



**2022 NSCA TACTICAL ANNUAL TRAINING** #NSCATactical22

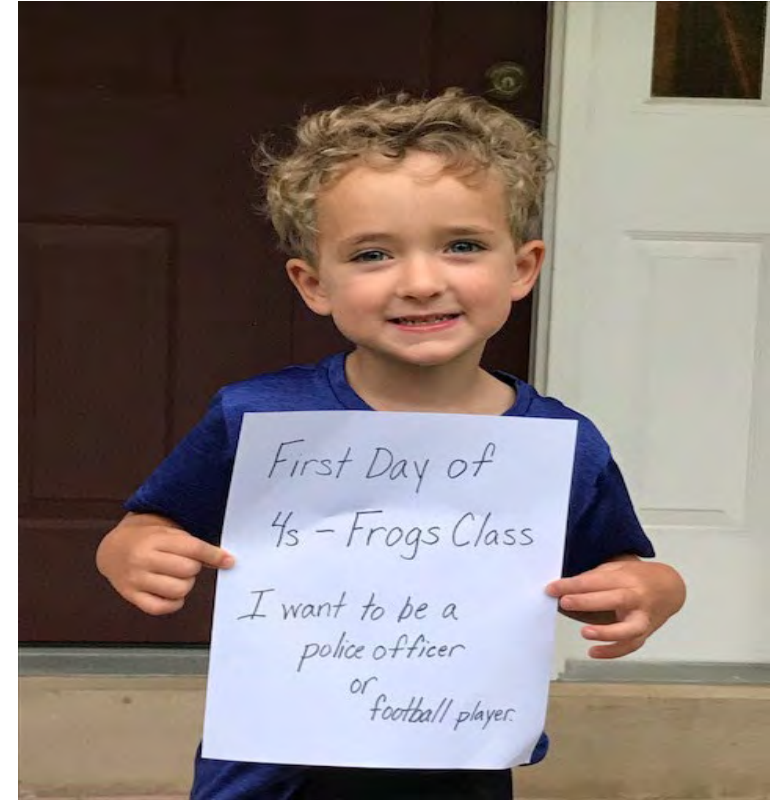
## *CONFLICT OF INTEREST STATEMENT*

I have no actual or potential conflict of interest in relation to this presentation.

# They took a chance on me

- NSCA
- Dr. Rose Ann Neff
- Darin Thomas/Jim Roney
- Keith Wilson
- Tim Kontos
- Ben Shear

# My Tier 1



Every time we don't give our best, the enemies of justice applaud



# My Passion





# We Educators first!

The Basics....

Sleep

Fuel

Mindfulness vs. Mindless



E.J. O'Malley MS, CSCS  
*The Physical Training Unit of the FBI Academy*

**2022 NSCA TACTICAL  
ANNUAL TRAINING**



# Our Principles of Construction

- #1 – Train movements, not muscles
- #2 – Build the quality, then the capacity
- #3 – Be adaptable, rather than adapted
- #4 – Gravity is undefeated
- #5 – All functional training must support trunk integrity
- #6 – Training is additive, and progression is key



# Physical Literacy

- Mobility/Stability
- Rotation
- Changing Levels
- Pull/Push



# Officially Supercharged! The Mile Run 2.0



- Section 1 – 7:51 (:47 drop)
  - Section 2 – 8:14 (:32)
  - Section 3 – 8:00 (:40)
  - Section 4 – 7:37 (:51)
  - Section 5 – 7:52 (:39)
- 
- Team Speed – 8:36 Week 1...7:51 Week 8

# We Value

Strength before strength endurance

Speed before speed endurance

Power before power endurance



Monday – Strength Only

Wednesday – Combat Conditioning → Hostage Rescue

Friday – Strength to Power Team

&/or

Upper Body Strength + Lower Body Power → New Agent

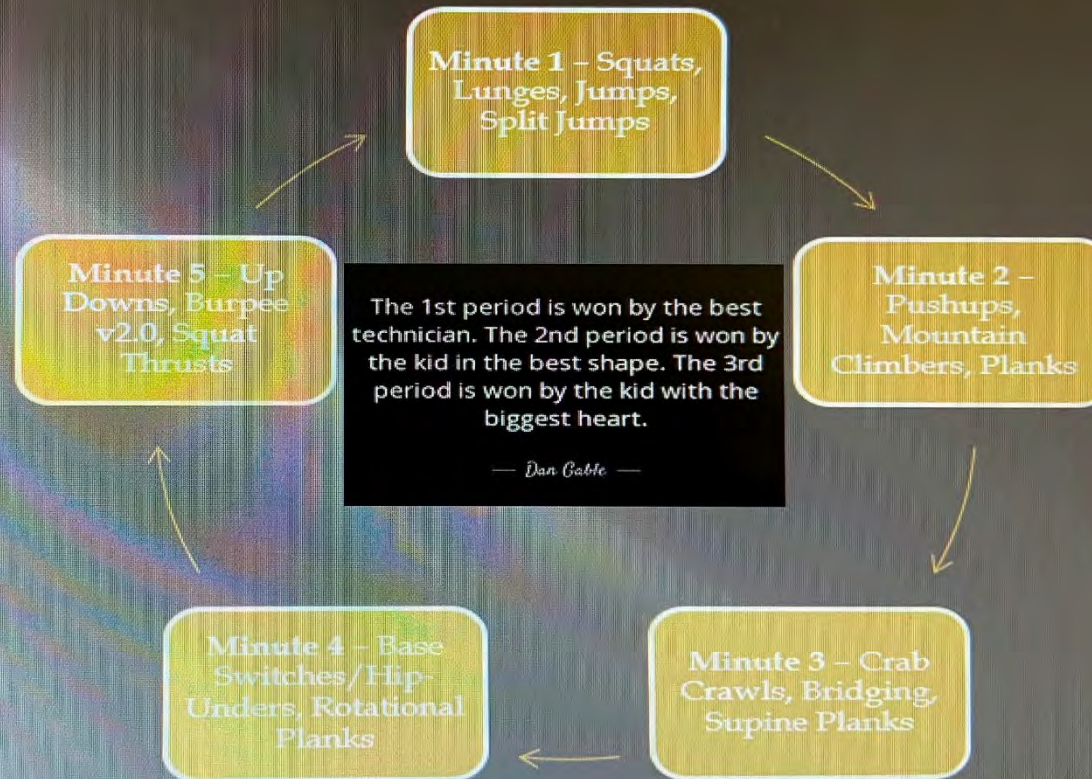
Lower Body Strength + Upper Body Power → Trainees

# We will never lose the ability to run slow!

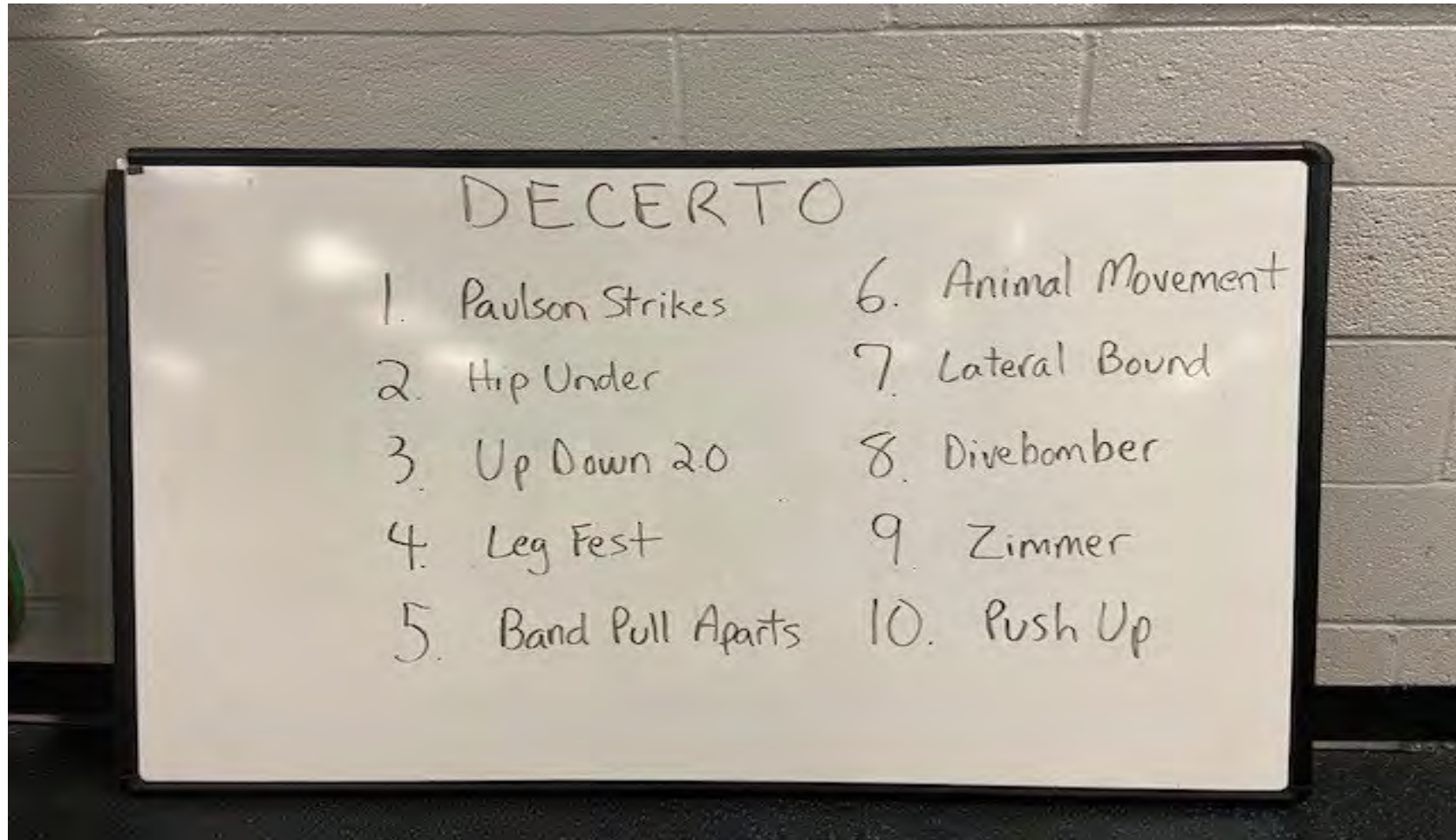
## Quantico Motor Speedway

- Starts
- Flying 20's
- Build ups
- 300 shuttles
- Small obstacle courses
- 100-meter strides
- 200 repeats (40/30)
- 400 partner 400's

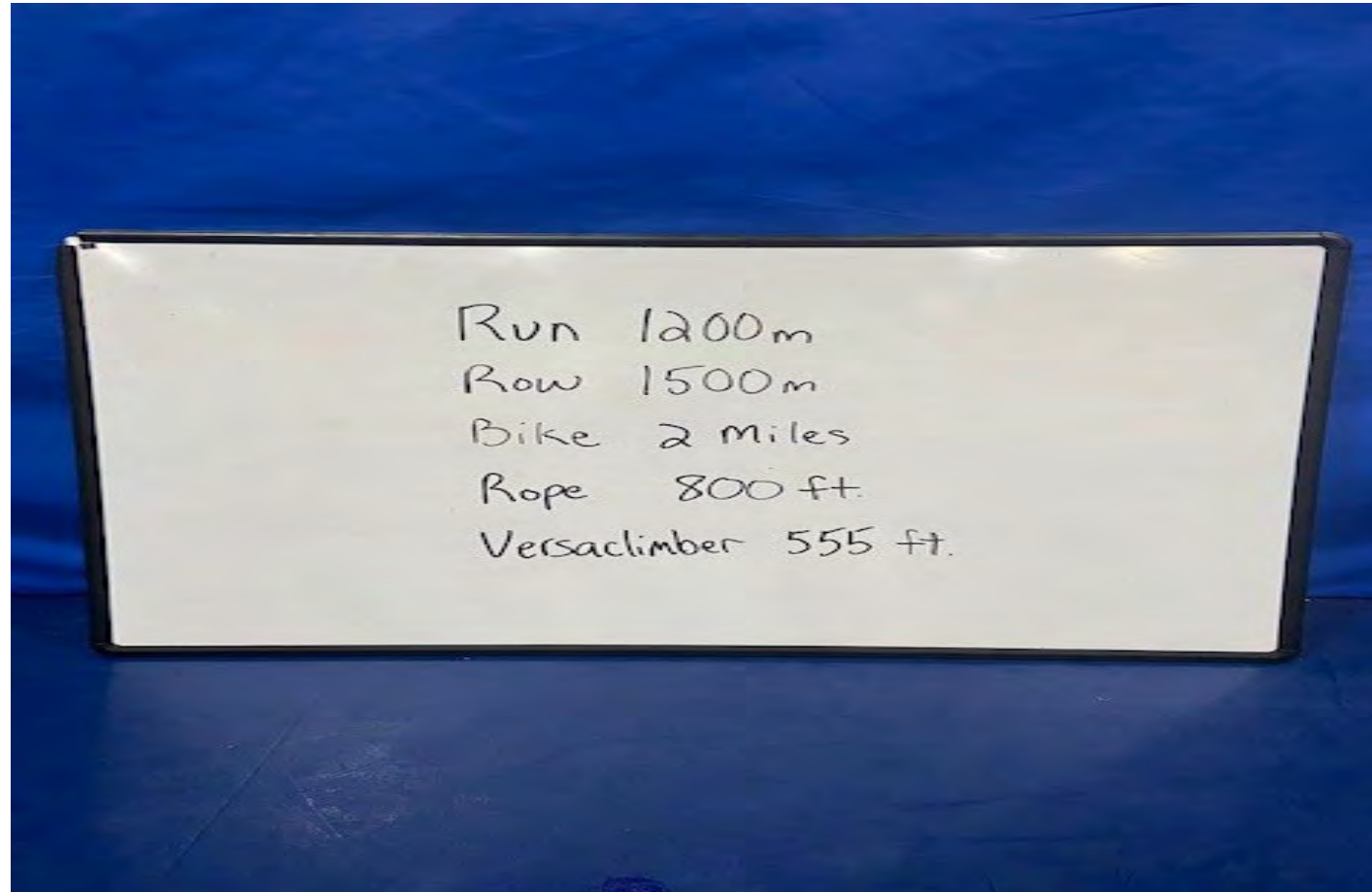
- Five minutes per round, or cycle
- One minute recovery between rounds
- Three rounds total
- Total Time – 17:00



# 10x10



# The FBI Lumberjack





# Remember this...

What we inherit loads the gun, what  
we choose pulls the trigger.

The checks vs. the size

Work as you would fight!

# Questions



Thank you for your service to our Superhero's.

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