

"FIGHT DAY" WORKOUT

WARM-UP: Run 1 to 2 miles

WORKOUT: Do 3 to 5 rounds of the following:

- 2-minute round on the heavy bag (shadow box if no heavy bag)
- 20 kettlebell swings (air squats if you don't have a Kettlebell)
- 25 elevated push-ups (feet on a chair)
- 400-meter run

COOLDOWN: Walk



Physical Fitness = Fighting Fitness

By George Ryan

It's no secret that the nation's top domestic SWAT teams and military Special Forces put a lot of emphasis on physical conditioning. Why? Their level of physical conditioning not only ensures that they can complete a mission physically, it also ensures that they have the necessary willpower and psychological fortitude to endure their missions mentally. This is because physical training at a high level can only be accomplished when you battle the parts of your mind that tell you that you cannot do more, that you cannot push harder, that you cannot keep going. When your mind sends you those negative messages but you still get in just one more set or run even two minutes more, you teach yourself that you have the physical and mental strength to endure pain and exhaustion. Isn't that exactly what you want if you find yourself in a situation where you need to defend yourself from an attacker?

So, it is never enough to just be proficient with your self-protection skill sets. Instead, you also need to achieve and maintain a level of physical fitness that makes you truly self-protection ready. Remember this: a run-in with a crazed assailant could be over in seconds or it could last for minutes. Therefore, it's essential that you're able to deliver a high output of strength and endurance throughout the entire duration of a violent physical encounter.

But how do you get there? First and foremost, you need to put in the necessary time and effort! Next, you have to make certain that your training program is all-encompassing — it must build strength, muscular endurance, flexibility, speed and good cardiovascular stamina. In other words, you have to mix it up. Design your workout program so that it includes some of the following: running, hill sprints, weights, calisthenics, MMA training, kettlebells and

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CrossFit-type workouts. You also can mix it up by periodically doing your exercises in rapid 10-second spurts. By doing all of this, you can help condition your body and your mind to be ready for the intense energy output that is required in a real fight.

To get you started, try a sample workout I've named "Fight Day." Of course, before you begin any type of exercise program, be sure to consult with your doctor. Also, if necessary, scale down the workout to your fitness level.

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Have fun and train safely! «

About the author:

Officer George Ryan has been a police officer for the Los Angeles Police Department since 1991 and has been assigned to LAPD's SWAT team since 1998. He is the NTOA's Defensive Tactics Section Chair and a member of the martial arts Masters Hall of Fame. George can be reached at gwryan3114@aol.com.

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