



## Special Warfare and Combat Support Development Newsletter

### CHOOSE A WORKOUT PROGRAM

Failing to Plan is Planning to Fail!

80% of people who follow a written plan approved by their Developer, record their workouts, and communicate with their Developer pass the PAST within 60-days. 80% of the people who do not follow a written plan never pass. Your Developer can help you design workout plans and more, all you need to do is follow them or ask for help.

Areas that often need improvement:

- Swimming
- Strength and Conditioning
- Running
- Core Strength
- Strategy and Goals
- Logging/Tracking Workouts

You may choose to follow your own workout plan, one from the internet or from a friend; this is **your** Development. Experience shows that most people find the greatest success in the least time by using a program created with or approved by their Developer and talking with their Developer weekly to ensure they remain on track.

### STANDARD OPERATING PROCEDURES (SOP)

- Expect to take a PAST once every 4-6 weeks
- Attend Development Sessions at least once per month if possible
- Do not attend PAST or Development if you are sick or feel unsafe
- Set new daily habits and rituals, follow your workout programs, train consistently, and follow a nutritional plan.
- Improve your attitude - stay positive and optimistic.
- Use the mental resiliency skills of setting SMART goals, positive visualization, positive self-talk, practice breathing for a purpose, and inducing and reducing arousal.
- Take charge of your Development— this is **your** life!



### INSIDE THIS ISSUE

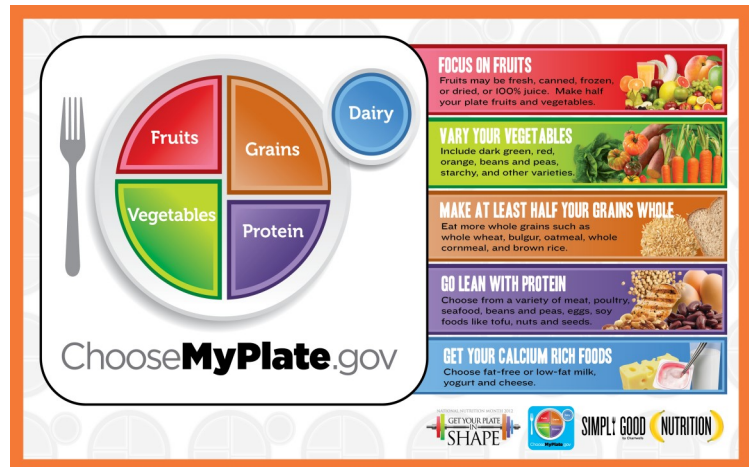
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### POINTS TO PONDER- WHY STUDENTS QUIT

- **Panic**—when your reason is overcome by unreasoning fear
- **Momentary mental weakness**—when you lose sight of the present and give up in a flash of short-term stress or frustration, not fear.
- **Looking too far ahead**— when under great pressure, focus on accomplishing one small goal, you'll be overwhelmed by the big picture
- **Quitting by action**—failing to perform a task on command or failure to act.

## WARRIOR NUTRITION — FOR THE SPECIAL WARFARE ATHLETE

You are becoming a Special Warfare Warrior Athlete. The physical and cognitive demands imposed by SW training and missions require appropriate nutritional habits so that, under the most rigorous conditions, physical and cognitive performance is optimized, and health and longevity is preserved. Proper and consistent strength training, a balanced diet, and adequate rest will provide the lasting edge when it comes to building power, speed, strength, and endurance. As a candidate you must eat a wide variety of foods and match your energy intake with energy output. This will provide you with optimal nutrition for building muscle and endurance.



“An Overview of Sports Nutrition”, Verywell Fit by Darla Leal, 2 Dec 2019.  
Found at <https://www.verywellfit.com/fitness-sports-nutrition-4157142>

*“Training for the PAST and passing it, is based on a foundation of taking responsibility, focus, and a lot of hard work, the key to any success!” - Tom DeSchane*

### A NOTE ABOUT DIETARY SUPPLEMENTS

The nutritionist at SW Prep recommends spending money and effort on “real” foods, not supplements or protein powders. Real food is the best way to take in essential nutrients. You should understand that manufacturers of DS are not required to conduct research on the safety or effectiveness of their products. If you choose to ignore her recommendation then select high quality products with third-party verification such as the United States Pharmacopeia (USP) or National Sanitation Foundation (NSF). Look for their “Certified for Sport” certification labels.

**A note on energy drinks.** They are not regulated and the long-term effects of their combined ingredients is still unknown.

## SUSTAINING HEALTH FOR THE LONG-TERM WARRIOR

To sustain your health and energy you will need to constantly balance your energy tank. This means, when activity levels are very high you must balance your food and energy intake. To do this you must “plan!” So you may ask yourself, how do I do this?

- The first key to healthy living is to eat a wide variety of foods
- To promote life-long health and strong immune functions, every day eat at least 3-5 servings of colorful vegetables, 2 or more servings of fruits, and 6 or more servings of whole grain products.
- To keep healthy bones (especially leg bones) ensure you eat or drink plenty of calcium and vitamin D.
- Products containing probiotics such as yogurt, keifer, and sauerkraut are helpful for maintaining a healthy digestive tract.
- Choose foods high in anti-inflammatory compounds such as colorful fruits and vegetables, these are known to reduce pain and inflammation.
- Lastly, eating the right types of foods can limit and/or mitigate risk factors associated with stress.

**Also important is nutrient timing!** The timing of nutrient delivery is critical to sustaining performance. Inadequate energy intake and/or dehydration can result in fatigue, impaired cognitive function and poor physical performance.

- The Refueling Interval (RFI) is the 60 minute window after working out. Eating during the RFI will accelerate your recovery and restore energy for the next workout.
- Suzanne Girard Eberle, M.S., R.D. says, “The timing of your carbohydrate intake matters. During the 60 minute window (especially the initial 15-30 minutes) immediately following exercise, the so-called “carbohydrate window” opens and muscles convert carbohydrate-rich foods and beverages into glycogen up to three times faster than at other times.”



*This the employment of a zodiac boat and personnel, called a “Hard Duck” operation.*

## WATER SKILLS TRAINING

If you are training for Special Warfare (CCT, PJ, SR, or TACP) then one of your top priorities should be the water skills training program. This program details 30 days of training. The training begins with very basic drills and progress to very advanced training. These water skills include:

- How to [enter the water](#)
- Turns
  - [Open freestyle turns](#)—advancing to streamlining, a long glide, and grab the wall, pull and turn, push off hard
  - [Breaststroke turns](#)—advancing to streamlining, a long glide, and one breaststroke kick, grab the wall, pull and turn, push off hard
  - [Finning one legged stomp turn](#)—advancing to streamlining, a long glide, and two dolphin kicks or subsurface fin at least two kicks
- [Clearing a dive mask](#)—begin by hanging on pool side, and flooding mask, advance to
- [Clearing a dive mask](#)—advancing to filling your mask with water and saying your name out loud.
- Breathing through a snorkel—advancing to [clearing a snorkel](#), [buddy breathing without a partner](#), to [buddy breathing with a partner](#).
- [Mask and snorkel recoveries](#)
- Treading water—the most common and efficient method to treading water is called the eggbeater.
  - [Chair practice](#)—the chair drill begins at 2-minutes into the video link
  - [Pool side drill](#)— practice up to 2-minutes per leg
  - [Muscle Memory Jump drill](#)—practice up to 2-minutes
  - [Speed and Fluidity Jump drill](#)—practice up to 2-minutes
  - [Push the Wall drill](#)— practice at 10-15 second intervals (the drill begins at the 5 minute and 50 seconds mark in the video)
  - [25 –200 yard endurance drill](#)—do not use a kickboard! (the drill begins at the 6 minute and 20 seconds mark in the video)
  - [Bobbing with eggbeater](#)—the drill begins at the 2 minute and 5 seconds mark in the video
  - [Eggbeater with arms sculling](#)
  - [Eggbeater with wrists and ears dry](#)
- Modified [10-ups](#) (freestyle sprints with poolside push-ups)
- Swimming with your mask around your neck (no goggles)
- Swimming with a shirt on

## HOW TO RUN WITH THE BIG DOGS!

Training to run is simple... follow the plan! We get faster by first building our **aerobic base; the ability to perform moderate effort (50-70% effort/max heart rate)** for extended periods of time, from four minutes to several hours. Once we can perform aerobic activities for 20 minutes at moderate effort three times per week, we are ready to build **aerobic power by working at 80-99% effort/heart rate for 2-4 minutes**, and increase our maximum heart rate by exercising extremely hard for periods of ten seconds to two minutes. You may also choose to increase your ability to run fast for longer periods of time by running at 85-95% effort for two or more periods of 6 -15 minutes and resting for 4 -6 minutes between. **Most of us do best when we work on endurance two or three days per week and work on speed two days per week.**

It is important to follow the protocol; exercise hard on hard days and easy on easy days. Diverging from the protocol often leads to overuse injuries and over-training. Following the protocol will improve your cardio respiratory system, build bone density, improve joints, and strengthen ligaments, tendons, and muscles. All of this leads to improved speed, better endurance, and increased durability.

Operators must be able to bear heavy loads, move explosively, move their body and equipment quickly for short distances but also for long periods of time. Operators can expect to wear 40 -85lbs. of kit, body armor, ammunition, food, water, and equipment in the field while carrying a weapon. They are expected to climb walls, sprint from one piece of cover to another, or to walk through difficult terrain under heavy loads for hours or even days at a time. They must be able to do this in any environment on earth. From the ocean to the mountains, from the jungle, to deserts, and in the arctic. Operators must possess an effective mix of physical fitness traits to operate anywhere on the planet.

Anyone can become a better runner if they follow a solid training plan based on these protocols and remain in contact with their Developer.












Talk to your Developer today!

## AIR FORCE DEVELOPMENT PAGE



*AC-130 Gunship—one of the most lethal platforms in the U.S. arsenal  
-- the Special Operations AC-130J Ghost rider gunship*

### AIR FORCE OFFICER RANKS

O-1	2 <sup>nd</sup> Lt	Second Lieutenant	
O-2	1 <sup>st</sup> Lt	First Lieutenant	
O-3	Capt	Captain	
O-4	Maj	Major	
O-5	Lt Col	Lieutenant Colonel	
O-6	Col	Colonel	
O-7	Brig Gen	Brigadier General	
O-8	Maj Gen	Major General	
O-9	Lt Gen	Lieutenant General	
O-10	Gen	General	
Special	GAF	General of the Air Force	

### AIRMAN'S CREED

(MEMORIZE!!!)

#### I am an American Airman.

I am a Warrior.

I have answered my Nation's  
call.

#### I am an American Airman.

My mission is to Fly, Fight, and  
Win.

I am faithful to a Proud Herit-  
age,

A Tradition of Honor,

And a Legacy of Valor.

#### I am an American Airman.

Guardian of Freedom and Jus-  
tice,

My Nation's Sword and Shield,

Its Sentry and Avenger.

I defend my Country with my  
Life.

#### I am an American Airman.

Wingman, Leader, Warrior.

I will never leave an Airman  
behind,

I will never falter,

And I will not fail.



## WEEKLY MOTIVATION

[The Airman's Creed \(click to watch\)](#)

***I am an American Airman  
I am a Warrior  
I have answered my Nation's call***

American Society is increasingly divided and encourages you to take from society rather than give back to society. You have decided to serve rather than be served. You are already exceptional.

[USAF Heritage- Reasons](#)

***I am an American Airman  
My mission is to Fly, Fight, and Win  
I am faithful to a Proud Heritage, A Tradition of Honor, And a Legacy of Valor***

Take great pride in being an Airman. You are an Airman first and your AFSC second. Being an Airman is an honor and a privilege. To Fly, Fight and Win is your duty. Don't ever doubt the proud heritage, tradition of honor, or legacy of valor you uphold.

[USAF Heritage- Commitment](#)

[Pitts- Portraits In Courage](#)

[MSgt Chapman Medal of Honor video](#)

***I am an American Airman  
Guardian of Freedom and Justice, My Nation's Sword and Shield, Its Sentry and Avenger  
I defend my Country with my Life***

You truly are the nation's Sword and Shield. The best swords and shields are made from steel. The best steel is built layer upon layer, repeatedly thrown into the furnace, hammered on an anvil, then plunged into water again...and again...and again. Once sufficiently strong and flexible, the sword it is shaped and sharpened to a razor's edge to cut, hack, and cleave the enemy. The shield is pounded into shape, smoothed and burnished to a shine to deflect blows and intimidate foes.

You are now the raw steel that will become the sword and the shield. The Pipeline will assess and select you; thousands of tasks, hundreds of tests, dozens of evaluations; into the furnace, hammered on the anvil, plunged into water. Over and over until you are ready. Ready for shaping, sharpening, smoothing and burnishing into weapons. This happens in the Pipeline.

You will report to your first assignment as a shiny new, but untried weapon. While you've endured much, you will learn much more because experience is the greatest teacher. You'll train with other Airmen and be led and mentored by NCOs and Officers. You'll deploy and learn in the crucible of combat. You will sometimes fail, but more often succeed, but you will always learn. You will lose friends; some will quit, others will separate from the Air Force, some will die. But through it all, you will learn those tens of thousands of lessons that make you America's greatest weapons; its shield and its sword.

You have not chosen an easy path but you have chosen a path worthy of your greatest efforts!

[Sijan- Portraits in Courage](#)

[Bring on the Thunder- Never Quit](#)

[Risk Everything, Regret Nothing](#)

[I Will Not Die](#)

***I am an American Airman.  
Wingman, Leader, Warrior  
I will never leave an Airman behind  
I will not falter and I will not fail***

Soon you will become an American Airman. You will live by the Airman's Creed and the Air Force Core Values. You will be judged not by the color of your skin, your religion, monetary wealth or social status. You will be judged by your character, your courage in the face of fear, your determination to succeed at any cost, and the fact that you will never let your Wingman down.

You won't recognize yourself a year from now! A great life awaits you; full of challenge, trials, and tribulations, victory and defeat, and growth beyond your current comprehension. But it comes at a price: a thousand challenges that will forge you into an American Airman.

[USAF Heritage- Loyalty](#)

[USAF Heritage- Trust](#)

[USAF Heritage- Selflessness](#)

[USAF Heritage- Sacrifice](#)

### About the Publishers

Thomas DeSchane retired as a Chief Master Sergeant after 28 years of service as a Combat Controller. He has been a Special Warfare Developer since 2016.

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