

Tactical Strength & Conditioning



What is it?

Tactical S&C is the application of S&C principles in a tactical (e.g. military, law enforcement, etc.) training environment.



Importance

Not only is tactical S&C important for physically preparing the athlete for the high-operational tempo, but it also plays a role in protecting the athlete from injury.



Unique

There is often a misguided attempt to directly apply the traditional sport model of S&C principles to the warfighter. This may be inappropriate when preparing soldiers for today's organic and fluid battlespace and deployment schedule.



Goals

Tactical S&C can be thought of as a multidisciplinary approach to the repair, maintenance, and performance optimisation of the tactical athlete in order to maximise their effectiveness on the battlefield.



Periodisation

Tactical periodisation requires great creativity and adaptability.

Recovery

Strength and endurance are basic and linear, metabolic conditioning tends to be higher volume at lower intensities, rehab work is reactive.

Transition

A short phase where focus shifts from the previous deployment to preparing for the next one.

Base

Intensity is preferred to volume. Complex movements and/or circuits are introduced to address 'tactical' training (e.g. speed, agility, and work capacity).

Tactical

Programming becomes almost exclusively sport-specific. Volume and intensity should both be high.



Our summary

As the demand for high-level operators increases around the globe, and as high-operational tempo takes its toll on tactical athletes, the role of tactical strength and conditioning will only increase in the future.

Tactical Strength And Conditioning Guide

Yi-Tong Ma



Tactical Strength And Conditioning Guide:

Tactical Strength And Conditioning Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Tactical Strength And Conditioning Guide**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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