



Tactical Strength and Conditioning™ Facilitator's Course

Day One

- 08:00 – 08:30** **Introduction to the Tactical Athlete (Lecture)**
This presentation will discuss who is considered a tactical athlete and why these officers need to be treated as athletes.
- 08:30 – 09:45** **Basic Anatomy and Physiology (Lecture)**
This presentation will discuss the basic components of human anatomy, the effect exercise has on the human body and how it relates to the physical demands of the job.
- 09:45 – 11:00** **Physiological and Environmental Demands (Lecture)**
This presentation will discuss the physical demands and the environmental challenges the tactical athlete is faced with including geography and climate.
- 11:00 – 12:00** **Warm-Up Principles (Hands-on)**
This interactive, hands-on session will cover a variety of warm-up methods specific to a variety of workouts.
- 12:00 – 13:00** **Lunch**
- 13:00 – 14:00** **Performing a Needs Analysis for Tactical Operators (Lecture)**
This presentation will cover how to properly perform a needs analysis to ensure training programs for tactical operators are designed correctly.
- 14:00 – 15:00** **Testing and Evaluation for Tactical Operators (Lecture)**
This presentation will cover how to select and implement appropriate tests for tactical operators.
- 15:00 – 17:00** **Training for Power (Hands-On)**
This hands-on session will teach strength training exercises that help develop power. Various Olympic lifts, as well as alternative methods of power training, will be covered.

Day Two

- 08:00 – 09:30** **Tactical Nutrition™ and Supplementation (Lecture)**
This presentation will show how proper nutrition and supplementation fuel the body. Everyday nutrition and supplementation will be discussed as well as operational nutrition and supplementation.
- 09:30 – 11:00** **Aerobic and Anaerobic Training (Lecture)**
This presentation will discuss the aerobic and anaerobic energy systems and the various strategies for training with and without equipment.
- 11:00 – 12:00** **Aerobic and Anaerobic Fitness Test (Hands-on)**
This hands-on section will cover a variety of testing options and give attendees the opportunity to participate in the testing.
- 12:00 – 13:00** **Lunch**
- 13:00 – 14:15** **Speed, Agility and Plyometrics (Lecture)**
This presentation will cover how speed, agility and plyometric training can be applied in training tactical operators.
- 14:15 – 16:00** **Speed and Agility 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.
- 16:00 – 17:00** **Recovery and Restoration (Lecture)**
This presentation will cover various ways to recover after a workout and regenerate the body from day-to-day training.

Day Three

- 08:00 – 09:30** **Principles and Application of Resistance Training (Lecture)**
This presentation will discuss the basic principles of resistance training and its application to tactical athletes.
- 09:30 – 10:30** **Periodization: Linear or Non-Linear (Lecture)**
This presentation will discuss the differences between linear and non-linear periodization and how each can be applied for tactical operators.
- 10:30 – 12:00** **Circuit Training (Lecture and Hands-on)**
This session will discuss the physiological effects of circuit training and how it can be properly implemented. Attendees will have the option to participate in a circuit.
- 12:00 – 13:00** **Lunch**
- 13:00 – 14:00** **Movement Evaluation and Training: Operator Mobility, Stability and Flexibility (Hands-on)**
This hands-on session will discuss movement evaluations and how to increase mobility, stability and flexibility in tactical operators.
- 14:00 – 16:00** **Program Design (Lecture/Group Activity)**
This session will include a lecture portion and group activity to discuss how to properly design a program for tactical operators based on the results of the needs analysis, the needs of the tactical operator and the facilities available.
- 16:00 – 17:00** **Training for Load Carriage (Lecture)**
This presentation will discuss the demands load carriage places on the body of a tactical operator and how to properly train to improve performance under a load.