bodyweight / 10 – 20 Reps Per Exercise)
 - Swings + Squat & Press + Hang S

Run Fitness

- Short Interval Run – Under :60 seconds
- Intermediate Interval Run :60 - :90 seconds
- Long Interval Run :90 seconds to 2:30 minutes
- LSD 3:00+ minutes

Swim Fitness

- Intermediate Interval :60 – :90 seconds
- Long Interval :90 seconds to 2:30 minutes
- LSD 3:00+ minutes

Ruck Fitness

- 25-30 Lbs Speed Ruck @ 12:00 – 15:00 minute pace
- 45 Lbs Tempo Ruck 13:30 – 15:00 minute pace
- 60 Lbs Ruck 14:30 to 15:00

Cal Fitness

- Upper / Lower
- Legs / Push / Pull
- Upper / Lower / Core
- Carries
- Agilities

Administration of Circuits

- Work / Rest Ratio
 - 1:1 – 2:1 – 3 : 1
- Strength / Endurance / Power
 - Load – Reps/Time – Speed of Movement
- Linear / Lateral
- Balanced vs. Offset Loading
- Circuit vs. Giant Set vs. Stages
 - A-B-C-D-E A-B-C-A-B-C A-A-A-B-B-B-C-C-C

Service



Thank you !!



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