

Fitness Training Institute



"Training the Heroes of Tomorrow ... TODAY!"
Preparation - Motivation - Sweat!

Optimal Performance at Home and On the Job
Through Proper Recovery

Stew Smith, CSCS
Director, Fitness Training Institute





Recovery = Resilience



Sleep - Fuel - Fitness

“Live to compete; not just survive.”





Fitness Training Institute

The Fitness Training Institute (FTI)
is a tribute to fallen Heroes.

The FTI assists in motivating The Heroes of Tomorrow to prepare and train for **any** physical, or mental fitness test in the military, police, fire, EMS, federal law enforcement and public service agencies.

*The Fitness Training Institute believes that through
Preparation, Motivation and Perspiration Sweat,
one may achieve the Maximum Potential needed for a successful
mission.*



“Live to compete; not just survive.”



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not just survive.”**

– Stew Smith





Recovery

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Hydration



- Proper Hydration for life (1-2 qt/day)
- Hydration for better performance (3-4 qt/day)
- Hydration in arid environs (5-6 qt /day)

- Being dehydrated affects performance:
 - Easily become overheated and heat casualty
 - Decreasing fat metabolism
 - Increases cortisol production (stress hormone)
 - Electrolyte imbalances
 - Potassium, calcium, sodium, and magnesium are needed in balance with body water
 - Caffeine, nicotine, alcohol affects hydration
 - Rule – 50-75% body weight in lbs = oz per day of H₂O



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Nutrition & Performance

- All about timing: fuel every 3-4 hours
- Water, electrolytes, carbs, protein, fat
 - 0630 – breakfast or pre-workout meal: carbs / protein
 - 0900 – post workout or mid Am snack
 - 1200 – lunch – high protein / light carbs
 - 1500 – mid afternoon snack – high protein
 - 1900 – dinner – big salad / high protein
 - 2200-2400 – light snack protein / carb



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Question #1

- What is the estimate ___ % bodyweight for defining recommended water intake for active people?
- ___%lb = oz of H₂O / day
 - A. 10-25%
 - B. 25-40%
 - C. 50-75%





Sample Meal Ideas

- Protein on the go:
 - Boiled eggs
 - Nuts - peanuts, almonds etc - source of **good** fats too
 - Beef jerky - watch for MSG
 - Tuna / chicken in can - source of **good** fats too
 - Peanut butter packages
- Carbs on the go:
 - Any fruit - banana, apple, orange, grapes, etc.,.
 - Any vegetable – carrot
 - Sandwich with multigrain breads - also source of protein
 - Chocolate milk - great recovery drink





Stress Hormone Cortisol

- Cortisol - primary stress hormone.
- Cortisol is a body's stress-response system.
- Stress - induced cortisol can focus your ability to be alert and attentive.
- It is not all bad - it is a survival hormone!
- ***But ...***





When Stress is Not Managed

- Stress alters immune system
- Suppresses the digestive system
- Weakens reproductive system
- **Decreases muscle growth**
- Control mood, motivation and fear
- Answer – exercise, eat right, recover
- Sleep – best recovery exercise
- Aids – music, eye cover, calming ritual, breathing!





Caffeine / Alcohol

- Stimulant and Depressant
- Both increase Cortisol
- Both are Diuretics – dehydrate you

- Mixing alcohol with caffeine:

Bad Combo





Question #2

- What are some of the negative effects of stress on the body?
 - Increases attention
 - Decreases muscle growth
 - Decreases anxiety





Exercise Ideas

- PT plan
 - calisthenics
 - weights
 - cardio
- Stretch daily
- Get the **stress** out!
- Core exercises





Periodization Training

- Periodization
- Four 12-13 week cycles
 - PT / run / flexibility / test
 - Weights / ruck
 - PT / flexibility / non-impact / test prep
 - PT / weights / cardio mix
 - Martial arts





Nutritional Supplements

- Just eat well – but ...when you cannot
- Recovery drinks
 - Post workout
 - Post stressful day
- Anti-oxidant replacements
- Protein / amino acids
- Aid in effects of cortisol / other catabolic effects of stress





Recovery

- No matter how great your fitness plan or nutrition plan is, it **will not** work if you neglect proper **recovery** of your mind / muscles.
- Rest, sleep, decompress stress = true recovery
- Breathing techniques – slow system down
- Relax mentally / physically





Question #3

- What is the #1 best recovery tool for the body?
 - Sleep
 - Proper Nutrition
 - Daily Exercise





Take Home for Your Backpack

- Hydration
 - Electrolytes
 - Chicken noodle soup
- Nutrition – timing (quick easy snacks every 3 hours)
- Protein / carbs / amino / antioxidants
 - Chocolate milk – perfect recovery drink
 - Apples / baby carrots for intense exertive days

Don't mix caffeine & alcohol

- Fitness – periodize training plans to prepare for operational environs
- Cold = weight gain / lift / eat more
- Hot = Lean out – more cardio / pt / less fat
- Sleep Recovery – breathing techniques / sleep aid rituals (like children)





Questions?



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Please fill out the contact sheet which is being sent around. I will email each of you when our FTI FitRep comes out. You can watch it from our website.

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