TEAMBUILDR

MODIFIED TRIPHASIC SYSTEMS FOR THE TACTICAL ATHLETE

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Introduction:

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Triphasic training is arguably one of the best and modifiable systems at all levels of athletics & in tactical strength and conditioning. However, sometimes coaches may not have established systems or might need clarity on applying the methods and models within the tactical setting. In this book, we will discuss the multiple ways you can program at each level, while simultaneously amplifying the end-user experience due to the voluntary nature of tactical strength and conditioning programs. Variations of programming that I have personally used will be given for the following tenures: Post-op-reconditioning, novice, intermediate & advanced tenures. There is also a section on how to apply these models with weekly and daily undulating periodization. Please note that all of these have been tested by myself and have shown tremendous results within programs I have helped run over the years.

Note: These examples will remove the traditional GPP block and peaking blocks seen in Cal Dietz's triphasic training book for the sake of time and will focus on the eccentric, isometric & concentric blocks for coaches to program. As a practitioner, I give all credit to Cal Dietz for making this information public and hope to build on his systems already established in the tactical strength and conditioning realm.

Tenure #1

Post-operation rehab/reconditioning - Unfortunately, in the tactical setting injuries do occur and human performance teams must work together with individuals to assist post-operation/post-physical therapy needs. ATs and strength coaches collaborate to discuss how to solve the individual's issues at hand. Let's look at a made-up case study example:

Example: Athlete "A" has suffered from a torn meniscus from falling from a timed ruck outdoors in his knee. After 6 months of PT, he is ready to get back out into the field to support his unit, however, he is required to go to strength training and AT sessions 3x each week. Here is an example of how the triphasic training system could assist him with example programming for his Day 1 total body day.

Day 1: ECC PHASE	Day 1: ISO PHASE	Day 1: CONCENTRIC PHASE
A1. Eccentric BW Squat 3x6 (6 sec down) A2. Eccentric Lat Pulldown 3x6 (6 sec up) A3. TKE's 3x20 each	A1. Isometric Goblet Squat 3x5 (4-sec iso) A2. Isometric DB High Row 3x6 (4-sec iso each) A3. Depth Drop Holds 3x3-5	A1. Belt Squat Squat 3x10,8,6 (load to form or RPE 7-8) A2. Chin Ups 3x6-8 A3. SL Depth Drop Holds 3x2-4 each
B1. Leg Curl Machine 3x12 B2. Seated DB OH Press 3x10	B1. DB RDL 3x6-8 B2. DB Incline Bench Press 3x8-10	B1. SL Leg Curl 3x8-10 each B2. DB Bench 3x6-8
C1. Monster Walks (4 way) 3x20 feet each C2. SA Cable Rows 3x10	C1. WTD Glute Bridges 3x10 C2. Band Assisted Chin Ups 3xMAX	C1. Barbell Glute Bridges 3x8 C2. Chest Supported Barbell Rows 3x10
D1. Backward Sled Drag X 5 min (50-100 lbs)	D1. Forward March Sled Push 20 sec on/10 sec off x6 rounds	D1. Assault Bike EMOM 7 sec on/ 52 sec off x 6 rounds

For Athlete 'A"'s Day 1, notice how the squat evolves over all the phases in the 1st superset block. It goes from no load eccentrics (BW Squat) to isometric with minimal load (Goblet Squat), to higher load with no spinal loading (belt squat). This progression over the course of 3-4 weeks at each phase ensures that form compensation will be minimized while the A2s rotate muscle groups and the A3s go from high-volume local stabilizer work to re-introduction of plyometrics (TKEs > Depth Drops > Single Leg Depth Drops)

Notice in the D block that we move from higher volume aerobic base work for the VMO/Glutes (sled pull) to sled march time intervals. This demonstrates:

Eccentric (ECC) Block: Notice we are utilizing the sled pull to assist the athlete in re-building his aerobic base while increasing the tissue resiliency of the VMO/Glutes.

Isometric (ISO) Block: Anaerobic conditioning with the sled march introduces the knee to higher ranges of motion while not increasing velocity under higher load

Concentric (CON) Block: Assault bike for power output is crucial during this stage due to its ability to expose the knee to higher power outputs with minimal impact on the injured knee

The rest of the program was designed to balance out muscle groups and other weaker areas in each phase to enhance the speed at which this athlete can recover. Please note that these examples are similar to scenarios I have dealt with in the past and do require constant PT/AT meetings to see if any more problem areas arise.

Tenure #2: Novice

A novice athlete is defined as having little to no tenure in the weight room. During this stage, we must build the athlete up accordingly and make sure that the program is what they are looking for due to most programs' voluntary nature. Below are three examples that provide solutions to increasing the resiliency of the tactical athlete.

Day 1: ECC PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (VOLUME FOCUS)	Day 1: ECC PHASE PRIMARY BLOCK + EMOM	Day 1: ECC PHASE PRIMARY BLOCK + AMRAP
A1. Eccentric Barbell Back Squat 3x6 (6 sec down) 70-80% A2. Eccentric Lat Pulldown 3x6 (6 sec up) A3. 4 Squat Drill 3x5	A1. Eccentric Barbell Back Squat 3x6 (6 sec down) 70-80% A2. Eccentric Lat Pulldown 3x6 (6 sec up) A3. 4 Squat Drill 3x5	A1. Eccentric Barbell Back Squat 3x6 (6 sec down) 70-80% A2. Eccentric Lat Pulldown 3x6 (6 sec up) A3. 4 Squat Drill 3x5
B1. Single Leg Curl Machine 3x12,10, 8 each B2. Single Arm DB OH Press 3x12,10, 8 each	**EMOM 20 minutes** B1. Slider Leg Curl x10 B2. Single Arm DB Rows x 10 each B3. Plank Hold x 30 sec B4. Assault Bike x12 Cal	**AMRAP 25 minutes** B1. Slider Leg Curl x10 B2. Single Arm DB Rows x 10 each B3. Plank Hold x 30 sec B4. Assault Bike x12 Cal
C1. Monster Walks (4-way) 3x25 feet each C2. SA Cable Rows 3x12 each		
D1. Sled Push 30 sec on/30 sec off x6 rounds		

Understanding the difference:

Traditional Rep Effort – This model is used for athletes who prefer a traditional periodization scheme to increase performance with little to no time constraints. The focus is on the major compound movements first, then rep effort with a higher volume focus. After this, the conditioning is best paired with aerobics. This example is taken from a higher-intensity day (relatively speaking), therefor we prefer to pair a conditioning method that allows for higher output from the CNS.

EMOM – This model can be better suited for those who have more time constraints and less training tenure (relatively speaking) and like to feel that they overcame a challenge during the workout sessions. By using every minute on the minute method, we can gather a good chunk of volume while simultaneously creating an environment where the athlete can regulate themselves. Note this model is very easy to increase or decrease sets based on time-limiting factors & fatigue as well.

AMRAP – A big portion of the population within the tactical community prefers harder workouts where they can push themselves and are more so chasing a "feeling" than anything. This subpopulation also generally wants to stay healthy, have a good body composition, and be able to pick their kids up at the end of their careers. Due to the aerobic nature of the AMRAP, it

forces athletes to focus on lighter loading and increasing overall metabolic stress on the human body with limited CNS fatigue being accumulated relative to the traditional rep effort model.

Day 1: ISO PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (HYPERTROPHY/STRENGTH FOCUS)	Day 1: ISO PHASE PRIMARY BLOCK + EMOM	Day 1: ISO PHASE PRIMARY BLOCK + AMRAP
A1. Isometric Barbell Squat 4x4 (4-sec iso) 75-82% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 75-82% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 75-82% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Plank Hold 3x30 sec
B1. DB SL RDL 4x6-8 each B2. DB Incline Bench Press 4x8	EMOM 20 B1. DB Incline Bench x8-10 B2. DB RDL x6-8 B3. Goblet Carry x Down/Back B4. Lat Pulldown x 10 B5. Assault Bike x12 Cal	AMRAP 25 B1. DB Incline Press x 8-10 B2. Sled Push x Down/Back B3. Goblet Carry x Down/Back B4. Ropes x15 reps each B5. Assault Bike x12 Cal
C1. WTD Barbell Glute Bridges 3x10 C2. Chin Ups 3xMAX		
D1. Assault Bike 20 sec on/10 sec off x 8 rounds		

Understanding the difference:

Traditional Rep Effort – While viewing this program, you will notice the movements have been rotated, and the total volume has been adjusted to reflect gains in both hypertrophy and strength. After this, the type of conditioning that is best paired with anaerobic to complement the isometric progressions in the primary block. Note: the assault bike allows for the heart rate to increase dramatically without putting too much stress on the total session and increasing the body's ability to remove/utilize lactate as a source of energy. Thus, the adaptations will be that the body will start recovering at higher intensities with little recovery in between.

EMOM – Similar to the previous eccentric model, the isometric model with the EMOM training as its accessory work has progressed to increase time under tension in the muscles at higher loads relative to the previous model's regressions. Note the volume is slightly higher however more compound movements are utilized overall that require load and higher CNS output.

AMRAP – Similar to the EMOM explanation above, this model requires higher CNS output & more time under tension. However, due to its programming, the heart rate will spike due to the sled push and assault bike allowing for higher intensities to be achieved during certain portions of the AMRAP. Reciprocally, the heart rate will lower during the other movements. Each round will add more fatigue, creating the total beats per minute going up, allowing for higher HR intensities to be achieved/maintained for longer periods.

Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/POWER)	Day 1: CON PHASE PRIMARY BLOCK + EMOM	Day 1: CON PHASE PRIMARY BLOCK + AMRAP
A1. Barbell Back Squat 5x3 82-87% A2. Box Jumps 4x3	A1. Barbell Back Squat 5x3 82-87% A2. Box Jumps 3x5	A1. Barbell Back Squat 5x3 82-87% A2. Box Jumps 3x5
B1. Chest Supported DB Rows 4x5-8 B2. Lateral Step Ups 4x6-8 each	EMOM 15 B1. Sled Backwards Drag x Down/Back B2. DB Bench Press x5 B3. TB Carry xDown/Back B4. Plank with shoulder taps x 5 each B5. Chest Supported DB Rows x12	Rounds For Time x 5 rounds B1. Sled Backwards Drag x Down and Back B2. Plank + Pull Through x 5 each B3. DB Thrusters x 8 B4. Side Planks x20 sec each B5. KB Swings x8
C1. DB Bench Press 4x6 C2. DB RDL 4x5	C1. KB Swings EMOM 10 sec on/50 sec off x 6 rounds	C1. Rower EMOM 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds
D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds		

Traditional Rep Effort – While viewing this program, you will notice the movements have been rotated, and the total volume has been adjusted to reflect gains in both power and strength. In the primary block, you will notice a contrast set (for example back squat paired with box jumps). This will ensure that we get the higher intensity movement power output/strength while building type II x fiber fast twitch capabilities. After this, the type of conditioning that is best paired with power output/phosphagen energy system to compliment the concentric progressions in the primary block. Note: the assault bike is a great example in this phase because we go for max wattage output for 7 seconds, then rest for 53 seconds.

EMOM – Similar to the previous isometric model, the concentric model with the EMOM training as its accessory work has progressed to increase CNS activation as opposed to the regressive models in the previous isometric block. Note the volume is slightly higher however more compound movements are utilized overall that requires load and higher CNS output. Please note that the volume should be less to ensure the athlete does not burn out due to the higher levels of nervous system activation and must maintain proper technique throughout the whole session.

RFT – The rounds for time method still consistently have the athlete move, however, the movements are to be performed as a time trail which will cause the highest level of CNS strain. Each of the movements is selected in this example to provide the most practical and safely programmed “bang for your buck” to ensure effective adaptation and to complement the need for power output and higher CNS activation in the concentric block. The rower was chosen to help ensure that the posterior chain was hit more in the session while maintaining the power output needed for the phosphagen energy system development. Please make sure that technique is still

a priority as the RFT method is slightly more aggressive than other traditional models and should take less time than the previous AMRAP-based systems.

Tenure #3: Intermediate

An intermediate athlete is defined as an individual who contains 1-3 years of consistent training in a human performance environment. During this tenure of training, coaches should build the athlete up properly and contain a higher level of specificity to what the tactical athlete needs and wants. Below are three examples that provide solutions to increasing the resiliency of the tactical athlete.

You will see in the examples below a more in-depth variation from the other tenures above. If the athlete has been seen consistently during this 1- 3-year build-up, then trust has normally been established. As a coach, start having more in-depth conversations on the importance of each phase if possible. By doing so the athlete will most likely give more effort into leaning into the adaptations under the traditional S&C programming.

Day 1: ECC PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (VOLUME FOCUS)	Day 1: ECC PHASE PRIMARY BLOCK + EMOM	Day 1: ECC PHASE PRIMARY BLOCK + AMRAP
A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Eccentric Pull Ups 3x5 (6 sec down) A3. 6 Part Squat Drill 3x5	A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Eccentric Pull Ups 3x5 (6 sec down) A3. 6 Part Squat Drill 3x5	A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Eccentric Lat Pulldown 3x6 (6 sec up) A3. 6 Part Squat Drill 3x5
B1. Single Leg Curl Machine 3x8 each B2. Single Arm DB OH Press 3x8 each	**EMOM 25 minutes** B1. Slider Leg Curl x10 B2. Single Arm DB Rows x 8 each B3. Body Saw Ab Plank x 30 sec B4. Assault Bike x12 Cal B5. Tire Flips x 5	**AMRAP 28 minutes** B1. MB Slams x 5 B2. Slider Leg Curl x8 B3. Single Arm DB Rows x 8 each B4. Body Saw Ab Plank x 30 sec B5. Assault Bike x12 Cal
C1. Monster Walks (4-way) 3x25 feet each C2. SA Cable Rows 3x8 each		
D1. Sled Backwards Drag 20 sec on/20 sec off x6 rounds		

Understanding the difference:

Traditional Rep Effort –This example, like the ones in the tenures above; is taken from a higher-intensity day (relatively speaking), therefor we prefer to pair a conditioning method that allows for higher output from the CNS. We have dropped the total volume to reflect the changes in intensity due to the athlete's higher training tenure and need for heavier loading.

Ex: time on sled work dropping from 30 seconds to 20 seconds, 5 reps instead of 6 reps in the eccentrics at higher intensities, accessory lifts dropping to 6-8 rep range.

EMOM – Just like the traditional rep effort section above, this EMOM model is now reflective of a h-tenured athlete. We have added more intense rep ranges in the eccentric primary block & increased the EMOM from 20 minutes to 25 minutes while adding a new exercise (tire flips) at

the end. Thus, increasing the intensities reached in the EMOM and still meeting some of the "wants" this athlete may have in programming that the coach is responsible for meeting.

AMRAP – For those tactical athletes geared toward general health and maintenance, the newly reflected AMRAP block demonstrates this. Similar to the EMOM, more intense rep ranges in the eccentric primary block have been added to apply overload for the tenure. However, the main focus of the AMRAP has not changed but has increased in duration by 3 minutes while adding MB Slams to assist in the athlete's overall development.

Day 1: ISO PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (HYPERTROPHY/STRENGTH FOCUS)	Day 1: ISO PHASE PRIMARY BLOCK + EMOM	Day 1: ISO PHASE PRIMARY BLOCK + AMRAP
A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Weighted Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Weighted Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Isometric DB High Row 4x6 (4-sec iso each) A3. Weighted Plank Hold 3x30
B1. DB SL RDL 4x6-8 each B2. DB Incline Bench Press 4x8	EMOM 25 B1. DB Incline Bench x8-10 B2. DB RDL x6-8 B3. Farmer Carry x Down/Back B4. Assault Bike x12 Cal B5. Chin Ups or Lat Pulldowns x8	RFT (5 rounds) B1. DB Incline Press x 6-8 B2. Sled Push x Down/Back B3. Farmer Carry x Down/Back B4. Ropes x15 reps each B5. Assault Bike x12 Cal
C1. WTD Barbell Glute Bridges 3x8 C2. Weighted Chin Ups 3xMAX		
D1. Sled Push 20 sec on/10 sec off x 8 rounds		

Understanding the difference:

Traditional Rep Effort –This example, building on the previous eccentric block has now been progressed to include higher intensity ranges on the isometric block and increased loading on the accessory work/conditioning.

Examples:

A higher intensities range at 82-86% of 1RM for the isometric block as opposed to the 75-82% from the novice tenured training examples

Instead of the assault bike, the sled push has been substituted. This is due to a need for heavier loading combined with building a higher anaerobic threshold under higher loads/intensities.

EMOM – Similar to the eccentric examples within this training tenure, the movements have been made to use higher intensities, lower rep ranges, and increased time under tension & still obtain a higher accumulation of volume with a higher heart rate range.

Rounds For Time (RFT) – Building on the previous AMRAP block, the athlete is most likely looking to maintain a higher heart rate range. To meet the wants of these types of tactical athletes; the coach must up the intensity of the movements now being down for a time. This will allow for a faster pace within the conditioning in the rounds for a record time as opposed to the AMRAP.

Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/POWER)	Day 1: CON PHASE PRIMARY BLOCK + EMOM	Day 1: CON PHASE PRIMARY BLOCK + AMRAP
A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 4x3	A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 3x5	A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 3x5
B1. Bent Over DB Rows 4x5-8 B2. Lateral Step Ups 4x6-8 each	EMOM 15 B1. Sled Backwards Drag x Down/ Back B2. DB Bench Press x5 B3. TB Carry x Down/Back B4. Plank with shoulder taps x 5 each B5. Chest Supported DB Rows x12	Rounds For Time x 5 rounds B1. Sled Backwards Drag x Down and Back B2. Plank + Pull Through x 5 each B3. DB Thrusters x 8 B4. Side Planks x20 sec each B5. KB Swings x8
C1. DB Bench Press 4x6 C2. DB RDL 4x5	C1. KB Swings EMOM 10 sec on/50 sec off x 6 rounds	C1. Rower EMOM 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds
D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds		

Traditional Rep Effort – While viewing this program, you will notice the movements have been rotated, and the total volume has been adjusted to reflect gains in both power and strength. In the primary block, you will notice a contrast set (back squat paired with box jumps). This will ensure that we get the higher intensity movement power output/strength while building type II x fiber fast twitch capabilities. After this, the type of conditioning that is best paired with power output/ phosphagen energy system to compliment the concentric progressions in the primary block. Note: the assault bike is a great example in this phase because we go for max wattage output for 7 seconds, then rest for 53 seconds.

EMOM – Similar to the previous isometric model, the concentric model with the EMOM training as its accessory work has progressed to increase CNS activation as opposed to the regressive models in the previous isometric block. Note the volume is slightly higher however more compound movements are utilized overall that require load and higher CNS output. Please note that the volume should be less to ensure the athlete does not burn out due to the higher levels of nervous system activation and must maintain proper technique throughout the whole session.

RFT – The rounds for time method still consistently have the athlete move, however, the movements are to be performed as a time trail which will cause the highest level of CNS strain. Each movement is selected in this example to provide the most practical and safely programmed "bang for your buck" to ensure effective adaptation and complement the need for power output and higher CNS activation in the concentric block. The rower was chosen to help ensure that the posterior chain was hit more during the session while maintaining the power output needed for the development of the phosphagen energy system. Please make sure that technique & safety is still a priority as the RFT method is slightly more aggressive than other traditional models and should take less time than the previous AMRAP-based systems.

Tenure #4: Advanced

An advanced athlete is an individual with 4+ years of consistent training in a human performance environment. During this tenure of training, coaches should have already established trust with the athlete. You will note the examples for the advanced tenure contain higher elements. Below are three examples that provide solutions to increasing the resiliency of the advanced tactical athlete. The athlete has been seen consistently during this 4-year build-up, then trust has normally been established. Note: it is important to look at overall volume accumulation where possible due to the stress placed on the athlete.

Day 1: ECC PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (VOLUME FOCUS)	Day 1: ECC PHASE PRIMARY BLOCK + EMOM	Day 1: ECC PHASE PRIMARY BLOCK + AMRAP
A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Box Jumps 3x5	A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Box Jumps 3x5	A1. Eccentric Barbell Back Squat 3x5 (6 sec down) 80-85% A2. Box Jumps 3x5
B1. Single Leg Curl Machine 3x12,10, 8 each B2. Single Arm DB OH Press 3x12,10, 8 each	**EMOM 20 minutes** B1. Sled Drag Backwards/Push Forward x Down and Back B2. Single Arm DB Rows x 10 each B3. Plank Hold x 30 sec B4. Ski Erg x12 Cal	**AMRAP 20 minutes** B1. Sled Drag Backwards/Push Forward x Down and Back B2. Single Arm DB Rows x 10 each B3. Plank Hold x 30 sec B4. Ski Erg x12 Cal
C1. Monster Walks (4-way) 3x25 feet each C2. SA Cable Rows 3x12 each		
D1. Sled Push 30 sec on/30 sec off x6 rounds		

Understanding the difference:

Traditional Rep Effort –This example, like the ones in the tenures above; is taken from a higher-intensity day (relatively speaking), therefor we prefer to pair a conditioning method that allows for higher output from the CNS. We have dropped the total volume to reflect the changes in intensity due to the athlete's higher training tenure and need for heavier loading. You will notice a plyometric exercise such as the "box jump has been paired into the "A" block due to the athlete's ability to absorb force & need for a greater stretch shortening cycle contraction. Note: Due to the athlete's tenure, the mobility drills in the A block are gone. Lower body warm-ups & spinal decompression should be considered heavily for advanced tenured athletes as well.

EMOM – Not much has changed in the EMOM portion. I recommend not going over 30 minutes total for the EMOM work due to higher cardiovascular effects that may not be beneficial with certain loading parameters needed for the advanced tenured athlete

AMRAP – The AMRAP block will be more limited and intensified due to the need to keep progressing for the advanced tenured athlete. The only difference between the EMOM and the

AMRAP will be a 20-minute cut-off to ensure that proper loading can be achieved through all the various movements if need be. Certain movements such as the slider leg curls will be replaced by sled work to ensure that such a stimulus is met.

Day 1: ISO PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (HYPERTROPHY/STRENGTH FOCUS)	Day 1: ISO PHASE PRIMARY BLOCK + EMOM	Day 1: ISO PHASE PRIMARY BLOCK + AMRAP
A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Seated Box Jump 3x5 A3. Weighted Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Seated Box Jump 3x5 A3. Weighted Plank Hold 3x30 sec	A1. Isometric Barbell Squat 4x4 (4-sec iso) 82-86% A2. Seated Box Jump 3x5 A3. Weighted Plank Hold 3x30 sec
B1. DB SL RDL 4x6-8 each B2. DB Incline Bench Press 4x8	EMOM 25 B1. DB Incline Bench x8-10 B2. DB RDL x6-8 B3. Farmer Carry x Down/Back B4. Assault Bike x12 Cal B5. Chin Ups or Lat Pulldowns x8	RFT (5 rounds) B1. DB Incline Press x 6-8 B2. Sled Push Down & Explosive Row Back x Down/Back B3. Farmer Carry x Down/Back B4. Ropes x15 reps each B5. Assault Bike x12 Cal
C1. WTD Barbell Glute Bridges 3x8 C2. Weighted Chin Ups 3xMAX		
D1. Sled Push 20 sec on/10 sec off x 8 rounds		

Understanding the difference:

Traditional Rep Effort –This example, like the ones in the tenures above; is taken from a higher-intensity day (relatively speaking), therefor we prefer to pair a conditioning method that allows for higher output from the CNS. We have dropped the total volume to reflect the changes in intensity due to the athlete's higher training tenure and need for heavier loading. Note: Core Stability has been added to assist the isometric component of this phase Lower body warm-ups & spinal decompression should be considered heavily for the advanced tenured athletes as well. Anaerobic conditioning methods & a moderate amount of unilateral accessory movements are still in place similar to previous tenures within the traditional rep effort style.

EMOM & RFT – Same as Advanced Tenured Eccentric Examples

Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/POWER)	Day 1: CON PHASE PRIMARY BLOCK + EMOM	Day 1: CON PHASE PRIMARY BLOCK + AMRAP
A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 4x3 A3. Band-Assisted Jumps 4x3	A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 4x3 A3. Band-Assisted Jumps 4x3	A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 4x3 A3. Band-Assisted Jumps 4x3
B1. Bent Over DB Rows 4x5-8 B2. Lateral Step Ups 4x6-8 each	EMOM 15 B1. Sled Backwards Drag x Down/ Back B2. DB Bench Press x5 B3. TB Carry xDown/Back B4. Plank with shoulder taps x 5 each B5. Chest Supported DB Rows x12	Rounds For Time x 5 rounds B1. Sled Backwards Drag x Down and Back B2. Plank + Pull Through x 5 each B3. DB Thrusters x 8 B4. Side Planks x20 sec each B5. KB Swings x8
C1. DB Bench Press 4x6 C2. DB RDL 4x5	C1. KB Swings EMOM 10 sec on/50 sec off x 6 rounds	C1. Rower EMOM 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds
D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds		

Understanding the difference:

Traditional Rep Effort –This example, like the ones in the tenures above; is taken from a higher-intensity day (relatively speaking), therefor we prefer to pair a conditioning method that allows for higher output from the CNS. We have dropped the total volume to reflect the changes in intensity due to the athlete's higher training tenure and need for heavier loading. This is combined with an added plyometric within the "A" Block. The "Band-Assisted Jumps" provide the use for overspeed eccentrics to take place. This stimulus combined with the Squats & Box Jumps allows the body to produce & absorb more force as testing nears. Note: Power/Phospogen conditioning methods & a moderate amount of bilateral accessory movements are still in place as similar to previous tenures within the traditional rep effort style.

EMOM & RFT – Same as traditional rep effort phase's isometric section for the advanced individual with adjustments in switching the conditioning emphasis from anaerobic to power/ phosphagen.

Undulation Periodization for The Tactical Athlete:

Undulating periodization involves frequent variations in training variables within a shorter time frame, typically on a weekly or session-to-session basis. The goal of this style of periodization is outstanding for the tactical athlete because it waves the stimuli used to create adaptations. It also allows the coach to program around external stressors to peak the performance of the tactical athlete by waving load and volume to reduce fatigue accumulated. Below are the two examples of week-to-week and day-to-day methods of applying this type of periodization:

Note: both of these models will use the concentric phase examples from the advanced athlete model as an example:

Weekly Undulating Periodization Example:

Week 1	Week 2	Week 3
Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/ POWER)	**Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/ POWER)**	**Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/ POWER)**
A1. Barbell Back Squat 4x3 85-88% A2. Box Jumps 4x3 A3. Band-Assisted Jumps 4x3	A1. Barbell Back Squat 5x3 85-88% A2. Box Jumps 5x3 A3. Band-Assisted Jumps 5x3	A1. Barbell Back Squat 6x2 88-92% A2. Box Jumps 3x3 A3. Band-Assisted Jumps 3x3
B1. Bent Over DB Rows 4x5-8 B2. Lateral Step Ups 4x6-8 each	B1. Bent Over DB Rows 4x8-10 B2. Lateral Step Ups 4x8-10 each	B1. Bent Over DB Rows 4x4-6 B2. Lateral Step Ups 4x4-6 each
C1. DB Bench Press 4x6 C2. DB RDL 4x5	C1. DB Bench Press 4x8 C2. DB RDL 4x6	C1. DB Bench Press 4x4-6 C2. DB RDL 4x4
D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds	D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 9 rounds	D1. Assault Bike 10 sec on/50 sec off RECORD MAX WATTS x 5 rounds
Base Week	**Volume Overload Week**	**Performance Week**

Base Week – The base week begins the mesocycle and acts as an introduction to the stimulus. All weeks are built off this week and progressed accordingly.

Volume Overload Week – this week builds off the base week and is characterized by an increase in overall volume from the previous week.

Performance Week- this week shows a reduction in volume and an increase in overall intensity. This week is normally the hardest on the body in the mesocycle. However, it is traditionally followed by a de-load week or a repeat of the base week depending on the coach's intent, goals, etc.

Daily Undulated Periodization Example:

Monday	Wednesday	Friday
Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT	**Day 2: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT**	**Day 1: CON PHASE PRIMARY BLOCK + TRADITIONAL REP EFFORT (STRENGTH/POWER)**
A1. Barbell Back Squat 4x3 85-88% A2. Box Jumps 4x3	A1. Decline Bench Press 4x5 70-75% A2. Band Pull Apart 3x12	A1. Trap Bar Deadlift EMOM 12 60% x 3 reps foo 12 rounds
B1. Bent Over DB Rows 4x5 B2. Lateral Step Ups 4x5 each	B1. Lat Pulldown 3x8-10 B2. DB Lunge 3x6-8 each	B1. Single Arm Cable Row 4x10 each B2. DB Lateral Lunge 4x8 each
C1. DB Bench Press 4x5 C2. DB RDL 4x4	C1. 1 Arm Overhead Press 3x8 each C2. SL Leg Curl Machine 3x8 each	C1. DB Bench Press 4x4-6 C2. DB Reverse Fly 3x20 C3. Band Single Arm Pulldown 3x10 each
D1. Assault Bike 7 sec on/53 sec off RECORD MAX WATTS x 6 rounds	D1. Rower 20 sec on/10 sec off x 6 rounds RECORD MAX DISTANCE	D1. Sled Backwards pull/push 10 min, max distance - Push down - Pull back
High-Intensity Day	**Moderate-Intensity Day**	**Low-Intensity Day**

Note: This weekly example demonstrates how the coach can program varying intensity and volume throughout the week on a 3-day model.

Monday represents the high-intensity/low-volume day

Wednesday represents the Moderate intensity/Moderate volume day

Monday represents the Low intensity/high-volume day

Conclusion

There are many ways to “skin the same cat” however which one best suits what your athletes want? These can all be mixed, matched & progressed appropriately. However, make sure that it makes sense while progressing and is balanced in nature to meet the demands of the line of duty the tactical athlete will endure. The best program is the one that the tactical athlete stays with. Over the years of being on this side of the field, it is better to establish trust first with these individuals and then progress, guide, and coach once enrollment is established due to most programs’ voluntary nature.

Please note that I have used all of these methods and models with great success, however, none of these models are set in stone. As the tactical strength and conditioning realm expands, we as strength and conditioning professionals must be adaptable to the ever-stressful life of a tactical athlete. Please feel free to steal any ideas & modify them as needed for your tactical athletes. Our nation’s heroes deserve the best care possible so please steal and utilize these applications as needed. Feel free to connect with my Instagram @Coach_Telegadas and reach out to my coaching email CoachKostaTelegadas@GMail.com to talk shop about programming & life as a TSAC.

About The Author

Kosta Telegadas currently serves as the strength and conditioning coach for tactical athletes all over the world. Before working in the tactical setting. Coach Telegadas obtained his Bachelor of Science in Kinesiology & Exercise Science from Longwood University in 2016 & his Master of Science in Education in Exercise Physiology with a concentration in Strength & Conditioning in 2018.

Telegadas has an extensive & diverse background in strength and conditioning. Over the years, he has worked with the general population, middle school, high school, collegiate & professional athletes before coming to work in the tactical setting. Coach Teleagdas has a deep love for competing in Brazilian Jiu-Jitsu tournaments, writing articles for the next generation of S&C coaches, & presenting on topics in the tactical setting. To contact Kosta, please email him directly at CoachKostaTelegadas@Gmail.com or DM him on Instagram @Coach_Telegadas

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