

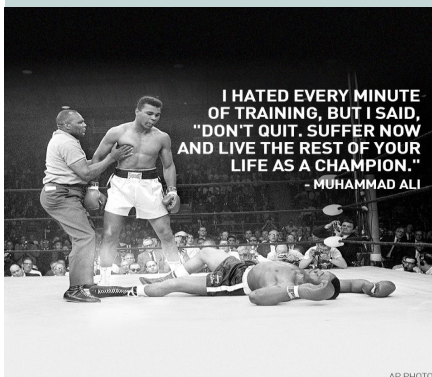


## Special Warfare and Combat Support Development Newsletter

### WHY FOLLOW A TRAINING PROGRAM?

**Why do we need a training schedule?** A schedule forces us to block out chunks of our day for specific tasks, such as work, errands, or hitting the gym or pool. When we set up specific times to accomplish things, we are far more likely to get them done—especially once they become habit. READ BELOW FOR MORE BENEFITS

- **Makes us more efficient** - Following a daily routine reduces the need to make decisions each day. It reminds us exactly what tasks we need to do each day without having to contemplate, decide or think much about it. When we are finished with one task, we know what comes next without much thought.
- **Creates structure in our lives** - A daily routine provides structure and a logical sequence in our lives. It provides the framework within which we live and conduct daily activities.
- **Saves time and valuable resources** - Time is the most precious resource we own because it cannot be replaced. Following a routine frees up time that would otherwise be spent on decision-making and preparation. Our routine has predetermined our schedule, allowing us to use that time to accomplish other things or get more rest.
- **Instills useful habits** - The secret to building good habits is repetition. An effective personal routine facilitates developing good habits by encouraging us to repeat the useful tasks over and over again and eliminate less useful tasks. Like brushing our teeth each morning, adhering to a routine allows us to foster habits that match our behavior to our goals and aspirations
- **Prioritizes tasks** - The beauty of designing a routine is that it forces us to decide what is important to us and then prioritize those tasks. We no longer make these decisions on a daily basis because we already know what we need to do and when to do it because we have planned it.
- **Reduces procrastination** - When a set of tasks and activities become routine, it reduces the chance that we will put off doing them to the last minute. It becomes ingrained into our system to complete those tasks and to complete them at the right time.
- **Builds self-confidence** - Sticking to a routine builds self-confidence through achievement and fosters a sense of control and accomplishment.
- **Helps us achieve our goals** - Our goals and aspirations are rarely achieved all at once. Successful people accomplish their goals by engaging in positive behaviors over and over again. An athlete gets good at their sport because they practice daily. An Operator hones their craft through repetition. **Developing and sticking with a routine that supports your goals is one of the surest ways to gain success.**



AP PHOTO

### Rise and Shine; Fight The Enemy Within

<https://youtu.be/hbkZrOU1Zag>

### A-10/TACP Troops In Contact CAS

<https://youtu.be/EHmbkKi-QYo>

Butterflies to Blackbirds <https://youtu.be/3kIMTJRgyno>

# A GOAL WITHOUT A PLAN IS JUST A WISH

Antoine de Saint-Exupéry

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#### POINTS TO PONDER

- CREATE LONG TERM, SHORT TERM, AND INTERMEDIATE GOALS
  - SEGMENT YOUR GOALS INTO EASILY MANAGEABLE PARCELS; THE GREATER THE STRESS, THE SHORTER THE GOAL
1. 10 YEAR, 5 YEAR 1 YEAR
  2. PIPELINE
  3. THIS COURSE
  4. THIS TRAINING EVENT
  5. ONE MORE MILE, ONE MORE REP, ONE MORE STEP

## WARRIOR NUTRITION — FOR THE SPECIAL WARFARE ATHLETE



### The principles of post-workout nutrition are simple!

These principles included providing energy to replace muscle glycogen stores, helping to maximize the re-pair of muscle damage, and sufficiently replenishing any fluids and electrolytes lost during training. Simply put, follow the three R's of Recovery—*refuel*, *rebuild*, and *rehydrate*.

**Refuel**—Nutritional recovery starts by refueling with glycogen or carbohydrates. Carbohydrates provide the body and brain with the fuel needed to recover and ultimately adapt to the training session. Current data indicates that after a workout the muscle cells' ability to begin rebuilding and replenishment peaks at about 15 minutes and declines by as much as 40 percent within 60 minutes. Researchers report that immediate intake of carbohydrates results in a 300 percent increase in muscle glycogen at two hours and a 135 percent increase at four hours.

**Rebuild**—The next step is rebuilding cells by focusing on the protein and amino acids required to help maximize muscle repair. Even a simple cardio session results in muscle breakdown, so protein is an essential component for all post-exercise nutrition. In a 2010 review published in the International Journal of Sports Nutrition Exercise and Metabolism, researchers noted that the consumption of 20 grams of protein, or an equivalent of 9 grams of essential amino acids, can maximize muscle protein-synthesis rates during the first hours of post-exercise recovery. However, the amount of protein needed in the post-workout period is often overestimated. There are certain levels of protein that are needed, but more doesn't always mean more muscle or better recovery. Depending on the type and intensity of exercise, and the total calories of course need-ed for recovery, a range of 0.3 to 0.5 grams per kg of bodyweight, or a 3:1 ratio of carbohydrates to protein, is recommended.

**Rehydrate**—The final step is rehydration. Adequate fluids help regulate body temperature and blood pressure, and transport energy and nutrients throughout the body. That is why it is essential to allow the body to achieve balance and maintain the process of recovery by replenishing any fluids lost during activity. Cramp-ng and muscle fatigue can often keep candidates from sticking to a workout plan. By rehydrating and replenishing sodium, you'll be able to reduce these post-workout symptoms.

*“The will to win is not nearly so important as the will to prepare to win.”*

Vince Lombardi, Hall of Fame NFL Football Coach

USAF SERE Pipeline <https://www.youtube.com/watch?v=xS8xJF5Vs74&t=42s> SERE- Responsibility/Demands <https://www.youtube.com/watch?v=ofQy1XEh1oM>

SERE Opportunities and Misconceptions <https://www.youtube.com/watch?v=ZY3nWpIn1Kk> Role of SERE <https://www.youtube.com/watch?v=uuiVN5agCNE>







*SERE INSTRUCTOR teaching land navigation and cold weather survival*

## SERE DEVELOPMENT

SERE TRAINEES will be given a PAST by SERE personnel the first week at BMT to ensure they meet the minimum standards to enter SERE training. Each week at BMT, SERE Trainees have a weekly mentoring session with a SERE Specialist and may ask all questions you like about SERE.

The first step to getting your beret after BMT is the SERE Specialist Screening Course (SSS). SSS is a 19-day screening process to see if you have what it takes to make it through SERE Specialist Training (SST) to become a successful SERE Specialist. You must pass the PAST on day one of SSS to continue in training; failure will mean removal from SSS. You will be evaluated in many areas each day during the 19 days of SSS. Areas of focus are: speaking ability, motivation, leadership, memorization of Code of Conduct (it's a 6-part declaration of how to conduct oneself in the event you are captured or become a prisoner of war), sewing (flat stitching, lock and roll, and rolling), knots (bowline, truckers hitch, square knot, clove hitch, and girth hitch), ability to operate in a field environment, daily physical training sessions, and carrying a 65lb Ruck for 4 miles in less than an hour: a pass-fail event; failure will mean removal from SSS. Lastly, you will spend 4 days in the field (in all weather conditions). After that, you are off to the various SERE Schools (request SERE Information Pack if interested)

### 10 Tips to Success

1. *Attention to Detail* is the number one factor in success; mistakes are costly.
2. *Time Management* is the next greatest factor in success.
  - a. Any task failed one day must be recompleted and turned in the next day.
  - b. Tasks keep adding up until completed, you quit or you are eliminated.
3. *Build core strength and load bearing capacity*; SERE Students carry heavy loads daily
4. *Build strong endurance* in push ups and pull ups; you'll be doing hundreds of them.
5. Running fast is not as important as being able to run far; *endurance is important*.
6. Be a *team player*; nobody makes it on their own and your job is to teach others.
7. While in development, *learn to sharpen an axe and a knife*, this will save time later.
8. While in development, *learn basic sewing*, this will save time later.
9. Be prepared to *speak like a professional*. No "um", "uh", "you know", etc.
10. NEVER QUIT!!!!

## EIGHT GREAT WAYS TO IMPROVE RUNNING

Good running form lets you run faster with less effort. Here are a few tips to improve your running economy and decrease your risk of injury.

**Build your base first**— start running/ jogging at 50-70% effort for 20 minutes three days a week for about 4 weeks. Gradually increase your time/distance by 10% per week until you can run 20-30 minutes at least four days per week.

**Build speed next**— begin running speed work two day per week and easy one to three days per week. Speed work should be at 80-95% effort broken into intervals of 200 meters to 800 meters, with the total number of intervals adding up to at least one mile. Increase total interval distance by no more than 10% per week until you can run at least 2 miles of intervals, each of which is faster than your pace for the 1.5 mile run on the PAST.

**Run at least 12 miles per week** for 3 weeks or more before shipping to BMT to greatly reduce the risk of injury.

**Ground contact**— it's important to be efficient with each foot strike. Contact the ground with your foot directly under the hip, rather than in front of it. This will propel the body forward, while heel striking behind the hip will slow you down and stress the lower legs.

**Arm swing**— arms should swing from the shoulders with the elbows bent at about 90 degrees, with the shoulders and hands relaxed. The hands should not cross your midline and they should swing freely from about hip high to chest high. The faster or harder you run, the higher and harder you need to pump your arms.

**Body lean**—The trunk should be tall, as if being pulled up by a string attached to the top of the head. Leading with the chest, the body should lean slightly forward (about 5 degrees) to propel the body forward. Think of the trunk as a gas pedal in a car. Leaning the whole body forward (not just from the waist) will increase your speed.

**Cadence**—New runners tend to take long strides to cover as much ground as possible with each step. However, this can result in high ground-impact forces, which can lead to injury, early fatigue and inefficiency. It also leads to wasted energy spent moving upward rather than forward. Instead shorten your stride and try to increase your step frequency to higher than 150 bpm (180 BPM is ideal)—see link below

<http://www.ladysouthpaw.com/180-bpm-running-songs>

## WEEKLY MOTIVATION

Let's talk about loyalty. Loyalty to your beliefs and your dreams, loyalty to friends and family, and loyalty to your country. *"To thine own self be true."* So says the character Polonius in Shakespeare's *Hamlet*. I can give no better advice. In the end, don't judge yourself by the standards of others and realize that you can't please everyone. Instead, you must determine your own convictions, formulate your own beliefs and be loyal to them. Only then will you be true to yourself and loyal to all you hold dear.

The Pipeline and the challenges of Air Force Special Warfare and Combat Support will make you do just that. Don't quit on yourself, be true to your beliefs, live by your convictions, and you will be loyal to all you hold dear while making yourself the person you want to be.

You will soon join the United States Air Force; you'll never regret it! You will serve America and a higher calling. ***Service Before Self*** is not just a saying, it is a way of life. You will come to know this. But when lives are on the line, you will not be thinking about America or the Air Force, you will be fighting for your life and for your buddies to your left and your right. Nothing else will ever matter more. Some day, you will truly understand these words.

Soon you will take an Oath to defend the Constitution of the United States against all enemies foreign and domestic. Soon after, you will don the uniform of your country. You'll be loyal to a code of honor and you will live by a higher standard.

We all exist, but few of us truly *live*. The people who succeed in Special Warfare and Combat Support need more from life than pleasure or possessions. They need to stand for something. They need to do exciting and dangerous things. They need to master skills and accomplish difficult tasks. They need to be a part of something bigger than then themselves. They have to be loyal to who they are and what they believe in order to truly *live*.

### ARE YOU READY TO START LIVING?

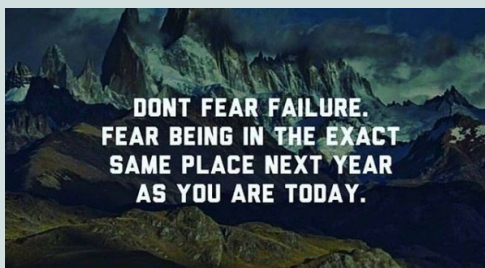
## WEEKLY WORKOUT CHALLENGE

As Many Rounds As Possible of:

15 Eight Count Body Builders

15 Sit ups

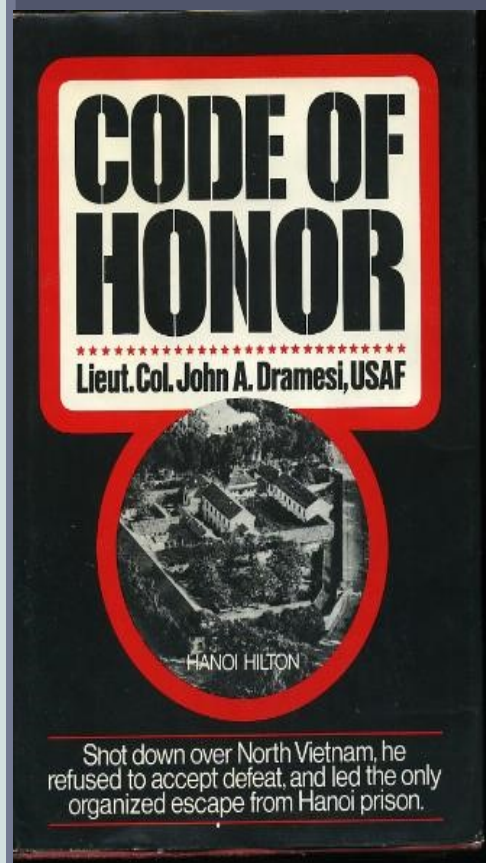
400m Sprint



### About the Publishers

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## CODE OF HONOR

Only two American POWs escaped the notorious Hanoi Hilton prison of North Vietnam. Both were captured and tortured for the offense. Captain Ed Atterbury died during his torture, Captain John Dramesi survived 38 days of torture but lived to return with honor after more than six years as a POW.

His uncompromising loyalty to his country and to his convictions deserve your full attention.

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