

# TOTAL FITNESS BENEFITS OF YEAR-ROUND TRAINING

## YEAR-ROUND TRAINING OFFERS NUMEROUS BENEFITS FOR ATHLETES, INCLUDING:

- Enhances physical performance in all our domains of fitness. Physical fitness makes the body, mind, and spirit more resilient while enhancing athletic and tactical ability.
- Enhanced physical and mental well-being because regular exercise not only benefits physical fitness but also improves mental health and overall well-being.

### PHYSICAL DOMAIN

- **Strength Training:** Building muscle and increasing strength will enhance your performance, decrease injury potential, and make job related/ tactical responsibilities easier.
- **Cardiovascular Training:** Enhancing aerobic, anaerobic, and Alactic capacity will improve your capacity to train harder, longer and stay in the fight. It also enhances recovery, sleep, mood, and cognitive ability.
- **Mobility and Flexibility:** Increasing control and range of motion will allow you to be strong and stable in positions where most will get injured. Increases can also lead to lowering the feeling of chronic pain.
- **Tactical Specific Training:** Maintaining the capacity to swim, ruck, fight/ combatives will ensure Marines are prepared to fight and dominate at all times. Maintenance of these characteristic will also decrease injury risk when performing these in unit training/ pt.

### PHYSICAL DOMAIN STRATEGIES

- **Optimizing year-round training** requires strategic planning and implementation.
- **Periodization:** Break up training into blocks (3-4 weeks) of specific training enhancing specific qualities (strength, conditioning, power, speed, etc)
- **Cross-Training:** Engage in training all types of training to ensure you have no weak points (running, sprinting, jumping, sports, powerlifting, tactical training, etc)
- **Rest and Recovery:** Build in recovery weeks (every 4th or 5th week of a training block) - this ensures optimal recovery to continually enhance performance.
- **Nutrition and hydration:** Maintain a healthy diet and proper hydration to support training and recovery.



## SOCIAL DOMAIN

- Stronger team camaraderie and bonding: Shared experiences and challenges strengthen team camaraderie and foster a sense of belonging.
- Improved communication and collaboration skills: Year-round training environments promote effective communication and collaboration among teammates.
- Enhanced sense of belonging and community: Belonging to a supportive team provides a sense of community and purpose.

## SOCIAL DOMAIN STRATEGIES

- Purpose-driven training: Align training goals with personal values, beliefs, and a sense of purpose.
- Gratitude practice: Cultivate gratitude for opportunities, experiences, relationships, and achievements.
- Self-reflection and journaling: Engage in regular self-reflection and journaling to gain self-awareness, develop coping mechanisms, and identify areas for growth.

## SPIRITUAL DOMAIN

- Greater self-awareness and understanding: Year-round training provides opportunities for self-reflection and personal growth.
- Stronger sense of purpose and meaning: Connecting training goals to personal values and beliefs deepens one's sense of purpose.
- Enhanced ability to cope with challenges and setbacks: Year-round training instills resilience and the ability to overcome obstacles.

## SPIRITUAL DOMAIN STRATEGIES

- Purpose-driven training: Align training goals with personal values, beliefs, and a sense of purpose.
- Gratitude practice: Cultivate gratitude for opportunities, experiences, relationships, and achievements.
- Self-reflection and journaling: Engage in regular self-reflection and journaling to gain self-awareness, develop coping mechanisms, and identify areas for growth.
- It works if you work it, so work it because you're worth it. Create daily a daily spiritual practice.

## MENTAL DOMAIN

- Mental toughness and resilience: This can be challenged all year by doing things that take you out of your comfort zone.
- Challenge your self, lean into discomfort. The better you get at handling adversity in training, the better you will be able to manage it in real life.
- Reduced Stress and anxiety: Consistent training will reduce stress, anxiety and feelings of depression. It will also enhance focus and concentration.

## MENTAL DOMAIN STRATEGIES

- Resilience Training: Spend time in a sauna and perform box breathing. When everything in your body wants you to quit, spend another four breaths in to enhance your ability to handle the heat and overcome the thoughts of quitting.
- Mindfulness and Stress Management: Incorporate strategies such as mindful, and focused breathing when stress. Build the mental muscle that manages stress.