

Chapter 1

The Tactical Athlete vs. Conventional Athletes

Chapter Outline

- I. The Six Physical Qualities of Tactical Performance
- II. The Breakdown of Each Physical Quality
- III. Training Considerations
- IV. Understanding Your Autonomic Nervous System
- V. The Tactical Athlete and Conventional Athletes
- VI. The Weekly Sequencing Model

Chapter Objectives

Chapter 1 provides an overview of the six physical qualities of performance, which are vital for the successful functioning of every tactical athlete. The basic differences between these six qualities and their application to tactical performance, along with the ability of training to affect these qualities are provided. The Weekly Sequencing Model, which is presented throughout the manual as the ultimate training tool for tactical athletes, and how it has been designed to meet the specific needs of the tactical athlete are revealed as well. This chapter will assist the reader in understanding the physical performance needs of the tactical athlete and why The Weekly Sequencing Model is vital to produce optimal performance potential.

Imagine that you and your team of commandos have been assigned a mission to clear a village and neutralize all enemy combatants while preserving the lives of any civilians inhabiting the village. The intel you've been provided indicates that the village does not appear to contain a sizable concentration of opposing militant forces but that enemy contact could occur at any given moment.

Across the river are two large compounds located near the center of the village on the opposing side of the river. The enemy is known to have a large concentration of weapons and militants in the villages and cities that lay further East beyond the compounds. This mission is the first step in ensuring that your military's larger forces can safely occupy the compounds to stage future offensives against the enemy forces that are fortified to the East beyond the compounds.

Without knowing exactly what will occur when your presence in the village is discovered, your team is inserted deep into the Southern woods by aircraft and spends the night softly approaching the village by foot. Each of your men is carrying untold pounds of gear with him: body armor, communications equipment, breaching tools, explosives, weapons, ammo, food rations, and water. As your team gets closer to the village, it splits into two elements of seven men. Your element heads through the woods and reaches the edge of the fields and begins reconnaissance on the village while the other team traverses the hillside to set up on the far end of the village. Upon daybreak, each element begins clearing the village from opposing ends working their way to the middle- one element coming down from the hillside and your element coming from the fields. Two snipers, one from each element, have set up in over watch positions on the hillside to cover your commandos as they move from building to building.

The morning and afternoon go as planned. Each house and building is strategically cleared and searched. Any intelligence that may possibly aid in the future offensives is gathered. As afternoon begins to turn into late day, your element receives enemy contact from across the river coming from the southernmost large compound. It's clear from the sporadic gunfire that the enemy is too far away to shoot with any precision. The other element has not received any enemy contact but is too far away to assist you immediately- if they move through the village to engage the enemy, your entire team of commandos might find itself in the middle of a firefight in which you'd be surrounded by all sides. You radio to the other element to stay put and make sure that the enemy does not get a position on your men from the North.

You quickly take action and begin moving your element through the village towards a bridge in which your men will cross and begin direct action against the enemy combatants in the compound. Sprinting from points of cover while returning fire, you and your men have been able to prevent the enemy from advancing out of the compound. The enemy combatants have realized their inability to stop your advance with small arms fire and have switched to RPG's and mortar rounds.

Your element is nearing the bridge...BOOM! One of your men is hit with shrapnel from an artillery round that went off nearby. His pants are torn and he has blood dripping from his left leg. You quickly drag him behind a building while your men return fire to the compound. You don't realize it at the time, but your team's medic was right behind you, covering your six while you dragged your injured commando to safety. The medic informs you that your injured teammate is bleeding profusely and needs to be evacuated immediately.

The only option is a HELO extract and, with the artillery being fired from the compound, the aircraft would be a sitting duck. To save your injured teammate, you need air support, and that means clearing the compound to ensure the safety of the aircraft or having your tactical air support eliminate the enemy within the compound, which might compromise the success of your larger military force's future success. You leave your medic and your injured teammate and take what is now a five man element across the bridge to seize the compound. The other element has begun to receive small arms enemy contact but is keeping the enemy at bay and ensuring that you and your element don't become surrounded.

Shoot. Sprint. Wait. Charges placed. KABOOM! In the room, clear your sector of fire. Shoot. Sprint. Repeat. Now up the stairs. Charges placed. BANG, BANG, BANG. Two to the chest and one to the head. Target down. Shoot. Sprint. Repeat. You've been on this OP for over twenty-four hours at this point and your adrenaline has got you more jacked up than a teenage girl at a pop concert. Despite the ensuing chaos of warfare, your training is overriding everything. You and your men have prepared for these situations and the five of you strategically move from room to room inside the compound like water flowing through a building. Threat neutralized, compound cleared, injured commando extracted.

Nightfall comes and both elements combined have cleared half of the village and secured one of the large compounds across the river. Your element discovers a large cache of weapons and artillery in the compound you've seized. You radio HQ and learn that your injured teammate is going to make it. The adrenaline is still flowing like a garden hose that somebody forgot to turn off, but you take a deep breath knowing that, for at least this moment, you and your men are safe. You and your men rotate between keeping watch and trying to get some sleep before daybreak.

The next day provides more small arms fire from the other compound while your team continues to clear the village. This time, it's the other elements turn to seize the compound but now you and your men have a strategic advantage in support of their direct action

from the large compound you seized the day prior. It appears that your presence has flushed out enemy combatants inhabiting the village. They have unsuccessfully attempted to thwart your efforts by falling back to the compounds where they have stored their weapons as well as intelligence that will help the future offensives. The second day of the mission draws to a close and your team has successfully completed the mission by clearing the village. The seizure of the compounds was unexpected but necessary and puts your larger military force ahead of schedule and in prime position to stage its' future offensives against the enemy.

You have been on this mission for over two days and were lucky to get four hours of sleep in that time span. You humped your gear through the woods and some of your men traversed a difficult hillside. You performed reconnaissance, cleared a village, engaged the enemy, dragged an injured teammate to safety, sprinted to points of cover, communicated with your team, tactical air support, and headquarters; all while keeping your wits about you. Now it's time to rest. At least for a day; in 24 hours you and your team will have another mission...Shoot. Sprint. Carry heavy gear, Repeat.

To the conventional athlete in the world today, this scenario is incomprehensible. However, as a tactical athlete, this scene can become a reality at any moment. It is vital all tactical athletes understand the importance of training specifically to meet their performance needs. The conventional and tactical athlete each require the training of the six physical qualities. However, the training methods utilized must be approached differently for each population. The conventional athlete knows their exact competition date along with the specific requirements of the event in which they are competing. This is not the case for the tactical athlete. A tactical athlete does not know when their skills will be required and, therefore, must remain in a high-performance state for a multitude of skills at all times. Based on many of the same methods used by successful athletes in the Triphasic Training Model, The Weekly Sequencing Model has been created to allow sustained optimal performance for the tactical athlete who must always be prepared. With this systematic approach to training, the odds of a successful mission and a safe return home can be improved.

The Six Physical Qualities of Tactical Performance

- The six physical performance qualities are broken down according to tactical and training situations
- Tactical athletes in different fields require individual training to meet their specific needs in action

The six performance qualities, which form the Physical Qualities of Tactical Performance, shown in Figure 1.1 below, are discussed in greater detail in chapter 3 and include the understood aspects of strength, strength-endurance, and speed along with the alactic, lactic, and aerobic energy systems. From this point on, to limit confusion, the alactic, or creatine phosphate, energy system will be referred to as “performance zone 1”; the lactic, or glycolytic, energy system will be called “performance zone 2”; and the aerobic energy system will be referred to as “performance zone 3”. Physical Qualities of Tactical Performance must all be considered specifically throughout training and approached with an organized, methodical program in order for optimal performance to be achieved.

Figure 1.1 - The Six Physical Qualities of Tactical Performance

6 Physical Qualities of Tactical Performance		
Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 1 (TTQ1)	Performance Zone 1	Short burst, high-intensity activities of less than 10 seconds in duration
		Sprinting from one position to another
Triphasic Tactical Quality 2 (TTQ2)	Performance Zone 2	High-intensity activities that occur for greater than 10 seconds
		Dragging an injured partner a distance of 20 yards
Triphasic Tactical Quality 3 (TTQ3)	Performance Zone 3	Allows long distances to be covered, improves recovery ability when properly trained, forms foundation of all other qualities trainability
		Long treks in rough terrain
Triphasic Tactical Quality 4 (TTQ4)	Strength	Increases force production, basis of strength-endurance and speed qualities
		The ability to trek with heavy equipment
Triphasic Tactical Quality 5 (TTQ5)	Strength-Endurance	Increases ability to produce high forces for extended amounts of time
		Carrying heavy gear for extended periods
Triphasic Tactical Quality 6 (TTQ6)	Speed	The ability to move at a high velocity, usually for a brief amount of time
		Sprinting from one position to another

Each one of the above listed performance qualities plays a specific role in proper body functioning, especially in the demanding situation described at the beginning of the chapter. Although there are other aspects required for a tactical athlete's success, including specific skill improvement such as firearm handling and one's mental capacity, the focus of this manual is to improve these six physical components. The six physical performance elements lay the foundation of many of the skills developed and required by an elite tactical athlete, without them the specific skills are not able to be maximally developed. It is vital each tactical athlete realizes and understands the importance these components play in the representative scenario listed above. Ultimately, the foundations of all performance abilities are based on the strength and performance zone 3 qualities. By improving these two foundational elements, all other performance qualities have the potential to be developed to a greater extent. In the combat scenario, improvements acquired through training the strength and performance zone 3 qualities have the ability to create more efficient movement while trekking and carrying over 100 pounds of gear with little sleep. Without a solid foundation created by these two qualities, the tactical athlete may have entered the firefight in a fatigued, sluggish state. This could mean the difference between life and death. Simply put, without a solid foundation, the ability of other qualities to be improved is drastically reduced.

Equipped with the knowledge of the importance of general strength and performance zone 3, the next step in improving performance is understanding repeat sprint effort. Repeat sprint effort is defined as the ability to continue to complete high-intensity movements, specifically the shoot, sprint, repeat portion of a firefight. Repeat sprint abilities require all six performance qualities to be adapted and function appropriately in a systematic manner. Performance zones 1 and 2, along with strength, strength-endurance, and speed qualities allow the high-intensity actions (such as sprinting and clearing each room swiftly and efficiently) while performance zone 3 increases its activity during the brief, intermittent low-intensity rest periods. When all six performance qualities are combined and function in a highly efficient manner, then repeat sprint ability is improved to the greatest extent and the likelihood of a successful mission improves dramatically from the physical preparation standpoint.

In the tactical scenario, performance zone 3, which allows long duration activities, is the main quality providing resources to the body as the team treks through the woods prior to the firefight. This performance zone also plays a crucial role in recovery, which once again shows that without an appropriately trained performance zone 3, all other qualities remain limited. This recovery action played by performance zone 3 becomes apparent during the sprint, shoot, and rest times within the firefight. Performance zone 3 allows for repeated efforts of high-intensity actions, like those seen in combat, and plays a crucial recovery role in the brief, low-intensity rest times. It also continues to function as the main quality while the team is gathering intel on their current objective.

When the intensity level of action increases at the beginning of the firefight, the body shifts into a high state of arousal, with the immediate activation of performance zones 1 and 2. These performance zones supply immediate resources to the body and allow movements of higher intensity, which correlate with the speed, strength, and strength-endurance qualities, to be completed. Performance zone 1 is most closely related to sprinting in short bursts of less than ten seconds, while performance zone 2 has the

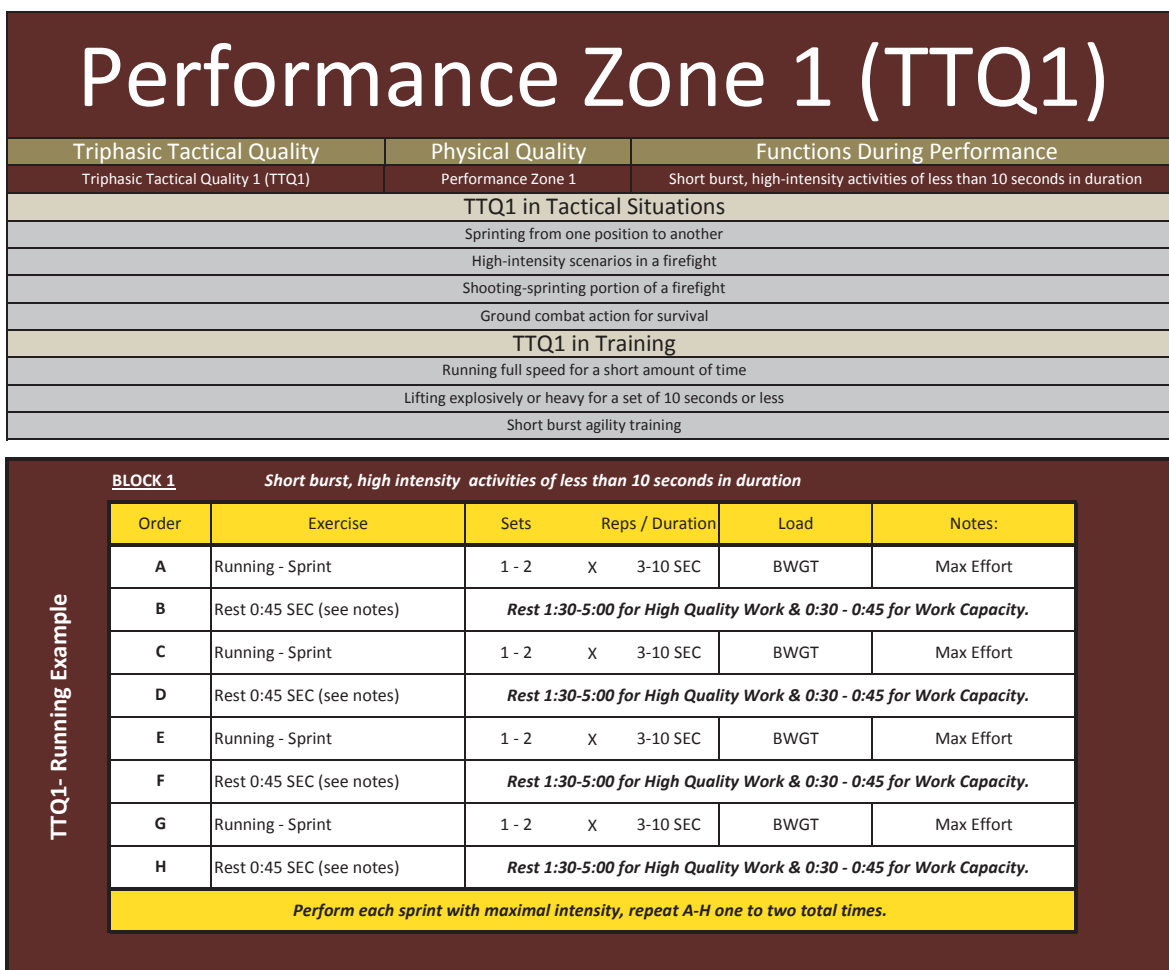
largest impact on high-intensity activities for up to 2 minutes. It is clear, as the firefight breaks out, that an increase in these intensity related performance zones is critical to meet the demands of the situation.

The three performance zones described in the previous sections each play a role in the optimal performance of the body (whether you are a marathon runner, a shot put thrower, or a tactical athlete) and allow the qualities of speed, strength, and strength-endurance to be realized to their fullest extent. In other words, the training of these three zones allows the body to remain functioning in a high-quality state throughout the stressful objectives being completed. With the significance of each performance zone now understood, the qualities of strength, speed, and strength-endurance will be covered in the next section.

Without a basic level of strength, the ability to produce life-saving force quickly, as needed for speed, is reduced. Even a marathon runner is relatively strong in the specific positions required during performance. This idea also can be applied to strength-endurance. If one lacks general strength, there is no way to improve endurance of strength. Once again, it comes back to the main concept that strength lays the foundation for the other two skills (i.e., strength-endurance and speed) to be maximized.

In the scenario, speed is needed in order to move quickly and efficiently from one cover spot to the next while executing required tasks. Strength-endurance reduces the fatigue a tactical athlete experiences, which allows a highly-focused state of mind to be maintained. All performance qualities, which are absolutely trainable, play important roles in the life or death scenarios tactical athletes experience. In other words, all performance qualities are applied on a regular basis by the tactical athlete and, therefore, must be trained appropriately. Each of the physical qualities of tactical performance are individually shown below in Figures 1.2-1.7 , in both a tactical and training specific setting, so the importance of each quality can be understood. The difference between high-quality and work capacity training of each quality will be further discussed in chapter 3 of this manual. Every reader must understand that although these qualities are broken up individually in training, they are all intertwined and are all utilized as one within the body in the high-stress situations a tactical athlete endures throughout a call to action.

Figure 1.2 - Triphasic Tactical Quality 1 and its use in both tactical situations and training



TTQ1- Sled & Running Example

BLOCK 1

Short burst, high intensity activities of less than 10 seconds in duration

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Sled Push	1 - 2	X 3-10 SEC	Med - Heavy	Max Effort
B	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
C	Running - Sprint	1 - 2	X 3-10 SEC	BWGT	Max Effort
D	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
E	Sled Push	1 - 2	X 3-10 SEC	Med - Heavy	Max Effort
F	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
G	Running - Sprint	1 - 2	X 3-10 SEC	BWGT	Max Effort
H	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
Perform each exercise with maximal intensity, repeat A-H one to two total times.					

TTQ1- Mixed Sled & Running Example

BLOCK 1

Short burst, high intensity activities of less than 10 seconds in duration

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Agility Drill of Choice	1 - 2	X 3-10 SEC	BWGT	Max Effort
B	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
C	Sled Push	1 - 2	X 3-10 SEC	Med - Heavy	Max Effort
D	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
E	Running - Sprint	1 - 2	X 3-10 SEC	BWGT	Max Effort
F	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
G	Squat Jump	1 - 2	X 3-10 SEC	Light	Max Effort
H	Rest 0:45 SEC (see notes)	Rest 1:30-5:00 for High Quality Work & 0:30 - 0:45 for Work Capacity.			
Perform each exercise with maximal intensity, repeat A-H one to two total times.					

Figure 1.3 - Triphasic Tactical Quality 2 and its use in both tactical situations and training

Performance Zone 2 (TTQ2)		
Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 2 (TTQ2)	Performance Zone 2	High-intensity activities that occur for greater than 10 seconds
TTQ2 in Tactical Situations		
Dragging an injured partner greater than 20 yards to safety		
Moving at a fast pace from room to room throughout the duration of an extended firefight		
Running to points of cover		
TTQ2 in Training		
Running a 300 yard shuttle		
Pushing a heavy sled for greater than 15 seconds		
Completing a lift to failure (greater than 8 reps) or 15 plus seconds		

BLOCK 2 <i>High intensity activities that occur for greater than 10 seconds.</i>						
TTQ2- High Quality Running Example	Order	Exercise	Sets	Reps / Duration	Load	Notes:
	A	Running - Sprint	1	X 20-30 SEC	BWGT	Heart Rate 170+ BPM
	B	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
	C	Running - Sprint	1	X 20-30 SEC	BWGT	Heart Rate 170+ BPM
	D	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
	E	Running - Sprint	1	X 20-30 SEC	BWGT	Heart Rate 170+ BPM
	F	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
	G	Running - Sprint	1	X 20-30 SEC	BWGT	Heart Rate 170+ BPM
	H	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
<i>Perform each sprint with maximal intensity.</i>						

BLOCK 2 <i>High intensity activities that occur for greater than 10 seconds.</i>						
TTQ2- Work Capacity Running Example	Order	Exercise	Sets	Reps / Duration	Load	Notes:
	A	Running - Intense Jog	1 - 3	X 0:40 - 1:30	BWGT	Heart Rate 170+ BPM
	B	Rest 6:00 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
	C	Running - Intense Jog	1 - 3	X 0:40 - 1:30	BWGT	Heart Rate 170+ BPM
	D	Rest 6:00 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
	E	Running - Intense Jog	1 - 3	X 0:40 - 1:30	BWGT	Heart Rate 170+ BPM
	F	Rest 6:00 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
	G	Running - Intense Jog	1 - 3	X 0:40 - 1:30	BWGT	Heart Rate 170+ BPM
	H	Rest 6:00 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
<i>Perform each sprint with maximal intensity, repeat exercises A-H one to three total times.</i>						

BLOCK 2 *High intensity activities that occur for greater than 10 seconds.*

TTQ2- High Quality & Work Capacity Mixed Running Example

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Running - Sprint	1	X 20-30 SEC	BWGT	Heart Rate 170+ BPM
B	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
C	Running - Sprint	1	X 20-30 SEC	Ropes	Heart Rate 170+ BPM
D	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
E	Running - Sprint	1	X 20-30 SEC	Medium	Heart Rate 170+ BPM
F	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
G	Running - Sprint	1	X 20-30 SEC	Medium	Heart Rate 170+ BPM
H	Rest 2:30 MIN	<i>Rest 2:30-8:00 for High Quality Work.</i>			
I	Running - Intense Jog	2	X 0:40 - 1:30	BWGT	Heart Rate 170+ BPM
J	Rest 2:30 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
K	Running - Intense Jog	2	X 0:40 - 1:30	Ropes	Heart Rate 170+ BPM
L	Rest 2:30 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
M	Running - Intense Jog	2	X 0:40 - 1:30	Medium	Heart Rate 170+ BPM
N	Rest 2:30 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
O	Running - Intense Jog	2	X 0:40 - 1:30	Medium	Heart Rate 170+ BPM
P	Rest 2:30 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
<i>Exercises A-G completed one time (High Quality), exercises I-P completed twice (Work Capacity).</i>					

Figure 1.4 - Triphasic Tactical Quality 3 and its use in both tactical situations and training

Performance Zone 3 (TTQ3)		
Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 3 (TTQ3)	Performance Zone 3	Allows long distances to be covered, improves recovery ability when properly trained, forms foundation of all other qualities
TTQ3 in Tactical Situations		
Long hikes in rough terrain/Trekking to the village by foot		
Brief rest at points of cover		
Functioning at a high level while fatigued/in a low sleep state		
Recovery from an intense firefight		
TTQ3 in Training		
Biking		
Jogging		
Aerobic interval training		
Weight lifting circuit		

TTQ3- High Quality Running Example

BLOCK 1 *Longer duration activities that are performed at less than maximal intensity.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Running - Jog in Heart Rate	3	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
B	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
C	Running - Jog in Heart Rate	3	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
D	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
E	Running - Jog in Heart Rate	3	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
F	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
G	Running - Jog in Heart Rate	3	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
H	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
<i>Complete exercises A-H three total times while maintaining heart rate parameters.</i>					

TTQ3- Work Capacity Running Example

BLOCK 1 *Longer duration activities that are performed at less than maximal intensity.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Running - Jog in Heart Rate	4 - 6	X 3:00 - 8:00	BWGT	Heart Rate 140 - 155 BPM
B	Rest 0:00 - 1:00 MIN	<i>Rest 1:00 or less for Work Capacity.</i>			
C	Running - Jog in Heart Rate	4 - 6	X 3:00 - 8:00	BWGT	Heart Rate 140 - 155 BPM
D	Rest 0:00 - 1:00 MIN	<i>Rest 1:00 or less for Work Capacity.</i>			
E	Running - Jog in Heart Rate	4 - 6	X 3:00 - 8:00	BWGT	Heart Rate 140 - 155 BPM
F	Rest 0:00 - 1:00 MIN	<i>Rest 1:00 or less for Work Capacity.</i>			
G	Running - Jog in Heart Rate	4 - 6	X 3:00 - 8:00	BWGT	Heart Rate 140 - 155 BPM
H	Rest 0:00 - 1:00 MIN	<i>Rest 1:00 or less for Work Capacity.</i>			
<i>Complete exercises A-H three total times while maintaining heart rate parameters.</i>					

TTQ3- High Quality & Work Capacity Mixed Running Example

BLOCK 1 *Longer duration activities that are performed at less than maximal intensity.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Running - Jog in Heart Rate	2	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
B	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
C	Battling Ropes	2	X 1:00 - 3:00	Ropes	Heart Rate 155 - 170 BPM
D	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
E	Sled Push	2	X 1:00 - 3:00	Light	Heart Rate 155 - 170 BPM
F	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
G	Rower	2	X 1:00 - 3:00	Light	Heart Rate 155 - 170 BPM
H	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
I	Running - Jog in Heart Rate	2	X 1:00 - 3:00	BWGT	Heart Rate 155 - 170 BPM
J	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
K	Battling Ropes	2	X 1:00 - 3:00	Ropes	Heart Rate 155 - 170 BPM
L	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
M	Sled Push	2	X 1:00 - 3:00	Light	Heart Rate 155 - 170 BPM
N	Rest 1:00 MIN	<i>Rest 1:00-3:00 for High Quality Work.</i>			
O	Rower	1	X 20 MIN	Light	Heart Rate 140 - 155 BPM
P	Rest 0:00 - 1:00 MIN	<i>Rest 2:00-6:00 for Work Capacity.</i>			
<i>Exercises A-M completed two times (High Quality), exercise O completed once with necessary rest (Work Capacity).</i>					

TTQ3- Continuous Running Example

BLOCK 1 *Longer duration activities that are performed at less than maximal intensity.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Continuous Running - Jog in Heart Rate	3	X 20- 120 MIN	BWGT	Heart Rate 140 - 170 BPM

Complete the exercise in a continuous fashion while maintaining heart rate parameters.

Figure 1.5 - Triphasic Tactical Quality 4 and its use in both tactical situations and training

Strength (TTQ4)

Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 4 (TTQ4)	Strength	Increases force production, basis of strength-endurance and speed qualities
TTQ4 in Tactical Situations		
The ability to trek with 100 lbs. of equipment		
Dragging injured partner out of harm's way		
Lifting a vehicle with team to pull out innocent bystander		
TTQ4 in Training		
Training with a heavy implement		
Pushing a heavy sled		
Lifting heavy weight		

TTQ4- Lower Body Strength Example

BLOCK 2 *Force production occurring at 80% or more of maximum.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Back Squat	5 - 8	X 1 - 5	80% - 100%	
B	Rest 1:30 - 5:00 MIN				
C	Romanian Deadlift	5 - 8	X 1 - 5	80% - 100%	
D	Rest 1:30 - 5:00 MIN				
E	Barbell Step Up	5 - 8 EA	X 1 - 5 EA	80% - 100%	
F	Rest 1:30 - 5:00 MIN				
G	Glute Bar Lift	5 - 8	X 1 - 5	80% - 100%	
H	Rest 1:30 - 5:00 MIN				

Complete exercises A-H for desired number of sets and reps.

TTQ4- Upper Body Strength Example

BLOCK 2 *Force production occurring at 80% or more of maximum.*

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Bench Press	5 - 8	X 1 - 5	80% - 100%	
B	Rest 1:30 - 5:00 MIN				
C	Barbell Bent Over Row	5 - 8	X 1 - 5	80% - 100%	
D	Rest 1:30 - 5:00 MIN				
E	Triceps Cable Pushdown	5 - 8	X 1 - 5	80% - 100%	
F	Rest 1:30 - 5:00 MIN				
G	Dumbbell Lateral Raise	5 - 8	X 1 - 5	80% - 100%	
H	Rest 1:30 - 5:00 MIN				

Complete exercises A-H for desired number of sets and reps.

BLOCK 2 *Force production occurring at 80% or more of maximum.*

TTQ4- Full Body Strength Example

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Front Squat to Press	5 - 8	X 1 - 5	80% - 100%	
B	Rest 1:30 - 5:00 MIN				
C	Glute Ham Raise	5 - 8	X 1 - 5	Heavy	
D	Rest 1:30 - 5:00 MIN				
E	Weighted Pull Up	5 - 8	X 1 - 5	Heavy	
F	Rest 1:30 - 5:00 MIN				
G	Barbell Walking Lunges	5 - 8 EA	X 1 - 5 EA	80% - 100%	
H	Rest 1:30 - 5:00 MIN				

Complete exercises A-H for desired number of sets and reps.

Figure 1.6 - Triphasic Tactical Quality 5 and its use in both tactical situations and training

Strength-Endurance (TTQ5)

Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 5 (TTQ5)	Strength-Endurance	Increases ability to produce high forces for extended periods of time
TTQ5 in Tactical Situations		
Carrying 100 lbs of gear for prolonged distances uphill		
Strategically moving from point to point extremely fast		
Shooting-sprinting for extended periods of time		
Dragging injured partner over a considerable distance		
TTQ5 in Training		
Running a 300 yard shuttle		
Pushing a heavy sled for greater than 20 yards		
Completing a heavy training lift to failure (greater than 8 reps) or 15 plus seconds per set		

BLOCK 1 *Force production occurring at between 65% - 80% of maximum.*

TTQ5- Lower Strength Endurance Example

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Back Squat	4 - 6	X 5 - 8	65% - 85%	
B	Rest 1:00 - 3:00 MIN				
C	Romanian Deadlift	4 - 6	X 5 - 8	65% - 85%	
D	Rest 1:00 - 3:00 MIN				
E	Barbell Step Up	4 - 6 EA	X 5 - 8 EA	65% - 85%	
F	Rest 1:00 - 3:00 MIN				
G	Glute Bar Lift	4 - 6	X 5 - 8	65% - 85%	
H	Rest 1:00 - 3:00 MIN				

Complete exercises A-H for desired number of sets and reps.

TTQ5- Upper Strength Endurance Example

BLOCK 1 Force production occurring at between 65% - 80% of maximum.

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Bench Press	4 - 6	X 5 - 8	65% - 85%	
B	Rest 1:00 - 3:00 MIN				
C	Barbell Bent Over Row	4 - 6	X 5 - 8	65% - 85%	
D	Rest 1:00 - 3:00 MIN				
E	Triceps Cable Pushdown	4 - 6	X 5 - 8	65% - 85%	
F	Rest 1:00 - 3:00 MIN				
G	Dumbbell Lateral Raise	4 - 6	X 5 - 8	65% - 85%	
H	Rest 1:00 - 3:00 MIN				

Complete exercises A-H for desired number of sets and reps.

TTQ5- Full Body Strength Endurance

BLOCK 1 Force production occurring at between 65% - 80% of maximum.

Order	Exercise	Sets	Reps / Duration	Load	Notes:
A	Front Squat to Press	4 - 6	X 5 - 8	65% - 85%	
B	Rest 1:00 - 3:00 MIN				
C	Glute Ham Raise	4 - 6	X 5 - 8	Medium	
D	Rest 1:00 - 3:00 MIN				
E	Weighted Pull Up	4 - 6	X 5 - 8	Medium	
F	Rest 1:00 - 3:00 MIN				
G	Barbell Walking Lunges	4 - 6 EA	X 5 - 8 EA	65% - 85%	
H	Rest 1:00 - 3:00 MIN				

Complete exercises A-H for desired number of sets and reps.

Figure 1.7 - Triphasic Tactical Quality 6 and its use in both tactical situations and training

Speed (TTQ6)		
Triphasic Tactical Quality	Physical Quality	Functions During Performance
Triphasic Tactical Quality 6 (TTQ6)	Speed	The ability to move at a high velocity, usually for a brief amount of time
TTQ6 in Tactical Situations		
Sprinting from one position to another		
Shooting-sprinting portion of a firefight		
Closing the distance between you and an adversary		
TTQ6 in Training		
Sprint training		
Lifting explosively for a short set		
Short burst agility training		
Lifting light weight extremely fast		

BLOCK 1		<i>Explosive movements done as quickly as possible for short durations.</i>				
Order	Exercise	Sets	Reps / Duration		Load	Notes:
A	Sprint	1 - 2	X	20 Yards	BWGT	Max Speed
B	Rest 1:30 - 5:00 MIN					
C	Med Ball Toss	1 - 2	X	4 - 8	Light	Max Height
D	Rest 1:30 - 5:00 MIN					
E	Agility Drill of Choice	1 - 2	X	:03 - :07 SEC	BWGT	Max Effort
F	Rest 1:30 - 5:00 MIN					
G	Med Ball Chest Pass	1 - 2	X	4 - 8	Light	Max Distance
H	Rest 1:30 - 5:00 MIN					
<i>Complete exercises A-H for desired number of sets and reps. All exercises to be completed with maximal intensity.</i>						

TTO6- Mixed Speed Example

The required actions for each tactical athlete must also be taken into account prior to training. The demands of each separate chain of tactical athletes, Seals, Rangers, Parachute, etc., are individualized to a certain extent when considered. However, the reality is there will likely come a time when all six performance qualities will be required in order to save someone else's, or even your own life.

All tactical athletes understand that anything can happen on a given day. Even though each and every day will not require the maximum use of all six physical performance qualities, every athlete must be prepared accordingly. The bottom line is that when these qualities are required to perform at their full capacity, when they count the most, one must be trained to respond appropriately and efficiently all while maintaining a clear state of mind.

Training Considerations

- Genetics largely determine the capacity of each of the six physical performance qualities

Before the specifics of this training are fully covered, it is necessary to note that there are other factors besides training that play a role in the adaptation process, which will be covered briefly in the next chapter. One primary consideration that must not be disregarded, is the importance of genetics and its effects on the progression throughout training. Although this topic will not be covered extensively in this manual it is an important element one must consider in order to optimize performance. Every individual has a "ceiling" for each of the six qualities. The key to successful training is to identify when that ceiling has been reached.

No one has the ability to significantly alter their genetic composition. However, training tactics can be implemented to enhance qualities that may be underdeveloped due to genetic predispositions. Three examples that will be presented later compare (1) a marathon runner, (2) a shot put thrower, and (3) a tactical athlete, all possessing individual needs. In order for one to truly be elite, not only does their training need to consider their individual needs, but they also need to have the proper genetic composition required to be successful in their respective sports. If an individual has the genetics of an elite marathon runner, they still have the ability to train the speed and strength qualities but no amount of training will ever transform this individual into a world class shot put thrower. This does not mean they cannot become proficient in the speed and strength qualities required specifically to be an elite tactical athlete. Even though one may have a lower ceiling of ability, the goal must remain to maximize each individual quality. No athlete in training can completely rewrite their genetics, but they can work to improve what abilities they have inherited.

Understanding Your Autonomic Nervous System

- Two aspects of this system: sympathetic and parasympathetic
- Sympathetic system is active in high-stress situations
- Excessive sympathetic response leads to sub-optimal performance by the tactical athlete
- Sympathetic levels can be controlled, to some extent, through proper, systematic training of the six physical performance qualities and stress inoculation. This leads to optimal performance capabilities for tactical athletes

Another element that must be understood when training to improve a tactical athlete's skills is the autonomic nervous system, which controls many of the responses that occur throughout the body when a stressful event is experienced. This regulating task is split into two parts, the sympathetic and parasympathetic responses.

The sympathetic response occurs when a stressful event is taking place and causes the body to prepare for the impending action

required, while the parasympathetic response acts as a “parachute” to bring the body back to a normal, or calm state, once the event has passed. As a tactical athlete that may potentially endure high-stress situations, we will focus more specifically on the sympathetic response to a stressor. Anytime a high-stress situation is experienced, the body enters a state of sympathetic arousal. You may have even entered this state while reading through the opening scenario, especially if you have faced something similar in the past. Upon the activation of the sympathetic nervous system, the body begins to focus on one thing--survival.

Figure 1.8 - Sympathetic nervous system activation and responses

Sympathetic Nervous System Response		
Organ	Sympathetic Response	Tactical Applications
Eye	Improved vision capabilities	Increased scanning ability
Sweat glands	Increased sweating	Improved ability to keep body cool
Blood vessels	Increased blood flow	Able to supply nutrients/remove waste to/from working muscles
Heart	Increased contraction	Able to supply nutrients/remove waste to/from working muscles
Lungs	Increased ventilation	Increased oxygen to muscles supporting performance zone 3
Metabolism	Increased energy sources	Able to supply nutrients to working muscles
Skeletal muscle	Improved force production	Improved running speeds
Mental activity	More acute concentration	Improved mental readiness

Sympathetic arousal causes (1) the release of adrenaline, which leads to an increase in heart rate; (2) the mobilization of resources, which occurs due to the activation of all 3 performance zones; (3) heightened awareness and concentration by dilation of the eyes; and (4) increased blood flow to meet the increased energy demands of the working musculature. All of these occurrences are preparing the body to take action in order to improve the odds of survival. It is for this reason the sympathetic system has been termed the “fight or flight” response.

Although this is an important process in improving survival odds, it is imperative to realize that too much sympathetic arousal can also lead to performance decrements. The results of these extreme situations and the adrenaline response in the body can be observed in the example of a mother who is able to lift a car off of her trapped child. At first glance, this feat of superhuman strength is seen as ideal, but upon closer examination, there are many other cognitive abilities that may be hindered (such as situational awareness when approaching an enemy), and it becomes clear that this extreme type of adrenaline rush would not be beneficial in critical battlefield situations. As seen in the example, the sympathetic system can function to heighten awareness in a high stress situation, but can also lead to the breakdown of skill ability, such as accuracy with a firearm, if the sympathetic system becomes too activated.

For the tactical athlete, it must be understood that optimal performance, in regards to combat performance; the completion of complex motor skills; visual reaction time; and cognitive reaction time typically occurs within the heart rate range of 115 to 145 beats per minute. If the body becomes too sympathetic the heart rate will increase beyond this range and abilities related to the objective will be compromised (refer to the heart rate and tactical athlete performance overview shown in Figure 1.9 below). This optimal heart rate range for the tactical athlete further drives home the importance of performance zone 3 and its vital ability to influence heart rate. The more trained or fit one’s performance zone 3, the lower the heart rate remains during the activity being completed. An individuals’ prior training, specifically in regards to the six performance qualities, and their ability to control breathing, ultimately determines the extent of the activation of their sympathetic system. By training appropriately and incorporating the strategies of the Weekly Sequencing Model, as laid out in this book, the body may develop a greater ability to keep the heart rate within this optimal range leading to improvements in performance.

Commonly, tactical athletes must move from a stressful situation to complete calm in the most rapid fashion possible. Take, for example, a navy seal team scuba diving for five miles while approaching a target. Upon arrival on land the seal team must immediately reduce their heart rates which are elevated due to the distance swim. In a combat situation, throughout the process of Shoot. Sprint. Repeat. every tactical athlete has an improved ability to control arousal levels through the use of belly breathing.

Learning appropriate breathing, termed belly breathing, in this manual are essential to controlling the balance between the sympathetic and parasympathetic nervous systems, and ultimately the heart rate. This breathing technique is executed by inhaling through the nose and exhaling through the mouth. Throughout this process it is vital that the lower abdomen initiates the movement rather than the chest. The chest will, and should, eventually expand-just after the abdomen does. Shallow chest breathing releases stress hormones that cause an increase in sympathetic arousal, which are counterproductive to the end goal of maintaining an appropriate heart rate. Don’t work against yourself.

This breathing technique should be used at all times to help control heart rate and keep it within the appropriate range for optimal skill performance (Figure 1.9 below). Belly breathing can also be specifically used as a relaxation method. To achieve total relaxation

using belly breathing, a tactical athlete can lay down and close their eyes. Remember, always inhale through the nose and exhale through the mouth with only the belly moving. Based on the examples above and the importance of heart rate, belly breathing is highly important in high-intensity scenarios experienced in the line of duty. However, it can be trained to improve efficiency through specific practice in exercise sessions presented throughout this manual. For example, if belly breathing is made a focal point of recovery between every set completed, the athlete is much more likely to utilize this method in duty. By practicing this breathing technique during training and for relaxation purposes, a tactical athlete will improve their ability to keep heart rate lowered consistently or lower it extremely rapidly when required. This training can be instrumental for controlling the stress response during high-intensity situations experienced in the line of duty.

Practical Examples of Appropriate Belly Breathing

- After a set of back squat the heart rate is elevated, use belly breathing to effectively lower heart rate
- Belly breathing can be used between reps of conditioning exercises or other intervals to improve recovery
- Belly breathing can be used during skill training, specifically shooting when using the B.R.A.S.S method (Breathe, Relax, Aim, Squeeze, Shoot)
- Use belly breathing at all times and in all positions while stretching and rolling out

Figure 1.9 - Heart rate relationship to tactical performance

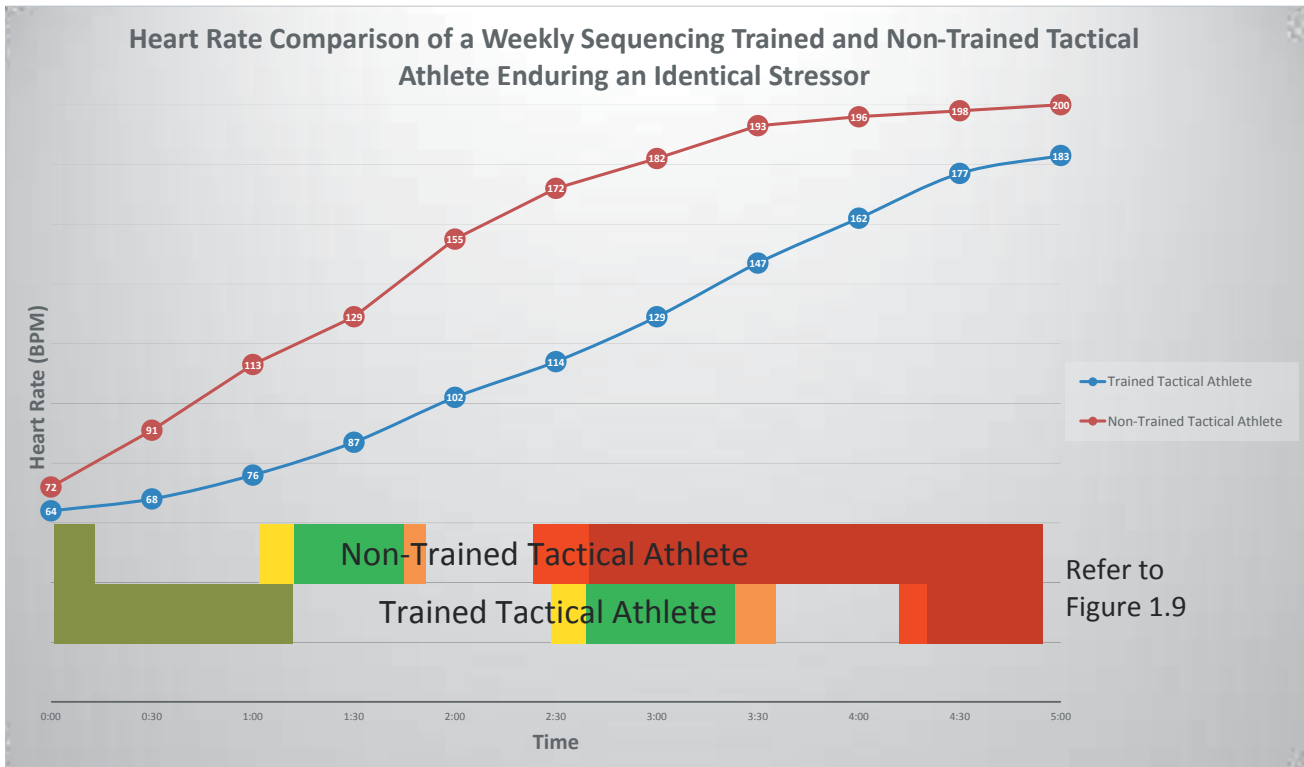
Heart Rate and Tactical Athlete Performance					
HR: 60-80	HR: 115-120	HR: 120-145	HR: 145-150	HR: 170-175	HR: 175-200
Normal Resting Heart Rate	Fine Motor Skill Deteriorates	Optimal Survival & Combat Performance for: Complex Motor Skills Visual Reaction Time Cognitive Reaction Time	Complex Motor Skills Deteriorate	Cognitive Processing Deteriorates Loss of Peripheral Vision (Tunnel Vision) Loss of Depth Perception Loss of Near Vision Auditory Exclusion (Tunnel Hearing)	Irrational Fighting or Fleeting Submissive Behavior Gross Motor Skills (Running, Charging) at Highest Performing Levels

The experiences a tactical athlete will endure, such as general fatigue, extreme environmental conditions, lack of sleep, dehydration, and emotional stress throughout a call to action will also affect the stress response of the body. Many of these intense experiences, as explained in Figure 1.9, all increase the response of the body to stressors. This increased sympathetic response to stress puts one at risk because it can lead to less than optimal performance since erratic, unorganized behavior may occur in extreme situations.

When the upper levels of this stress response are reached during a firefight, the sympathetic driven system will be upregulated to meet the needs of duty. When in a crisis situation, the body will ensure survival at all costs, no questions asked. If you really need to do something, your body will find a way to get it done, even if that means placing the body in a compromising situation by pushing its limits to the breaking point. Think of a non-stop battlefield sequence in which the action is continual for 45 min. Once the firefight has subsided, the body of the tactical athlete realizes the extent of the stress experienced and will respond accordingly. The key of The Weekly Sequencing Model introduced in this manual is based on the goal of keeping the tactical athlete out of this excessive sympathetic state unless absolutely necessary for survival. This is accomplished through specific training and preparing each tactical athlete for optimal performance, should this extreme sympathetic state be required in action.

When optimal training and stress inoculation are applied to a tactical athlete, the effects may transfer directly to a high-intensity situation, such as a firefight. This training-to-field transfer is the objective of The Weekly Sequencing Model. Figure 1.10 compares two tactical athletes experiencing the exact same stressor. As the stressor increases in duration, the trained tactical athlete has the ability to maintain the optimal heart rate range for a much longer time than the non-trained tactical athlete due to enhanced physical qualities from training. This improved capability to sustain an appropriate heart rate allows the tactical athlete to continue the execution of the high-intensity situation while still making coherent, intelligent decisions. By maintaining this heart rate zone, the tactical athlete may also have increased accuracy in shooting since complex motor skills will not be deteriorated due to the large amounts of stress being experienced. Ultimately, training the six Physical Qualities of Tactical Performance through The Weekly Sequencing Model improves a tactical athlete’s capabilities to perform and execute all missions to the highest possible level.

Figure 1.10 - Heart Rate Response by a Weekly Sequencing Athlete Compared to a Non-Trained Tactical Athlete Enduring an Identical Stressor

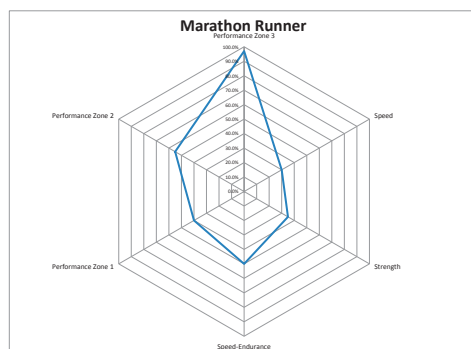


The optimal performance zone (represented by the bright green color in Figures 1.9 and 1.10), in regards to heart rate response to stress, was extensively considered when designing The Weekly Sequencing Model as it is imperative to remain within this specific heart rate zone in combat situations. Through continued training and appropriate breathing, the individual stress response via the sympathetic system will adapt and the tactical athlete will have a greater ability to control their heart rate accordingly. By training the body in a similar manner as seen in action, the body becomes “used to” that level of stress, leading to a reduction in the activation of the sympathetic nervous system response. This reduction in the stress response can occur through specific battlefield skill training and also through training and conditioning in the weight room. Basically, by improving the six qualities required of a tactical athlete, the optimal heart range can be maintained even when greater stressors are applied in training and combat. Ultimately, the tactical athlete that can best regulate their stress response and maintain the desired heart rate range of 115 to 145 beats per minute will have the greatest odds of executing the tasks required by the mission demands.

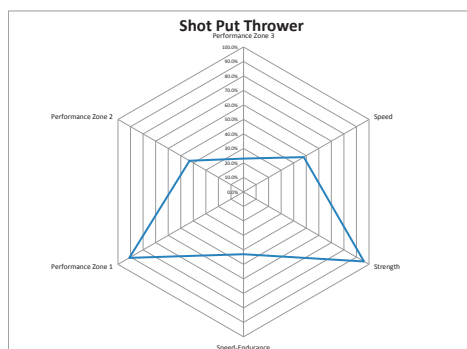
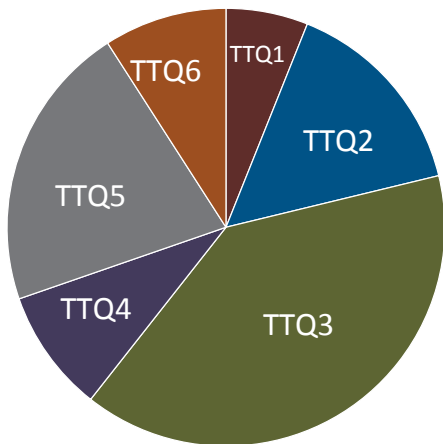
The Tactical Athlete and Conventional Athletes

- The six physical performance qualities are improved based on training completed
- The amount each physical performance quality must be trained depends on the requirements of the activity being completed
- Conventional athletes know their “competition date” long in advance, this is not the case for the tactical athlete
- Tactical athletes must maintain a highly trained state for all six of the physical performance qualities

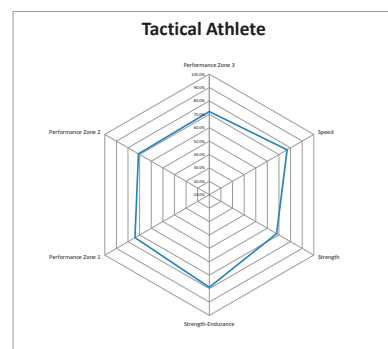
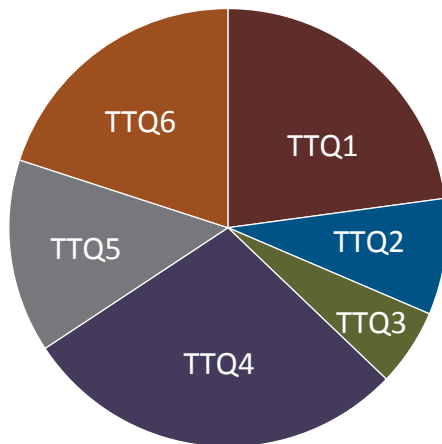
Figures 1.11-1.13 - Performance Quality Requirements Depending on Event



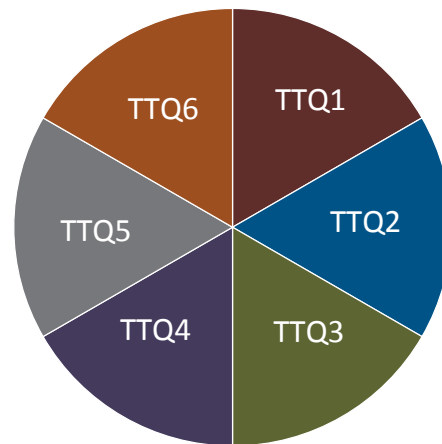
Marathon Runner



Shot Put Thrower



Tactical Athlete



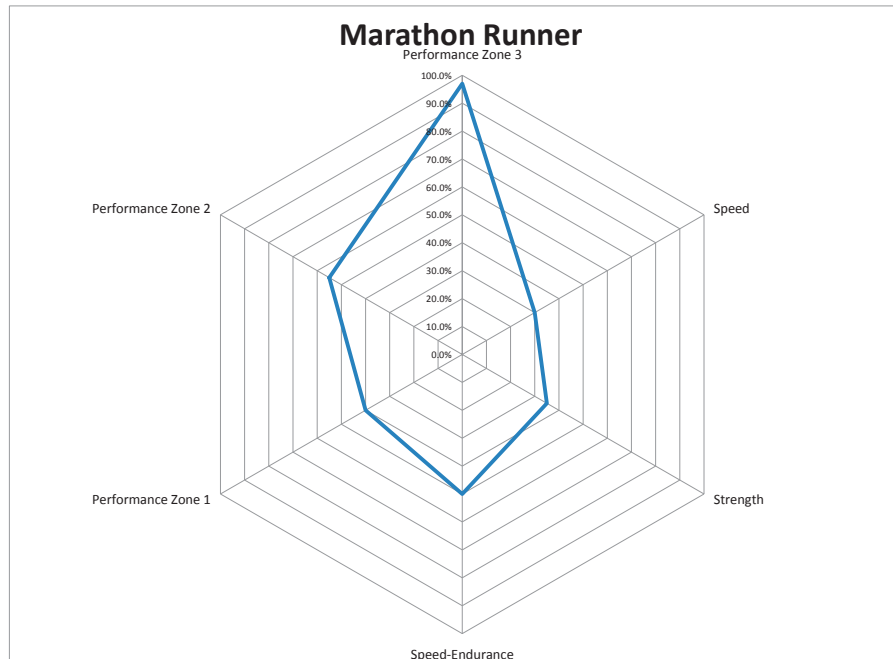
As covered previously, within the genetic composition of each individual lies the ability to improve performance to a greater extent. Consider an athlete competing in the Olympics, they have trained countless hours to get where they are, but without their genetic composition matching up with their competitive event, they will never truly become elite. Most of us do not possess the genetic makeup to outperform an elite or professional athlete in a 100 meter dash. However, if the term “elite” is based on the capacity to endure relentless physical and mental stressors and remain mentally tuned in, every tactical athlete is truly elite. The skill that separates an elite tactical athlete from the average person lies in their ability to manage their arousal levels.

The effects the combination of genetics and training has on the body’s adaptation process can be observed by examining athletes in different competitive events. In the example below, are the attributes for each of the six performance qualities of three individuals: a marathon runner, a shot put thrower, and a tactical athlete. It becomes clear, when the needs of each are considered, each individual would be placed on a specific training program to stress and develop the qualities necessary for successful performance.

Marathon Runner:

A high-level marathon runner requires a maximized ability of performance zone 3 due to the duration of the activity. This zone allows for the long distances experienced in a race to be completed efficiently. As sprinting and other high-intensities are not major factors in a marathon, performance zones 1 and 2 along with speed are down-regulated. Performance zone 2 is utilized at the end of a race, so it plays a slight role in performance. However, since performance zone 3 is the underlying foundation, it is the most important factor to consider in training.

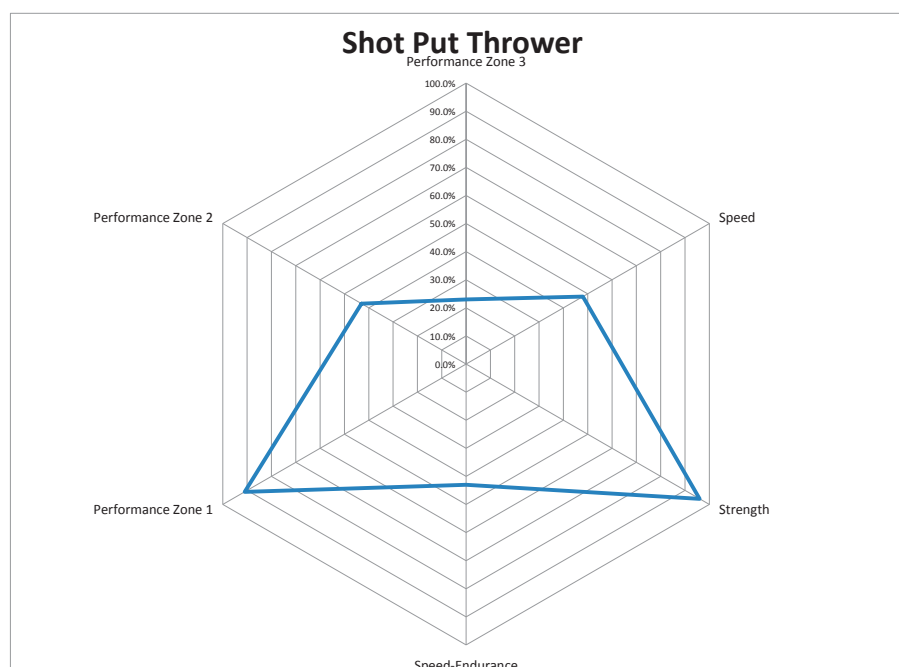
Figure 1.11 - Example Physical Quality Requirements of an Elite Marathon Runner



Shot Put Thrower:

When looking at the performance qualities necessary to achieve an elite status level in the shot put, it becomes clear that strength and explosive qualities play the largest roles. Due to the sport's nature of short high-intensity movements, performance zone 1 also becomes a determining factor for success. As full recovery is always achieved between repetitions and the ability to recover rapidly is not a limiting factor, performance zone 3 is much lower than what is needed in other long duration activities such as the marathon.

Figure 1.12 - Example Physical Quality Requirements of an Elite Shot Put Thrower

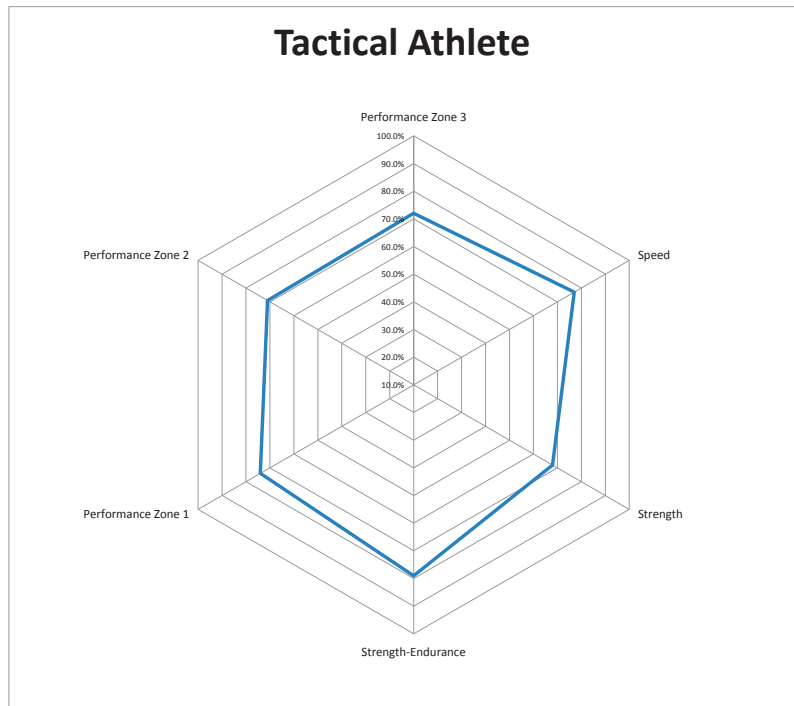


The Tactical Athlete:

Based on the figure for the tactical athlete given below (Figure 1.16) and the scenario given in the opening paragraphs of this book, it becomes evident that high skill abilities are required in all six of the Physical Qualities of Tactical Performance. There will always be situations in which high-intensity, explosive movements will be required with minimal or no rest. With this point in mind, the idea of all performance qualities being required for successful performance becomes certain in the world of an elite tactician.

In many ways, the tactical athlete functions like a decathlete. An athlete will not ever be required to have their performance zone 3 function at a level of an elite marathon runner, or with the strength of a high-class shot put thrower. They must function at an elevated capacity for all performance qualities, but not to the extent of these record-holding athletes.

Figure 1.13 - Example Physical Quality Requirements of an Elite Tactical Athlete



The Weekly Sequencing Model

- This training model considers all requirements of the tactical athlete
- Training is executed to ensure all physical performance qualities remain in a highly trained state for an extended period of time
- Optimal performance can only be reached when training is approached by the tactical athlete in a systematic manner such as The Weekly Sequencing Model

The Weekly Sequencing Model takes full advantage of the stress adaptation process and its benefits of peaking athletes at necessary, precise times of the competition calendar. Through The Specific Stress Model, which will be covered in chapter 2, the six performance qualities can be individually stressed and maximized.

In the world of athletics, before the focus of a specific stressor or performance quality can be chosen within the training cycle, the competition dates must first be determined. The knowledge of when athletes must be peaked will allow a coach to set up a plan that will complete all phases of training within the allotted time frame. Even with an athlete who requires many of the same performance qualities that have been determined vital for tactical athlete success, training must be approached through an entirely different lens. Some athletes will require different stressors due to sport requirements, as was the case with the marathon runner, shot put thrower, and tactical athletes. These differences in programming needs become apparent when "competition dates" are considered between the two groups. When an athlete approaches a game or match, they have prepared for competition knowing the date and exact specifications of the event. This allows a systematic training protocol to be implemented with the end date and objective to be known long before the competition occurs. It is important to reiterate that tactical athletes do not have this luxury as they could receive orders for a mission at any moment and be required to complete any number of tasks. It is with this idea in mind, The Weekly Sequencing Model was created and implemented. Prior training status, genetics, and other factors also play a role in the training program initiated. It is important all of these aspects are understood before a program is finalized and implemented.

Tactical athletes can still be trained in a systematic manner, like athletes, however, the requirements of remaining in an optimal state to execute a mission successfully at all times must remain a continuous goal of the program. In order for a tactical athlete to be successful, which in many cases means the difference in survival, all performance qualities must be functioning at their maximal capacity. The Weekly Sequencing Model, which is based on many of the same ideologies as Triphasic Training, was created specifically for the needs of the tactical athlete and can be tailored to every individual's needs. The Triphasic Training Method, which will be thoroughly broken down throughout this manual, has proven invaluable countless times in athletic performance enhancement and serves as the building blocks from which The Weekly Sequencing Model was created.

This program is a methodical, well-thought-out systematic method of training which ultimately leads to the optimal performance potential for all individuals. Required, sustainable adaptations, such as structural and metabolic enhancements to the six Physical Qualities of Tactical Performance, occur due to the implementation of the specific stress applied within The Weekly Sequencing Model. The Weekly Sequencing Model trains and improves each performance quality's capabilities leaving the best weapon available, the tactical athlete's brain, to function at the highest possible levels. It is in this training model that long-term training adaptations are aptly realized leading to optimal performance and a safe return home.

This is not a system based on making an individual tired or fatigued, and it is not mindless work; it is an all-encompassing system designed to maximize performance in any high-stress situation which may prove to determine the difference between the survival of yourself and your team members. This program is not based on the idea of implementing neat or new exercises, or the newest fads in training, it is based on the body's specific response to training qualities. However, we will show you how to implement some of your favorite training methods within this systematic training progression which will maximize performance and results. Utilizing this training method will help you physically prepare for the unpredictable events that the battlefield demands.

