

## Military Special Operations Physical Preparation Concepts

- The Bronco Project
- What you do and who you are
- Structure of Results
- Apex
- Infrastructure
- Foundation
- GPP
- SPP
- Architectural Similarities
- GPP and SPP Considerations
- Training and Operations
- Biodynamics
- Dynamic Correspondence
- Bioenergetics
- Bioenergetic Training Parameters
- Biodynamic/Bioenergetic Considerations of the Training/Operational Structure
- Time: Motion Analysis
- HAHO
- HALO
- Static Line
- VBSS
- Helicopter Insertion
- Transit on Foot/Ruck Humps
- IADs
- OTB
- CQB
- Environmental Considerations
- Training Guidelines
- Programming and Organization
- Injury Prevention/Durability
- Scheduling
- Injury Prevention Sequence
- Impact Durability Examples
- Medicine ball Throws
  - o Reactive/Elastic
  - o Explosive
- Push ups
  - o Extensive
  - o Intensive
  - o Explosive
- Med Ball Push ups
  - o Extensive
  - o Intensive
  - o Explosive
- Box Push ups
  - o Extensive
  - o Intensive
  - o Explosive
- Pull ups
  - o Extensive
  - o Intensive
  - o Explosive

- Drop/Hang Pull ups
  - o Intensive 1
  - o Intensive 2
  - o Explosive
- Stair and Up Hill Bounds
- Hops/Bounds on the Flats
  - o Extensive
  - o Intensive
  - o Ridiculous
- Hurdle Hops
- Box Jumps
  - o Up
  - o Down
  - o Depth
- Reactive/Elastic Box Jumps
- Tactical SPP
  - o Under Canopy
  - o Urban Obstacle
  - o Urban Obstacle
- Workload Compatibility
- Workload Non-Compatibility
- High/Low
- 6 Week GPP Outline
- 4 Week SPP Outline
- 3 Week Tactical Training Outline
- Stateside Training
- Stateside Block Sequence
- Deployed Training
- Training Concepts
- Actual Tier 1 Stateside Training Program Outline
- Stateside Training Overview
- Example Stateside Training Block Sequence
- Stateside Training Outline
- General Suggestions