



Tactical Strength and Conditioning™ Facilitator Course

Day One

- 08:00 – 08:50** **Introduction to the Tactical Athlete (Lecture)**
This presentation will discuss who is a Tactical Athlete and why these officers need to be treated as athletes.
- 09:00 – 09:50** **Basic Anatomy (Lecture)**
This presentation will discuss the basic components of human anatomy.
- 10:00 – 10:50** **Basic Exercise Physiology (Lecture)**
This presentation will discuss the basic effects that exercise has on the human body and how it relates to the physical demands of being an operator.
- 11:00 – 12:00** **Principles of Resistance Training (Lecture)**
This presentation will discuss the basic principles of resistance training and how it is applied.
- 12:00 – 13:00** **Lunch**
- 13:00 – 17:00** **Training for Power (Hands-on)**
This hands-on session will teach weight training exercise that help develop power. Different variations of lift will be taught such as the clean, snatch, and Jerk.

Day Two

- 08:00 – 09:50** **Tactical Nutrition™ and Supplementation (Lecture)**
This presentation will show how proper nutrition fuels the body. We will discuss the every day nutrition as well as operational nutrition. This is a “food first” approach however; proper supplementation strategies will be addressed.
- 10:00 – 10:50** **Aerobic Training (Lecture)**
This presentation will discuss the aerobic energy system and the various strategies for training.
- 11:00 – 12:00** **Anaerobic Training (Lecture)**
This presentation will discuss the anaerobic energy system and the various strategies for training.
- 12:00 – 13:00** **Lunch**
- 13:00 – 14:00** **Aerobic Fitness Testing (Lecture & Hands-on)**
This session will discuss the various tests that can be utilized to assess aerobic fitness levels.
- 14:00 – 15:00** **Anaerobic Fitness Testing (Lecture & Hands-on)**
This session will discuss the various tests that can be utilized to assess anaerobic fitness.
- 15:00 – 17:00** **Speed and Agility Testing and Drills (Hands-on)**
This session will the various tests that can be utilized to assess speed, agility and quickness. A variety of drills will also be introduced.

Day Three

- 08:00 – 09:50** **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.
- 10:00 – 10:50** **Program Design (Lecture)**
This presentation will discuss the various ways to design a strength and conditioning program.
- 11:00 – 12:00** **Periodization and Program Design Activity (Group Activity)**
This activity will have attendees work together in groups designing programs for different scenarios.
- 12:00 – 13:00** **Lunch**
- 13:00 – 13:50** **Circuit Training (Lecture)**
This session will discuss the physiological effects of circuit training.
- 14:00 – 15:00** **Suspension Training (Hands-on)**
This session will discuss the various tests that can be utilized to assess anaerobic fitness.
- 15:00 – 16:00** **Implement Training (Hands-on)**
This session will show the different implements that can be used to develop both strength and power.
- 16:00 – 17:00** **Training on Deployment (Lecture)**
This presentation will discuss the various strategies to developing a strength and conditioning program while on deployment.