



Semper Fit Combat Fitness Trainer Course (SFCFT) - Agenda

Day 1

0730-0800 Semper Fit Combat Fitness Trainer (SFCFT) Course Overview – divide into Groups 1 & 2

Group 1:

0800-0900 **Lecture 1:** Training for Performance

0900-0945 **Lecture 2:** Injury Prevention

0945-1200 **Practical Session 1:**

- Dynamic Warm-up
- Stability-Mobility/Core conditioning
- Speed Training
- Cone/Reaction Drills
- Tempo/Shuttle Runs

Group 2:

0800-0930 **TRX FORCE Suspension Training Overview:** Introduction, Set-Up & Anchoring

0930-1200 **TRX Practical Session 1:**

- Basic Use
- TRX Force Program – LOWER Body dominant
- Military X-Press Workout – LOWER Body dominant

1200-1300 Lunch (on own)

1300-1630 **Groups 1 & 2 swap**

Day 2

0730-0745 **Review of Day 1 – Q & A**

Group 1:

0745-1200 **Lecture 3:** Functional Fitness Modalities

Practical Session 2:

- Dynamic Warm-up
- Upper Body Plyometrics/Med Ball Drills
- Battling Ropes

Group 2:

0745-1200 **TRX Practical Session 2:**

- Basic Use - refresher
- TRX Force Program – UPPER Body dominant
- Military X-Press Workout – UPPER Body dominant

1200-1300 Lunch (on own)

1300-1630 **Groups 1 & 2 swap**

Day 3

Groups 1 & 2:

- 0730-0800 **Review of Days 1 & 2 – Q & A**
- 0800-0930 **Lecture 4:** Tactical Nutrition
- 0930-1230 **Practical Session 6:**
- Dynamic Warm-up (Attendees Teach Back)
 - Olympic Lifting Basics
 - Lower Body Plyometrics
- 1230-1330 Lunch (on own)
- 1330-1400 **Lecture 5:** Designing a Training Plan
- 1400-1430 **Practical Session 7:**
- Training Plan Workshop
 - Group Presentations
- 1430-1500 Course Review
- 1500-1545 Written Exam / Certificates