

### Navy Operational Fitness and Fueling Series

Putting it all together





# Navy Operational Fitness and Fueling Series Background

### Purpose



To provide the Navy with a "world class" and evidence-based performance training resource.

Focus of the product is:

- 1. Improving operational performance (not just the PRT)
- 2. Decreasing the incidence/severity of musculoskeletal injuries
- 3. Foundational nutrition

Goal is to provide a complete physical training program that will "eliminate the guesswork" for the

- 1. Individual Sailor that is participating in his/her personal exercise and nutrition program
- 2. Tool for the Navy health and fitness professional

## **Knowledge Pyramid**





# **Project Fitness & Nutrition Experts** (2) Athlete





# **API Partnership**



- Athletes Performance Institute (API)
  - Trained last 5 NFL #1 draft picks
  - Trains over 1,000 professional athletes
  - Working with the Navy over 7 years





# Overview of the NOFFS Training Components Understanding the emphasis of each component of the NOFFS



# **Pillar Preparation**

Your Pillar – which consists of your hips, torso, and shoulders – represent the foundation for all your movement. "Pillar Prep" primes these critical muscles to prepare your body for the work ahead – helping to protect you from injury and boost your performance.

# **Pillar Preparation**

# Athletes

# The importance of the Pillar

- At the center of ALL MOVEMENT!
- Transfers energy through it
- Generates energy from it
- If it lacks stability & mobility inefficient movement and energy leaks are the result!
- Critical to kinetic linking and all performance





# **Movement Preparation**

An efficient, systematic and purposeful approach used to prepare the individual for the specific demands of the days training sessions or competition

### **Movement Preparation**



### 2 Key Components

## 1) Glute Activation

- Essential part of your pillar's performance
- Effects both up & down your chain
- Often "shut off" from sitting all day, and poor posture
- Facilitates reciprocal torso activation

# 2) Dynamic Flexibility

- Move "actively" through movement patterns specific to the training demands of the day
  - Active <u>elongation</u> of muscles & active <u>mobility</u> of the joints
- Held for 1-2 seconds
- Reciprocal inhibition
- Rehearsal of fundamental movement patterns and sequencing (Unloaded)



### **Benefits**

- 1) Increase Core Temperature
- 2) Actively Elongate Muscles
- 3) Enhance Proprioception
- 4) Integrated Stability
- 5) Refine Movement Patterns



# Strength

# Designed to strengthen the movement patterns needed to perform on an operational platform.

## **Strength**



# Attention to Movement Quality

### 1) Performance Pyramid

# Functional Skill Functional Performance

**Functional Movement** 

Adapted from Gray Cook 2001

### 2) "Don't Place Fitness on Dysfunction"

### Fitness





Dysfunction

- Reinforces compensatory patterns
- Push compensations further
- Increase microtrauma
- Leads to more injuries!

# **Strength**



# Attention to Loading

### 1) Loading Emphasis

### 2) Loading Type

- Initially place the emphasis on movement execution and quality
- As quality improves shift focus to the appropriate intensity of the training session (resistance selection)





### **Elastic Resistance**

\_progressively increase volume \_increase in reps across stages

### **Mass Resistance**

\_progressively increase
 intensity
\_decrease in reps across
 stages



# **Cardiovascular Fitness**

Designed using an interval training approach focusing on improving heart rate recovery, endurance, leg strength, and cardio strength. Individualized for each Sailor through HR Zones or Rate of Perceived Exertion (RPE).

# **Cardiovascular Fitness**



### Benefits

- 1) Develops all energy systems
  - i) Aerobic
  - ii) Anaerobic
  - iii) Peak-PC
- 2) Overloads Cardiovascular system

\_the body must be presented with a workload that challenges its current fitness state.

3) Increased Motivation

Intervals are challenging, always changing, and engaging progressive plans for variety of levels to advance

- 4) Increased Metabolism
- 5) Increased total calories burned
- 6) Prevents Injuries

\_keeps movement quality high

\_long slow duration with no recovery can cause quality of movement to decrease over a session



# **Recovery (Flexibility)**

Helps to bring balance back to your body, relieving tension and the associated aches and pains. Active-Isolated Stretching will help lengthen short or stiff muscles by reprogramming them to contract and relax through new ranges of motion.









# The Components of the NOFFS

### What makes up the card series?

### **Information & Resources**



### **Quick Introduction**



- Light overview of the NOFFS project
- Athletes' Performance partnership
- Project development team
- Project review team

### Overview & Movement Library



- Detailed overview of the NOFFS project & purpose
- Methodology overview
- Movement library with detailed coaching keys

### **Card Series & Levels**



- Progressive levels of training (1- Blue, 2 Grey, 3 Gold)
- Programming specific to vessel constraints







### Large Decks

### Submarines

### Surface Ships

# **Vessel Specific Programming**



### \*Submarine Series

- Small space for all training
- Fit Kit equipment
- Minimal cardio equipment

### \*Large Deck Series

- Large space for all training
- Fit Kit & full equipment (DB/Bench)
- Cardio Equipment

### \*Surface Ship Series

- Moderate space for all training
- Fit Kit & full equipment (DB/Bench)
- Cardio equipment

### \*Group Series

- Progressions for each card (L.1/2/3)
- Fit Kit equipment
- Metabolic circuits

# **Group Training**



### **GROUP PHYSICAL TRAINING**



- Resource for group training
   instruction
- All levels in one card series
- Easy to progress/regress members of a group and keep the flow of the group consistent

### **Fueling Series**



### NAVY OPERATIONAL FUELING



- Fueling series
- Providing simple and effective fueling strategies for Sailors
- Easy to use resources to help Sailors plan their meals to match their needs

# Mindset





### **The Meal Builder**



### **EatCleanEatOftenHydrateRecoverMindset**

**BUILD YOUR MEALS** 

### Nutrition Blueprint And Builder Instructions

- 1. Find your weight and goal. This is your zone.
- 2. When you identify your zone, you will see your nutritional blueprint.
- 3. The six columns across the top represent meal times or "fueling times." Food groups are represented along the left hand side. The numbers located within the body of the blueprint are the recommended number of servings from each food group at each fueling time
- 4. Below is a list of foods from each of those groups. The number to the left of each food item equals one serving. For example: 1 slice of whole wheat bread = 1 grain serving. Each serving may be used interchangeably. Therefore, if you tire of whole wheat toast at breakfast, you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (2 slices of whole wheat toast) or mix and match (1 slice of whole
- 5. You are now prepared to build customized meals to help you meet your goals. This will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts.
- 6. The biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. Remember the 80/20 rule - choosing high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

### Don't simply "EAT," instead "FUEL" your body for performance. Are you READY?

CA INC	/STARCHES:		Medium ear of corn	10	Non-fat yogurt	Orango		100	Black olives
asta/F	/ SMAURES.	He .	Sweet Potato (content)	Bor	Calcium fort, light soy milk	He he	Carrols (molect)	H.	Canola ol
				Baz				21	
	Brown Rice, cooked	Ъc	Yarn (cooked)	1002	Reduced-fat soy milk	10	Carrots (rav)		Flat seeds
	Whole Wheat Cous Cous	He	Lentis (cooked)	-				Fit	Raiseed oil
	(cooked)	Hc.	Little Bearts (cooked/canned)	Eggs		Mixed (		1518	Green olives
50	Whole Wheat Pasta	Hc.	Mashed Potatoes	No	Egg Substitute	50	Pappers (moked)	H	Olive oil
	(cooked)			4	E89 Whites	10	Pappers (ner)	11	Peanut butter
	Risotto, Outnoa (cooked)	Canadar	/ Crackers / Cranela Bars	22	EBBS	Hc.	Stir by vegetables (cooked)	8	Pecan halves
	reported (coorde)	Constantly 1	Kashi Cranola Bar	5	Officera-3 Easts	10	Stir fry vedetables		
in a de l	Tertillas/Rolls	1			Consider of reach		(as front)	21	Pumpkin seeds
		2	Graham Grackets	Logum				21	Sesame seeds
	Bread (100% Whole Wheat)	5	Whole Wheat Crackers	P.C	Black bears (cooked/canned)	602	Vegetable juice	21	Sunfower seeds
5	Pita Bitad (6" diameter each)		(baked)	50		Ha	Zuöchini (cooked)	Fit	Com oil
	Whole Wheat Bagel	4	Whole Wheat Melbe Toest	100	Black eyed peas	10	Zupphini (new)	21	Margarine
	English Muffin	1 bar	Nature Valley Granola Bar		(cooked/canned)			31	Reduced fat maronnaise
<u>s</u>	Whole Wheat Hambursler/	8	Animal Crackers	802	Calcium-fortified light somrifik	FRUITS		3	
	Hot dog Bun			He.	Kidney beans	Red			Reduced-that salad diversing
	Sub Broad (17 each)	30	Light Popcorn (popped)		(cooked/canned)	150	Apple(s)	Ht	Safloverol
		No	Protoels	Бo	Lantis (cooked)	He	Apple52002 (unwedged)	15t	Say bean of
	Whole Wheat or Com Tortilla	2	Rice Cakes (4" diameter each)					15t	Sunfower of
	(C danda ach)	4	Reduced Fat Triscuits	50	Pinto beans (cooked/ canned)	12	Charries	7	Wainut halves
	Com Tortillas	- i	Whole Wheat Fig Newton	50	Soy milk	10	Raspberries	31	Cuacamole
	(4" dander exh)		and a second second	50	Sova beans (cooked)	1-90	Strawberries (whole)	-	
STL.	Whole Wheat Roll (Lor each)	PROTEIN	NS / DAIRY:					DATE OF	HOOSE LESS OFTEN):
all.	HINNE MIRON THE (SOL COOL)	Fish/Se		5c	Solit 9925 (cooked)	No	Watermelon (cabed)	21	Buttar (stick)
ald Co	male			11	Almond butter	5med.	Grapefult		
		302	Clams			TO THE L	tere per tere	11	Butter (whipped)
	All Bran Cereal	302	Cod		Peanut butter (natural)	Orango		102	Cheese
	Cheerlos Cereal	300	Crab	Hog	Raw nuts		and the second second	15800	Cheese slice
0	Chaerios MultiCrain Careal	300	Rounder			10	Cantaloupe (cubed)	14	Coconst oil
	Cracklin Oat Bran Careal	307	Haddook	VECES	BLES	1med.	Orange, nèctaithe oi peach	iŤ	Cream cheese
	Frested Mini Wheats Careal	302	Halbet	Croce		16.	Tangérine	<b>1</b>	Half & half
č.	Frustau Mill Wilkars Celler			10	Angela				Har & far
6	Grape Nuts Cereal	302	Lobstar	bo	Asparadus (cooked)	Yellow		21	Mayonnaisa
	Kashi Go Lean Cereal	307	Salmon			164	Banana(s)	2siloes	Reduced fat cheese
50	Kashi Go Lean Crunch Cereal	307	Scalloos	10	Asparagus (ner)	36	Prespoie chunics	ы	Reduced-fat buffer
50	Kashi Go Lean Honey	302	Shrimp	Бo	BrDCCDI (cooked)	20		31	Reduced-fat cream cheel
	Almond Flax	302	Text	10	Broccoll (rest)		(In own Julice)	21	Reduced fat sour cream
	Muesik Coreal	302		10	Brussel sprouts			51	
		302	Tuna	5c	Colory (cooked)	Eluc/P		31	Sour cream
50	Raisin Bran Cereal	302	TUTO (canned in water)	10		10	Blackberries or	2	Turkey bacon slices
	Smart Start Cereal				Colory (rev)		boysanberries	1	Turkey sausade link
	Special K Cereal	Positry		10	Collards (cooked)	No.	Reporters		
50	Whole Wheat Total Cereal	307	Chickan (unch most)	10	Cucumber (see)	34	Grapes		
		307	Chicken breast	50	Green beans (cooked)				
let Cor	nale	377	Ground tarkey (cooked)	10	Green beans (new)	2sm	Plums		
6	Cream of Wheat (cooked)			10	Green vestile salad	3	Prunes (dead planes)	_	
	Instant Crits	302	Talkay (lunch most)	10		21	Raisins		
		302	Turkey breast		Kalo (ner)	-		11	<ul> <li>1 Teaspoon</li> </ul>
	Packet Kashi Instant Datmeal		-	So	Lativos (w)	Croon			
5	Packet Qualer Instant Oatmaal	Boot/P	ork	10	Solitach (res)	10	Honeyday major (cubed)		
ia i	Size Cooked Optimeal	307	Beef (96% loan ground chuck)			1sm	Kini fait	1	<ul> <li>1 Tablespoon</li> </ul>
		Koz	Beef lerier	White			Paper 1		
bertes	Boans, Potatoos	302	Reef tanderinin	5c	Cabbade (cooked)	1sm.	Magar 1	10	: - 1 Cup
	Sova Bears (cooked)	302		10	Cabballe (new)				
			London broll		Concerning and a second	Mixed			
	Split PERS (moked)	302	Pork (gilled)	Ho	Caulificitier (cooked)	21	Dried truit	10	iz = 1 Ounce
	Squash (winter, acon, butternat)	307	Roast beef (unch most)	10	Caulificitier (new)	Ho	Fresh fruit salad		
50	Peias (cooked)			Ъc	Onions (cooked)	50	Fruit cocktail (see take)	SI	i. – Small
60 K	Pinto Beans (cooked/canned)	Dainy		10	Onions (new)	607	Fruit juice (spox juice)		
	Baked Potato	802	1% Chocolate milk	5c	Water chestruits (cooked)				
	Beans Black, Kidner	807	15 Mik	10	Water chestruits (cooked)	10	Mited berries (waly/man)		ed. – Medium
2.		out		10	Water Crescrus (NW)				
	(cooked/ canned)	1	2% String cheese	Red			CHOOSE OFTEN):	lg.	- Large
	Black Byed Paas	Ъc	Non-tat cottage cheese			11	Almond butter	16	- cange
	(cooked/canned)	Ho	Non-tat frozen yogurt	Бo	Tornato, beets	11	Almonds		
50	Com (coded)	Sor	Non-fat milk	Ъc	Salsa, fornato sauce	Nimed.	Avocado		
4		1	-UT		Contract of the second		1 act	Ň	ALSO OF

### EatCleanEatOftenHydrateRecoverMindset

### **BUILD YOUR MEALS - FEMALE BUILDER**

ZONE 1		Fuel	ZONE 1				
ZUNE I	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZONEI
Grains	1		1-2	1	1-2		WEIGHT GOAL
Protein/Dairy	1		1		1	1	110 - 130 Weight Loss
Fruits	1-2	1	1-2			1	
Veggles			3		3		131 - 160 Weight Loss
Fats	1	1	1	1	1		Meal Replacement should
			OR				have 10 - 20g Protein,
Meal Replacement		1		1		1	20 - 40g of Carbs, and ≥ 3g of R ber
Total Calories	280 - 340	140 - 170	350 - 425	140 - 170	350 - 425	140 - 170	and 2 ag of Huer

70115.0		Fuel	70115.0				
ZONE 2	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZONE 2
Grains	1-2		2-3	1	2-3	••	WEIGHT GOAL
Protein/Dairy	1		1		1	1	110 - 130 Weight Main
Fruits	1-2	1-2		1		1	
Veggles			3		3		161 - 190 Weight Loss
Fats	1-2	1	1-2	1	1-2	1	Meal Replacement should
			OR				have 10 - 20g Protein,
Meal Replacement		1		1		1	20 - 40g of Carbs,
Total Calories	340 - 400	170 - 200	425 - 500	170 - 200	425 - 500	170 - 200	and ≥ 3g of R ber

SNACK

...

1

1-2

1 + Fruit

DINNER SNA

2-3

1

2

2-3

**Fueling Times** 

LUNCH

2-3

1

2

2-3

...

400-460 200-230 500-575 200-230 500-575 200-

SNACK

1

1-2

....

1-2

1 + Ruit

ZONE 3

Meal Replacement

Total Calories

Protein/Dairy

Grains

Fruits

Veggles

Fats

BREAKFAST

1 - 2

1-2

...

	SNACK	ZONE	3
		WEIGHT	GOAL
_	1	131 - 160	Weight Main
	1		
			cement should
_	1-2		20g Protein, g of Carbs,
	1 + Fruit	and ≥	3g of Riber
_			·
	200-230		

GOAL Weight Main ent should Protein,

		Fuel	ing Times				
ZONE 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZONE 4
Grains	2-3	1	2-3	1	2-3	1	WEIGHT GOAL
Protein/Dairy	1-2	1	1.5		1.5	1	
Fruits	2	2		1		1	161 - 190 Weight M
Veggles			3		3		Meal Replacement sho
Fats	2-3	2-3	2-3	2	2-3	2	have 10 - 20g Protein
			OR				20 - 40g of Carbs,
Meal Replacement		1+2 Fruit		1 + 2 Fruit		1+2 Fruit	and ≥ 3g of R ber
Total Calories	460 - 520	230 - 260	575-650	230 - 260	575-650	230-260	

Total Calories	460 - 520	230 - 260	575-650	230 - 260	575-650	230-260	
		Fuel					
ZONE 5	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZONE 5
Grains	2-3	1-2	2-3	1-2	2-3	1	WEIGHT GOAL
Protein/Dairy	1-2	1	1.5		1.5	1	
Fruits	2-3	2		1		1	110 - 160 Weight Gain
Veggles			3		3		
Fats	2-3	2-3	2-3	2	2-3	2	Meal Replacement should
			OR				have 10 - 20g Protein,
Meal Replacement		1 + 2 Fruit + 1 Fat		1 + 2 Fruit + 1 Fat		1 + 2 Fruit + 1 Fat	20 - 40g of Carbs, and ≥ 3g of R ber
Total Calories	520 - 600	260 - 300	650 - 750	260 - 300	650 - 750	260-300	

## **Getting Into Your Zone**

EatCle



BREAKFAST         SNACK         LUNCH         SNACK         DINNER         SNACK           Protein/Dairy         1         **         1-2         1         1-2         **           Protein/Dairy         1         **         1         1         1         1         1         100           Fruits         1-2         1         1-2         **         1         1         100           Vegdes         **         3         **         3         **         1         1           Fais         1         1         1         1         1         **         1         1	<b>OverMindset</b> <b>3 Deciding Factors</b> Gender Goal Current Weight
BREAMAST         SMACK         LUNCH         SMACK         DINNER         SMACK         WWE           Grains         1-2         **         2-3         1         2-3         **         We           Protein/Dairy         1         **         1	ZONE 2 ISO Weight Loss Teal Replacement should hare 10 - 20 protein, 20 - 40g of Carbo, and 2 3g of Riber
BREAKFAST         SNACK         LUNCH         SNACK         DINNER         SNACK           Grains         2         1         2-3         1         2-3         ***           Protein/Dairy         1	ZONE 3 IGHT GOAL 160 Weight Main hare 10 - 30g Protein, 20 - 40g of Crotein, 20 - 40g of Grotein, 110 - 130 Weight Main 161 - 190 Weight Loss
Breakness         SMACK         LUNCH         SMACK         DINNER         SMACK           Grains         2-3         1         2-3         1         2-3         1           Protein/Dairy         1-2         1         1.5         **         1.5         1           Fruits         2         2         **         1         **         1         161           Verges         **         3         **         3         **         1         4	ZONE 4       JGHT       190       Weight Main       real Replacement should       have 10 - 20g Protein,       20 - 40g of Carbs,       and ≥ 3g of Fiber
BREARIASI         SMACK         LUNCH         SMACK         DINNER         SMACK           Grains         2-3         1-2         2-3         1-2         2-3         1           Protein/Dairy         1-2         1         1.5         **         1.5         1           Fruits         2-3         2         **         1         **         1           Vegdes         **         3         **         3         **         3         **           Fails         2-3         2-3         2         2-3         2         MM	ZONE 5 IGWT GOAL - 160 Weight Gain teal Replacement should hare 50 - 20g Protein, 20 - 40g of Carba, and 2 3g of Riber

### **Understanding Your Zone**



### EatCleanEatOftenHydrateRecoverMindset

		Fuel	ing Times					
ZONE 1		ruer	ing runes				ZONE 1	
LONE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZUNEI	
Grains	1		1-2	1	1-2		WEIGHT	GOAL
Protein/Dairy	1		1		1	1	110 - 130	
Fruits	1-2	1	1-2			1		Weight Lo
Veggles			3		3		131 - 160	Weight Lo
Fats	1	1	1	1	1		Meal Replac	ement shoul
			OR				have 10 - 1	20g Protein,
Meal Replacement		1		1		1		of Carbs,
Total Calories	280 - 340	140 - 170	350 - 425	140 - 170	350-425	140 - 170	and ≥ 3	g of Aber

ZONE 2	Fueling Times										
ZUNE Z	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK					
Grains	1-2		2-3	1	2-3						
Protein/Dairy	1		1		1	1	F				
Fruits	1-2	1-2		1		1	1 +				
Veggles			3		3		14				
Fats	1-2	1	1-2	1	1-2	1	11				
	OR										
Meal Replacement		1		1		1					
Total Calories	340 - 400	170 - 200	425 - 500	170 - 200	425 - 500	170 - 200	11				

ZONE 3	Fueling Times						
ZUNE 3	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	
Grains	2	1	2-3	1	2-3		
Protein/Dairy	1	1	1		1	1	
Fruits	1-2	1-2		1		1	
Veggles			3		3		
Fats	1-2	1-2	2-3	1-2	2-3	1-2	
			OR				
Meal Replacement		1 + Fruit		1 + Fruit		1 + Fruit	
Total Calories	400 - 460	200 - 230	500 - 575	200 - 230	500 - 575	200-230	

ZONE 2 110 - 130

Weight Loss cement should have 10 - 20 × Protein. 20-40g of Carbs, and ≥ 3g of R be

ZONE 4		Fuel	ing Times				ZONE 4
ZUNE 4	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZUNE 4
Grains	2-3	1	2-3	1	2-3	1	WEIGHT GOAL
Protein/Dairy	1-2	1	1.5		1.5	1	
Fruits	2	2		1		1	161 - 190 Weight Main
Veggles			3		3		Meal Replacement should
Fats	2-3	2-3	2-3	2	2-3	2	have 10 - 20g Protein,
			OR				20 - 40g of Carbs,
Meal Replacement		1+2 Fruit		1 + 2 Fruit		1 + 2 Fruit	and ≥ 3g of R ber
Total Calories	460 - 520	230 - 260	575 - 650	230 - 260	575-650	230-260	

ZONE 5	Fueling Times					ZONE 5	
ZUNE D	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	ZUNE D
Grains	2-3	1-2	2-3	1-2	2-3	1	WEIGHT GOAL
Protein/Dairy	1-2	1	1.5		1.5	1	110 - 160 Weight Gain
Fruits	2-3	2		1		1	110-160 Weight Gam
Veggles			3		3		
Fats	2-3	2-3	2-3	2	2-3	2	Meal Replacement should
OR						have 10 - 20g Protein,	
Meal Replacement		1 + 2 Fruit + 1 Fat		1 + 2 Fruit + 1 Fat		1 + 2 Fruit + 1 Fat	20 - 40g of Carbs, and ≥ 3g of R ber
Total Calories	520 - 600	260 - 300	650 - 750	260 - 300	650 - 750	260-300	

### **Nutritional Blueprint**

ZONE 2		Fueli	ing Times				
ZUNE Z	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	
Grains	1 - 2	**	2 - 3	1	2 - 3	**	
Protein/ Dairy	1	**	1	**	1	1	
Fruits	1-2	1 - 2	**	1	**	1	
Veggies	**	**	3	**	3	**	
Fats	1 - 2	1	1 - 2	1	1 - 2	1	
OR							
Meal Replacement							
Bar/Shake	**	1	**	1	**	1	
Total Calories	340 - 400	170 - 200	425 - 500	170 - 200	425 - 500	170 - 200	

The six columns across the top

the left side.

The numbers located within the



# Card Layout & Reading the Programs Executing the Programming

### **Getting Started...**



### LARGE DECK SERIES

### **3 Simple Steps to Get Started!**

### Step 1: Choose a Level

This card sories progresses you through 3 levels of training, each with 4 stages. Each level and stage will progressively increase the intensity and volume of the training session. If you are new to this programming start with level 1 to become trainilar with the movements and set a solid boundation for your performance to build on. Progress to the next stage when you have successfully completed the prescribed number of circuits in the alionted time. Progress to the next set will have a successful promplete stage built prefer technique in the described time. If you are advanced it may not be long until you advance to the next level, however, it is very important to take the time during each stage to advance the may not makery of the technique lebels increasing the resistance and advancing to the next level.

### Step 2: How long do you want to work out?

Each program has three different lengths of workouts. Choose a workout time and follow the program that best fits your scheduk. If you an new to the movements throughout the card series the duration of the workouts may be slightly longer. However, as you become familiar with the programming you will be able to complete the programs in the allotted time. Select a time below and follow the color docks throughout the training session.

Short = 30 minutes
Medium = 45 minutes
Using = 60 minutes

### Step 3: Start your Program:

Your training session will consists of 5 training components. Work through each component to complete your training session.

### 1. Pillar Preparation

- Your Pillar which consists of your hips, torso, and shoulders represents the foundation for all your movement. "Fillar Prep: primes these critical insucises to prepare your body for the work shead – helping to protect you from injary and boost your performance during your training session.
- 2. Movement Preparation
- Lengthen, strengthen, and stabilize your body. "Movement Prep" consists of a series of active and dynamic stretches to help prepare you to move.

### 3. Strength

 Strengthen the movements needed to perform on an operational platform. Pay close attention to the quality of your movement. Select a resistance that you feel challenged with for the number of reps prescribed.

### 4. Cardiovascular Fitness

- Boost your endurance, leg strength, and speed through a variety of interval training options. The movements in this
  component are designed to target and develop your energy systems while efficiently burning calories.
   Recovery
- A contently
   A critical component to any training program, recovery brings balance back to your body, helping to relieve tension and the associated aches and pains while enhancing your body's response to the training.

### Training Frequency

It is recommended to try to complete 3-4 training sessions per week. On recovery days, you can include the Warm up (Pliar Pep & Movement Prep) and Fieldbilly routines to assist in the recovery process and prepare you for your next training session. Each series starts with a "quick start" guide (3 Simple Steps to Get Started)

Step 1: Level Selection \_level 1,2,3 Step 2: Duration Selection \_30 min \_45 min \_60 min Step 3: Training Frequency \_3-4 sessions/wk \_recovery days

# **Card Layout**



### Warm Up (Pillar / Movement Prep) & Strength



Level 1 (a,b,c,d)



Level 2 (a,b,c,d)



Level 3 (a,b,c,d)

### Recovery

Cardiovascular

### **Fitness**





Level 1/2/3 (a,b,c,d)



### Level Neutral

### **Duration Options**

Short = 30 min

Medium = 45 min

Long = 60 min

### **Reading the Program**





Stage:	А	В	С	D		
No. of Circuits:	1	1	1	1		
<b>Reps:</b> 4 4 6 6						
_Stages progress A→ D _Number of Sets _Number of Reps						

### Pillar/Movement Prep

Medium	Long				
Strength					
Circuit 1	Circuit 2				
x2	x1				
x2	x2				
xЗ	x2				
	Circuit 1 x2 x2				

\_Short = 30 minutes \_Medium = 45 minutes \_Long = 60 minutes

## **Reading the Program**



### Cardiovascular Training Intensity

Intensity	<b>Rate of Perceived Exertion</b>	% of Max Heart Rate
Easy	5 out of 10	65%
Moderate	7 out of 10	80%
Hard	9 out of 10	90%
Max	10 out of 10	100%

Based of training zones \_Rate of Perceived Exertion \_Heart Rate Based

### **Reading the Program**



### Metabolic Example

LEVEL 1					
<b>Time Per Movement</b>	<b>Rest Between Circuits</b>	Number of Circuits			
15 sec ea.	1:30	<ul> <li>Short</li> <li>x2</li> </ul>	Med x3	Long x4	GRAVE TRAINING STREE
LEVEL 2					Here: 1 Earlie forder: Effect 1 Earlie forder: Effective C = 10000000000000000000000000000000000
Time Per Movement	<b>Rest Between Circuits</b>	Number of Circuits			
20 sec ea.	1:00	<ul> <li>Short</li> <li>x2</li> </ul>	Med x3	Long x4	Control of the second s
LEVEL 3					
<b>Time Per Movement</b>	<b>Rest Between Circuits</b>	Number of Circuits			1A
30 sec ea.	30 sec ea.	<ul> <li>Short</li> <li>x2</li> </ul>	Med x3	<ul> <li>Long x4</li> </ul>	A second



### **Equipment Based**

Treadmill, Elliptical, Bike, Rower...



### **Deck Based Example**





# **Frequently Asked Questions**

How to respond to some simple FAQs from the Sailors



# How do I select the level I should start at?

- I would recommend starting out at level 1
- There are a lot of new movements that you will be introduced to
- You may end up progressing quickly through the early stages if you are advanced
- Its great to lay a solid foundation to build on for the rest of the program



# When am I ready for the next stage/level?

- Progress to the next stage/level once you are able to...
  - $\circ~$  Finish the program in the suggested amount of time
  - Complete all movements with a high quality of execution
  - Progressed through a challenging resistance for each movement in each stage



# How much resistance should I use?

- Place an initial emphasis on the quality of your movement
- Once moving clean, select a resistance that you are just able to complete the prescribed reps/sets
- Each set should be challenging don't cheat yourself



# What do I do if I finish all the levels in the NOFFS?

- Once you have completed all the levels in the NOFFS go back and repeat the series
- Your second time around your fitness will have improved greatly
- The resistance you use will have gone up and each program will present a new challenge



# How do I adjust the resistance on the bands?

- There are different colors of bands, each is a different resistance
- If you need more resistance you can wrap the band around your foot to shorten the band – effectively increasing the resistance



# How many times a week should I workout?

- We recommend 3-4 training sessions a week
- Try not to link multiple days in a row
- Mix in lower intensity days when training multiple days in a row

\_involving Pillar Prep, Movement Prep, Light Machine Based Cardio, Recovery



# The 30 min program took me 60 min! What's up with that?

- The first few times you complete a program you may find that you are a bit behind the time allotted to that workout
- As you become more familiar with the movements and the workouts you will begin to move quicker through the programs
- Stay focused during your session and stay efficient



I have access to some other equipment (ex. TRX, Kettlebells) – can I incorporate that into the NOFFS?

- If you have different equipment availability you can incorporate it into the NOFFS series
- Some of the movements can be simply executed with a different modality (ie. DBs and KBs can swap easily for many movements)
- Always ensure that the program remains balanced \_Upper Push
   \_Upper Pull
   \_Lower Push
   \_Lower Pull



Questions? Comments? Discussion...