

## Nick Clark - Tactical Athlete Training

Tactical athletes- require speed, strength, agility & fitness

Duration of performance is unknown, unpredictable terrain, load carrying, unpredictable demands & rules

Review of traditional physical training

Injury epidemiology - training induced injuries represented the highest incidence of morbidity in the armed forces. Especially lower quadrant, overuse injuries.

Sell et al 2010 journal or special ops

Running mileage correlated to injury incidence

New truths in the military -humans more important than the hardware

More scientifically driven production of combat soldiers

Performance related fitness - leads to developing athleticism

Operational related fitness - ability to physically accomplish all aspects of the mission whilst remaining healthy & uninjured - agility, balance, coordination

Health related fitness - foundation strength & cardiovascular health

Occupational functional fitness - unloading vehicles, lifting heavy loads

Progress training with a foundation of health related fitness to occupational functional fitness, up to performance & operational related fitness

Integrated scientific approach for injury prevention & performance - collect data in the field on physiological & kinesiological criteria

Design & validation of the intervention - does the program make the soldiers better able to cope with the demands of the job



Eagle athlete training programme compared soldiers to elite triathletes, university athletes & rugby union players - aerobic fitness, body composition, knee extensor strength, muscle power (jump performance), agility (pro-agility test).

8 week intervention program with a 5 day a week intervention, whilst control group had a traditional combat training program.

Improvements across the board on the ETAP programme.

Summary - soldiers are elite combat athletes & should be trained as such.

