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Here are universal strength and conditioning principals and techniques that will maximize your gains.

1. **Train Specifically.** This means that your gains will be reflective of how you train. In other words if you want to become fast then train fast, and if you want to be strong you will have to lift heavy weights.
2. **Overload Accordingly.** In order to make gains you will have to ask your body to go beyond what is accustomed to. This is called an “overload”.
3. **Progress Systematically.** In order to keep making progress in your training you will need to progressively keep increasing the difficulty of the training. For example, this means adding weight, running faster, or adding more repetitions.
4. **Beware: Diminishing Returns.** This does not sound good, but over time you will find it more difficult to keep making gains. Do not be discouraged, you are just getting closer to your genetic potential.
5. **Be an Individual.** We all have a different genetic make-up. This means everyone is going to make gains at different rates even though we may be using the same training program. The important thing is to keep at it and maximize your potential.
6. **Reversible Gains.** When you stop training, even for a week or two, the hard gains that you have made will begin to reverse. The more time you take off, the greater the loss. It is ok to take a few days off from time to time, just do not take off extended periods and expect to pick up where you left off.
7. **Three Days a Week.** For a beginner a three day a week strength training program will probably work best. If you use a three day a week program be sure to take at least one day rest between. For example the training days could be Monday, Wednesday, and Friday.
8. **Four Days a Week.** For an individual with more experience, a four day a week program will probably work best. The strength training exercise will need to be divided into separated days. For example, train upper body movements on Monday and Thursday and lower body movements on Tuesday and Friday.
9. **Training for Operational Fitness.** Analyze the demands that are required for your particular theater of operation. If the environment you are operating in requires short bursts of effort, then be sure to include sprint-intervals in the training program. This type of conditioning program should be done two to three times per week.
10. **Manage Stress.** There are many factors that can interfere with training and these are called “stressors”. Stressors can be social life, relationships, and injuries. Pay particular attention to getting enough sleep, eating a great diet, and managing your social life.

The NSCA recommends you consult a physician before starting any exercise program.