

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

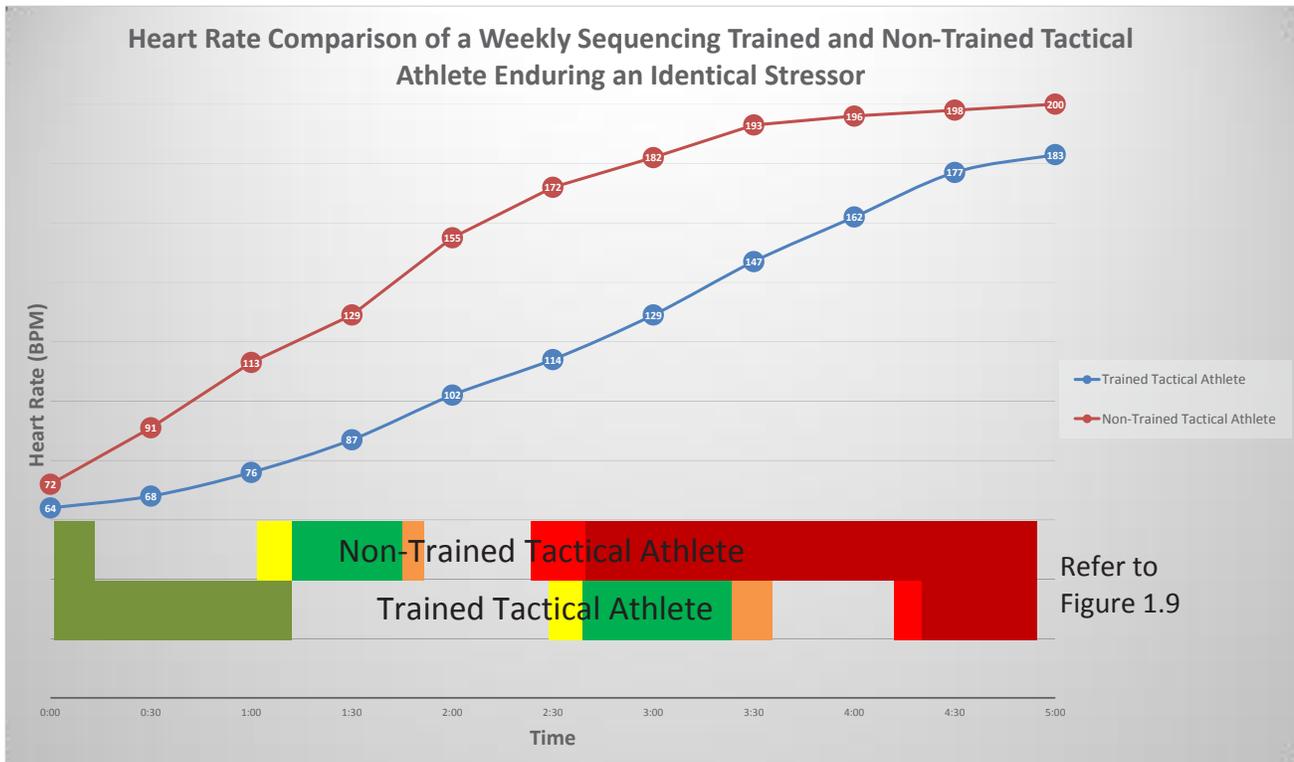
Each one of the above listed performance qualities plays a specific role in proper body functioning, especially in the demanding situation described at the beginning of the chapter. Although there are other aspects required for a tactical athlete’s success, including specific skill improvement such as 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

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

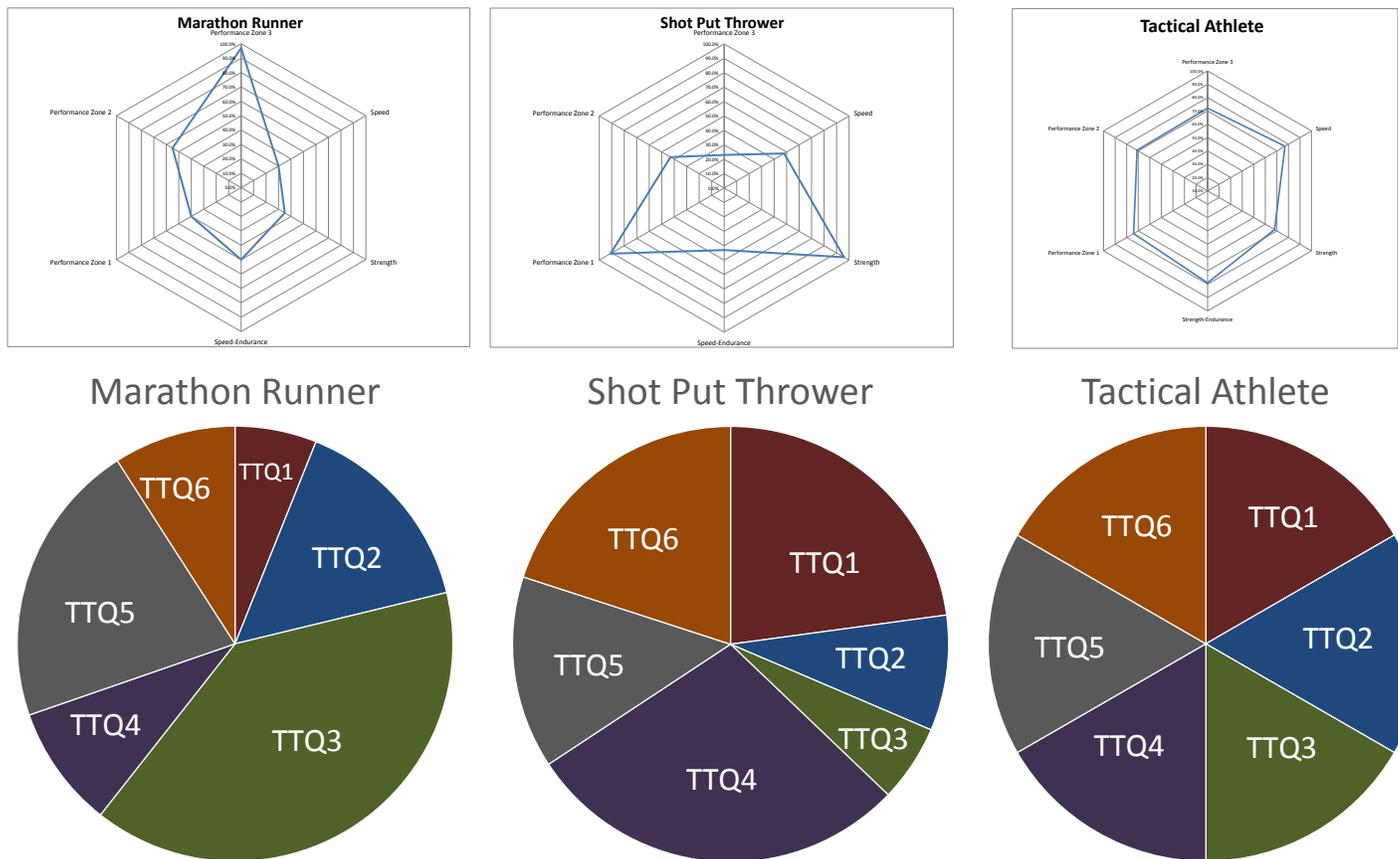


The optimal performance zone (represented by the bright green color in Figures 1.9 and 1.10), in regards to heart rate response to stress, was extensively considered when designing The Weekly Sequencing Model as it is imperative to remain within this specific heart rate zone in combat situations. Through 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



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.

Figure 2.4 - The Six Physical Qualities of Tactical Performance

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Triphasic Tactical Quality	Physical Quality	Functions During Performance
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		Sprinting from one position to another

Weekly Training Set-Up Overview

- Training in the Weekly Sequencing Model is broken up on a weekly and daily basis
- Days are separated based on two variables, intensity and volume, these two variables determine which physical quality is being trained, which allows specific training to be completed each day
- Intensity and volume are considered high, moderate, or low, based on the day
- Day 1: High intensity, low volume
- Day 2: Moderate intensity, moderate volume
- Day 3: Low intensity, high volume
- This Weekly Sequencing Model allows all qualities to be trained and maximized specifically to the tactical athlete’s needs

As mentioned earlier, the Weekly Sequencing Model is broken down to ensure all physical performance qualities are trained according to the specific needs of the tactical athlete. The typical training week in this system is based on a weekly training system. This weekly training varies the qualities being trained day by day throughout the week based on intensity and volume of the training completed. In The Weekly Sequencing Model, both intensity and volume are broken into high, moderate, or low components, depending on the training day. This day-specific training used in weekly training continues to follow the guidelines of The Specific Stress Model as the two variables, intensity and volume, remain constant for the entire training session. By keeping the intensity and volume consistent throughout the training session, specific qualities are trained, and then maximized, on specific days. Intensity is measured typically with heart rate and load, while volume is commonly measured using total distance or repetitions completed.

These two variables, intensity and volume, are taken into account to determine the physical quality trained in the weekly system. By considering these two variables, each of the six performance qualities are able to be trained individually depending on the requirements of each training day. One example of this would be the use of the same percentage of an exercise’s one rep max and repetitions per set throughout an entire workout. If strength is being trained then all exercises on that day are completed using 85% of an athlete’s one rep max. This ensures only strength is the goal quality of training. This is just one example that can be used in a weight room training session, but it considers both intensity and volume throughout the entire day.

Figure 3.1 - Comparing High-Quality versus Working Capacity Training

Comparing High-Quality and Work Capacity Performance Zone Training				
Performance Zone 1 (TTQ1)				
High-Quality Training			Work Capacity Training	
Work Duration	Rest Duration		Work Duration	Rest Duration
3-10 sec.	1:30-5:00 min.		3-10 sec.	30-45 sec.
Performance Zone 2 (TTQ2)				
High-Quality Training			Work Capacity Training	
Work Duration	Rest Duration		Work Duration	Rest Duration
20-30 sec.	2:30-8:00 min.		40 sec.-1:30 min.	2:00-6:00 min.
Performance Zone 3 (TTQ3)				
High-Quality Training			Work Capacity Training	
Work Duration	Rest Duration		Work Duration	Rest Duration
1:30-6:00 min.	1:00-3:00 min.		3:00-8:00 min. 20-120 min.	1:00 min. and below Continuous

A simple example of high-quality versus work capacity training is the difference between maximal speed and conditioning training. Maximal speed training requires increased recovery times as the athlete must truly run at maximal speeds in order to improve this physical performance quality. An athlete can only run at maximal speeds if they are fully recovered between sprints. If recovery time between repetitions is reduced, training shifts to a work capacity, rather than a high-quality training method, just like in the skating example above. This comes back to the simple idea that improvements in performance quality are the goal, one must specifically stress or train it. This training of high-quality versus capacity training applies to all methods of training, lifting, running, biking, or jumping can all be trained to improve each of the three performance zones when programmed according to these guidelines.

Figure 3.2 - Advanced Performance Zone and High-Quality versus Work Capacity Training

Advanced High-Quality and Work Capacity Performance Zone Training Comparison								
Performance Zone 1 (TTQ1)								
High-Quality Training					Work Capacity Training			
Work Duration	Rest Duration	Total Volume	HR Range		Work Duration	Rest Duration	Total Volume	HR Range
3-10 sec.	1:30-5:00 min.	4 to 8 repetitions	N/A		3-10 sec.	30-45 sec.	8 to 16 repetitions	N/A
Performance Zone 2 (TTQ2)								
High-Quality Training					Work Capacity Training			
Work Duration	Rest Duration	Total Volume	HR Range		Work Duration	Rest Duration	Total Volume	HR Range
20-30 sec.	2:30-8:00 min.	3 to 4 repetitions	170+ bpm		40 sec.-1:30 min.	2:00-6:00 min.	4 to 12 repetitions	170+ bpm
Performance Zone 3 (TTQ3)								
High-Quality Training					Work Capacity Training			
Work Duration	Rest Duration	Total Volume	HR Range		Work Duration	Rest Duration	Total Volume	HR Range
1:30-6:00 min.	1:00-3:00 min.	6 to 12 repetitions	155-170 bpm		3:00-8:00 min. 20-120 min.	1:00 min. and below Continuous	10 to 24 repetitions 1 repetition	140-155 bpm 140-170 bpm

Performance Zone 1 (TTQ1)

Performance zone 1 (alactic energy system) allows the highest intensities to be reached for short bursts of less than ten seconds. In order to train performance zone 1, training at maximal intensities for short duration must be executed. This idea returns to the high-quality training mentality that maximal intensities must be reached every repetition in order for improvements to be seen. Maximal intensities are only able to be reached so often in training, it is for this reason complete recovery time during training must be given. Without this appropriate recovery, maximal adaptations of performance zone 1 will not be seen, which could mean the difference between life and death for the tactical athlete. In order to ensure performance zone 1 is being trained in the appropriate manner, follow the guidelines listed below in Figure 3.3.

Triphasic Muscle Action Training Overview

- Every movement consists of three phases: eccentric, isometric, and concentric phases
- The muscle is lengthening during the Eccentric phase
- There is no change in muscle length during the isometric phase
- The concentric phase occurs with muscle shortening
- Movement efficiency is improved with the training of each phase individually

The Weekly Sequencing Model is ultimately built from the ideas and concepts originally found in The Triphasic Training Model. Triphasic Training has been implemented and assisted in the process of producing outstanding results countless times in elite athletes, including multiple gold medals and national championships. Many of the ideas that form the core of these training programs were covered in chapter 2 as they are directly tied in with the stress response and corresponding adaptation such as the Specific Stress Model and the weekly training set-up approach.

To briefly review what has been covered so far, The Specific Stress and Compatible Qualities Models are used in this training system improve each of the six performance qualities on an individual basis, leading to the potential for maximal results in the least amount of time and energy spent training.

The final principle used in The Weekly Sequencing Model is the training of the three phases found in every dynamic movement, or the triphasic muscle action. These muscle actions include the eccentric, isometric, and concentric phases. Each of these three phases, which will be explained more thoroughly in the upcoming sections, are used to some extent in every movement executed. The majority of training programs popular to date include only concentric muscle action training, while the eccentric and isometric muscle actions are trained minimally. By only training one of the three muscle actions used in every motion, the other two phases will not function to their highest capacity resulting in inefficient bodily movements.

Figure 4.1 - Triphasic Muscle Action Training

Triphasic Muscle Action Phase Training			
Exercise	Concentric Method	Eccentric Means	Isometric Means
Back Squat	Normal full range squat repetition	Lowering from the top position to the bottom position	Holding at the bottom position
Bench Press	Normal full range bench press repetition	Lowering the bar from the lock-out position to the chest	Holding the bar just above the chest

Figure 4.1 above demonstrates each of the phases found in the triphasic muscle action. Once each of the three muscle action phases are understood, they are simple to apply within a training program. Only when each of these phases are trained individually can movement efficiency be enhanced to the greatest extent for every tactical athlete.

In order to fully understand the effects of this training ideology, it is important that the roles of each muscle action are understood and appreciated through a practical example. The foot striking the ground during running is one simple concept to apply these three muscle action phases so the importance can be observed in a real-life, common scenario for a tactical athlete.

The eccentric (lengthening) muscle action phase, is responsible for the deceleration of the body. In running, this phase occurs just as the foot strikes the ground—absorbing energy within the tendons and muscle structure. Think of the tendons and muscles of the body as a rubber band. The foot striking the ground causes the muscles to lengthen, which results in tendon stretching (i.e., the stretching of the rubber band). This stretching will play an important role in the next two phases of dynamic muscle contraction.

The isometric muscle action phase occurs when no change of muscle length is seen while force is being applied (i.e., the point at which the rubber band remains/is stretched). This phase must occur in order for the muscle to stop lengthening in the eccentric muscle action phase and begin to apply force in the concentric manner. Although the isometric phase is only realized briefly in a movement such as running, it plays a major role in the transfer of energy absorbed in the muscles and tendons during the eccentric movement phase.

Finally, the concentric (shortening) muscle action phase, is the acceleration of the body in the forward direction while running (i.e., the release of the stretched rubber band). If the previous two muscle action phases have been trained appropriately, the amount of

energy transferred through the contraction will be transferred through the entire dynamic muscle contraction.

The training of these three muscle actions continues to follow The Specific Stress Model as each phase is improved individually, as stated above. The first two weeks are spent training lifts in the eccentric methods, weeks three and four follow isometric guidelines, and finally all phases are trained together in the final two weeks of training (weeks five and six). An example and the implementation of this programming can be seen below in Figures 4.2 and 4.3.

Figure 4.2 - Triphasic Muscle Action Phase Training Program

Triphasic Muscle Action Phase Training Program					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Eccentric Training Methods		Isometric Training Methods		Concentric Training Methods	

Figure 4.3 - Triphasic Muscle Action Phase Training Program

Triphasic Muscle Action Phase Training Program		
Weeks 1-2 - Eccentric Training Methods	Day 1 - Strength	Day 2 - Strength-Endurance
Back Squat	4 sets of 2 reps with 5 sec. Ecc. each rep	3 sets of 3 reps with 8 sec. Ecc. each rep
Bench Press	4 sets of 2 reps with 5 sec. Ecc. each rep	3 sets of 3 reps with 8 sec. Ecc. each rep
Weeks 3-4 - Isometric Training Methods	Day 1 - Strength	Day 2 - Strength-Endurance
Back Squat	4 sets of 2 reps with 5 sec. Iso. each rep	3 sets of 3 reps with 8 sec. Iso. each rep
Bench Press	4 sets of 2 reps with 5 sec. Iso. each rep	3 sets of 3 reps with 8 sec. Iso. each rep
Weeks 5-6 - Concentric Training Methods	Day 1 - Strength	Day 2 - Strength-Endurance
Back Squat	4 sets of 5 reps	3 sets of 8 reps
Bench Press	4 sets of 5 reps	3 sets of 8 reps

Movement Efficiency

- Movement efficiency is crucial for tactical athletes carrying heavy gear while covering long distances
- The three muscle action phases can be trained to improve efficiency
- Efficient movement allows the tactical athlete to continue to execute activities at a high success rate as less energy is used

Referring to the rubber band example above, the eccentric phase causes stretching and storage of energy, the brief isometric phase keeps the band in a high state of energy and finally the concentric phase allows that stored energy to be used. This stored energy is actually free energy within the body and does not require the body to produce energy when it is trained appropriately. The more improved each phase becomes through specific training, the more energy is transferred throughout the movement, ultimately leading to movement with minimal energy expenditure.

With the understanding of the three muscle phases that occur in every dynamic movement, the specific training of each muscle action phase, eccentric, isometric and concentric, can be applied to any exercise. Efficient movement is vital in a tactical athlete's world, where heavy gear and extreme conditions are commonly experienced. Figure 4.4 below demonstrates the potential benefits of training for movement efficiency. In Figure 4.4, athlete one, who completed muscle specific training moves at a much higher efficiency than athlete two, who only complete concentric, or typical strength training. This can also be seen in the fact that athlete one produces much greater power in less time than athlete two. If less energy is required for every step taken, the results of this type of training have the potential to improve the length of time a tactical athlete can execute an activity. Less energy spent, improved results.

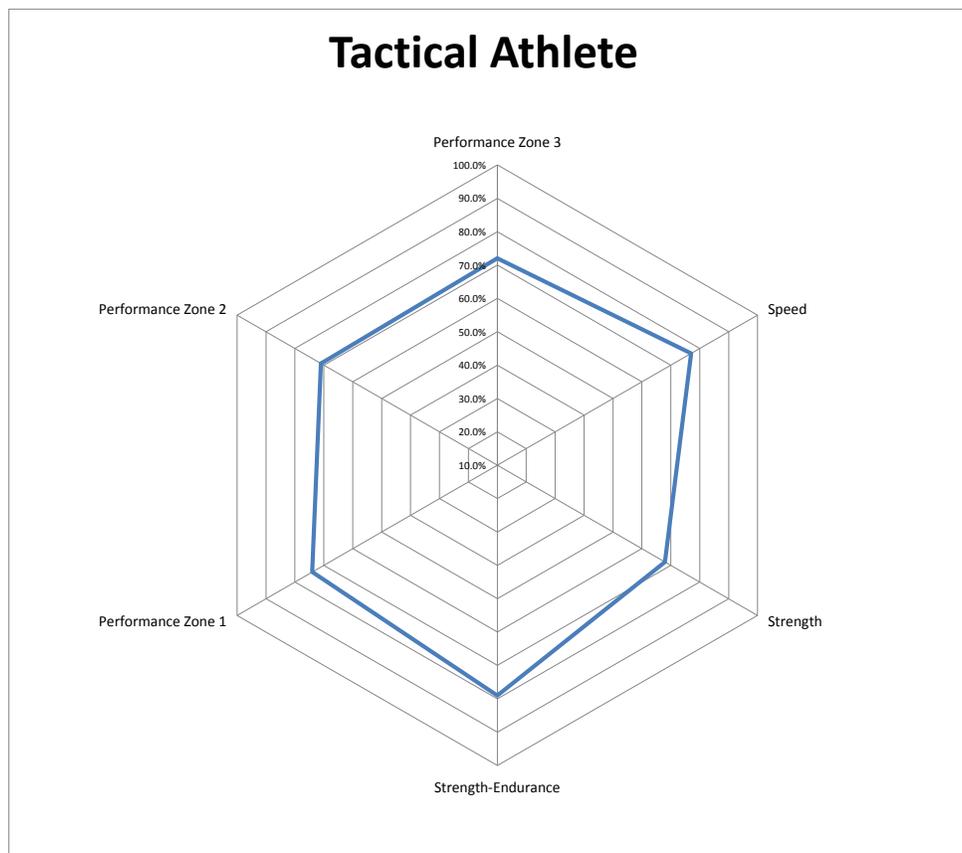
Reasons to Modify Weekly Training

- Tactical athletes will need to occasionally adjust training
- If an athlete is deficient in one particular physical performance quality, training can be modified to fit their needs
- Excessive fatigue will lead to decreases in training quality, for this reason training should be modified to maximize potential results

In the world of tactical athletes, it is well known that a high-degree of readiness must always be maintained. The maintenance of all six physical performance qualities is the core principle surrounding the creation of The Weekly Sequencing Model for the tactical athlete as shown again in Figure 5.1 below. These qualities are the key to optimal performance. Keeping these ideas in mind, one must also remember the training considerations discussed in chapter 1 involving/concerning genetics and previous training experience.

These two training components commonly lead to one, or even multiple, physical performance qualities being insufficiently trained. No athlete has the ability to significantly alter or change their genetics, however, training can be adjusted to fit each athlete's predisposed abilities. In either of these cases, training must be modified to ensure each quality is improved to its peak capability. A common example seen in the tactical athletic domain is performance zone 2 being continuously trained while performance zones 1 and 3 remain largely neglected. Remember back in chapter 2 and the example from the movie *Miracle* and how easy it is to enter this training mindset of only training performance zone 2. If an individual's history of training has solely focused on performance zone 2, then future programming should emphasize performance zones 1 or 3 in order to improve the likelihood of reaching optimal performance. As training qualities are individually developed, The Weekly Sequencing Model will evolve to account for the improvements necessary to keep the tactical athlete well balanced.

Figure 5.1 – Example Physical Quality Requirements of an elite tactical athlete



An additional reason weekly training modifications may be necessary is due to excessive fatigue, or under-recovery from training. If an athlete has a tiring weekend and does not feel “fresh” or prepared to complete the Day 1 “high-intensity, low volume” training day, adjustments must be made. By modifying training at these times, the body is allowed to prepare for the high-quality days resulting in more efficient training. As training continues to improve in productivity, the likelihood of seeing maximal results increases. Examples of how to modify training will be covered in the upcoming section of this chapter.

For these reasons (e.g., being deficient in one or more qualities or excessive fatigue), tactical athletes have the ability to adapt and modify The Weekly Sequencing Model to fit as needed. Regardless of the program modifications made by each athlete, all six physical performance qualities are intended to be trained every week. However, the number of times each quality is trained will vary based on the goals of each individual tactical athlete. If one is deficient in performance zone 3, an endurance based Weekly Sequencing Model will be most appropriate. If an athlete is underdeveloped in performance zone 1, a Weekly Sequencing Model focusing on speed should be implemented. By applying the appropriate modifications to training, the likelihood of achieving optimal performance is maximized for every tactical athlete.

How to Modify Weekly Training

- There are multiple ways training can be modified
- Modifications will depend on each individual’s needs
- 3, 4, 5, and 6-day plans are available

Modifications in the weekly training program based on the formerly cited reasons are necessary to ensure every individual has the greatest potential to achieve optimal performance. This section will provide examples of how a tactical athlete can modify their training to meet their individual demands. Remember, all six physical performance qualities are implemented every week, but the qualities that require improvement will be trained a greater number of times.

3-Day Weekly Sequencing Model

- Intended for individuals who are well balanced and require equal work on all six physical performance qualities
- Training is completed three days per week
- Each of the six physical performance qualities are trained once

Figure 5.2 - The 3-Day Weekly Sequencing Model

The 3-Day Weekly Sequencing Model		
Training Day 1	Training Day 2	Training Day 3
Speed (TTQ6)	Strength-Endurance (TTQ5)	Non-Fatigued: 140-170 bpm
Strength (TTQ4)		Performance Zone 3 (TTQ3)
Performance Zone 1 (TTQ1)	Performance Zone 2 (TTQ2)	Fatigued: 120-140 bpm

This 3-Day training program represented above in Figure 5.2 is the program on which all other available weekly training set-up options are based. The rationale for the placement of each quality is dependent on The Specific Stress and Compatible Qualities Models, as discussed in chapter 2. Each of the variations formulated in this manual were generated from these training principles and this 3-Day training program. An example program using the 3-Day Weekly Sequencing Model can be seen below in Figure 5.3.

High-Intensity, Cross-Training Methods

- These methods have recently become popular in today's society
- Modifications to this style of training can be created to fit the Weekly Sequencing Model
- Training with this method can be completed for either high-quality or capacity depending on programming methods

High-intensity, cross-training has recently become a popular method due to the increased requirements and self-competitive atmosphere. The high work rates completed in this style of training can be modified slightly in order to enhance the body's response to this method. The Weekly Sequencing Model philosophies can continue to be utilized appropriately when Figures 5.13-5.18 are followed appropriately within the 3-Day training model. These examples of the popular high-intensity, cross-training method can be completed with either high-quality or capacity training goals just as any other day within this weekly training model. It should be noted these training days lead to high levels of stress being placed upon the body. Therefore, recovery days, as described in Figure 5.4, should be considered and utilized when necessary.

Figure 5.13 - High-Intensity, Cross-Training Day 1 Example (High-Quality)

High-Intensity, Cross-Training 3 Day Weekly Day 1 Example						
High-Quality Training						
BLOCK 1 <i>Dynamic Warm Up</i>						
TTQ6	BLOCK 2 <i>TTQ6/TTQ4 Training</i>					
	Order	Exercise	Sets	Reps / Duration	Load	Notes:
	A	Agility Drill of Choice	2-3	X 10 SEC	BWGT	Max Speed
	B	Rest 2:00 MIN				
TTQ4	C	Front Squat to Press	2-3	X 6-8	60-70%	
	D	Rest 2:00 MIN				
	E	Bottom Half Pull-Up	2-3	X 10 SEC	BWGT	AS MANY AS POSSIBLE
	F	Rest 2:00 MIN				
	G	BWGT Squat Jump	2-3	X 15	BWGT	AS FAST AS POSSIBLE
	H	Rest 2:00 MIN				
<i>Complete exercises A-H for two-three sets.</i>						
TTQ6	BLOCK 3 <i>TTQ6/TTQ4 Training</i>					
	Order	Exercise	Sets	Reps / Duration	Load	Notes:
	A	Sled Push	5-7	X 10 SEC	Light	Max Speed
	B	Rest 50 SEC				
TTQ4	C	Front Squat to Press	5-7	X 6-8	60-70%	
	D	Rest 50 SEC				
	E	Med-Ball Wall Balls	5-7	X 10 SEC	10-20 LBS	AS MANY AS POSSIBLE
	F	Rest 50 SEC				
	G	KB Swings	5-7	X 15	Heavy	
	H	Rest 50 SEC				
<i>Complete exercises A-H for the maximal number of sets possible (Up to seven).</i>						
BLOCK 4 <i>Post Workout Recovery</i>						