

Sheepdog Training

Real World Preparation

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For E and the Boys

Be ready, so you never need to bite.

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Introduction

In any situation, unless you are specifically trained for it, the best you can be a zero. Able to look after yourself, a steady point for those around you and not a burden on anyone else unless physically incapacitated. Be the sheepdog in your group, aware, ready and good to go.

The hope of this pocket guide is to get you one step closer to being a zero, blending in and being useful.

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Physical Training

- If you can run a 10k but it leaves you floored for the rest of the week, you're not useful
- If you can't carry your child half a mile, you're not useful
- If you can squat twice your bodyweight but can't run for a bus, you're not useful
- If you can't swim 25m to save yourself, you're not useful

Any training plan needs to cover several areas to be successful.

- Skill: performing the required work efficiently and safely
- Speed: How fast we can get from A to B safely
- Strength: How much we can lift / move
- Endurance: How long we can keep going for
- Work Capacity: Putting it all together, the ability to do high levels of work over an extended period of time

Training in these areas also helps us train the 3 areas of fatigue:

- Central Nervous System (brain and nerves)
- Cardiorespiratory
- Muscular

The object of this brief training plan is to cover all these areas and allow them to develop in the shortest period of time available. It assumes that equipment and time are both limited.

Form Points

The workouts are all high intensity, medium duration sessions. They are tough and are designed to develop mental stamina (to keep plugging away even when exhausted) as well as muscular stamina.

Squats: Hips below knee crease, hands across chest or in front

Pressups: Back flat, chest to ground

Burpees: Start standing, squat down, kick back, pressup, squat thrust, stand up

Mountain Climber: Hands and toes in a supported pressup position, right foot brought up to right side, then back, left foot to left side, like climbing a ladder. Abs are held contracted to keep a flat spine.

Thrusters: Rack the kettlebell on the front of the shoulder, squat down and stand up, pushing the kettlebell into an overhead position, switch sides and repeat.

Broad jump: Standing jump as far as possible (1 metre plus target distance)

Scaling: If you feel unable to perform the strength exercises safely and with good form, scale down. For the squats, instead of a sandbag, use the kettlebell or do less reps. For the cleans, use a light weight to get the form right, then increase the reps.

Swimming: If you can't swim, get lessons. If you can swim, pick a stroke or mix them up.

Endurance Run / Walk: Cover as far as possible in 30 minutes, running and walking. Add 5 minutes per week such that you are completing 1 hour continuously. When you can do a solid hour, pull on a 10kg pack and start again.

Equipment required:

- 1 Kettlebell, 4kg - 12kg depending on ability / fatigue
- 1 sandbag (10 – 20kg)
- Jump Rope

Workouts

Name	Format	Work
Esme	5 rounds	5 Burpee 2 Broad Jumps 10 Thrusters
Aoife	20 Mins continuous work	5 pushups 10 Mountain climbers per side 15 Air Squats 400m run
Strength	5 reps x 5 sets 2 mins rest	Sandbag Squats Ground to overhead kettlebell press
Swimming	On / Off 30 mins	200m intervals, same rest interval as work
Running 1	Walkback recovery	5 x 200m run
Running 2	Walkback recovery	5 x 30s hills

Warm up

Before each session, a good warm up is vital. The intention is to get your head in the game, improve range of motion and get your heart and lungs ready for the load.

Walk, swing arms, swing hips / legs, skip 100 count, downward dog, cobra, lunge, windmills, (total time 10 mins)

Schedule

Look at doing 5 days on, 2 days off, with one run, swim and one endurance session per week.

An example might be:

Day	Week 1	Week 2
1	Esme	Strength
2	Swimming	Aoife
3	Running 1	Swimming
4	Strength	Running 2
5	Rest	Rest
6	Endurance	Endurance
7	Rest	Rest

Cool down and post workout

As per warm up, use the cool down to work on stretching out, getting the breathing back and being aware of any niggles that could need addressing.

Mental Preparation

Most battles are first won in the mind; the first preparation is done before the problem starts. By thinking through each scenario, you can best see your course of action calmly.

Get into the habit of dry running what you would do, how you would help manage the people around you, every time you enter a new situation.

When you stay at a hotel, walk through your emergency exit routes while the power is still on, when you go to a new work site, figure the key points (canteen, toilets, emergency routes) as soon as convenient. Even in a shopping centre train station or airport, know how to get out and where the aid points are. Plan what you might do if the car breaks down on a journey, if someone falls in the street in front of you, how you would react if a lift stops half way between floors and so forth.

Then, should the worst happen, at least its not unexpected.

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Nutrition

For good health, it is vital to refuel effectively. It is recommended that you consume 15 – 20g of protein and 60g of carbohydrates after training to help the muscles repair and grow, aiming for a total of 60 - 100g of protein per day total as part of a balanced diet (spread out over 3 – 4 meals). This can be as simple as scrambled eggs on toast, a chicken pasta salad and so forth. Also, aim for 1 ½ - 2 Litres of fluid a day (preferably water) as you will lose quite a lot through sweating, but avoid drinking to excess as this can flush salts out of you, increasing the risk of cramps.

When looking at balancing meals, your hand is the best guide. 1 palm sized portion of protein, 1 fist sized serving of starch / carbohydrates and 2 open hands of vegetables will be about right. Assume the meats are best for the major meals, the nuts and dairy are snacks, legumes are great for adding a little extra. Preparing food always changes the nutritional balance and content, so the following is a guideline only.

Typical sources

Macronutrient	Source	Typical Portion size
Protein	Chicken	1medium breast / 2 thighs (boned)
	Beef	120 – 150g
	Pork	100 – 120g
	Bacon	3 rashers back bacon
	Fish	100g
	Eggs	3 medium
	Legumes	80g
	Nuts / seeds	30 – 50g
	Dairy	250ml
Fats	Butter	30g
	Cheese	30g
	Coconut oil	10g
	Avocado	1 medium
	Meats	Naturally occurring
	Oils	30 – 50ml
	Cream	10g
Carbohydrates	Pasta	80g
	Potatoes	2 – 3 egg sized
	Sweet potatoes	80 – 100g
	Bread	2 slices
	Rice	80g cooked
	Fruit	1 piece

Nutrient	Estimated weight	Percentage total intake (kCals)	Energy provided
Fat	70g	25	600
Protein	100g	15	400
Carbohydrate	375g	60	1500
	Total		2500kcal

We are not aiming for weight control and dieting, this is fuelling for performance and health. The body needs fuel to build muscle. Assuming an active day plus training, we are looking for over 2500kCals per day (basal metabolic rate of 1400kcal, 500 kcals of training and 500+ of generally moving around).

There is a finite amount of decision and will power available every day. Use it for sensible and healthy choices during the working day and relax in the evening, so you can fuel for the next day.

Everyday Carry Kit

Part of being useful is to be ready, no matter what is thrown your way. It is therefore helpful to have the following close to hand, depending on your situation and local environment. Carrying a prybar into the office might be frowned upon, but keeping one in the car for loosening hubcaps, essential. As for the first aid, get training and keep it up to date. One weekend a year could save the life of someone you love.

Personal Safety

- Small prybar
- Work gloves
- Dust mask
- Safety glasses
- Hi Vis jacket
- Multitool
- Duct Tape

Personal Admin

- Sharpie / permanent marker
- Notebook
- Phone backup charger and leads
- Hardcopy Emergency contact / medic information

Light

- Torch
- Glowsticks

2 x 500ml Water, Snack bars

First Aid Kit

- Several pairs nitrile surgical gloves
- CPR face shield
- Pre bandaged dressings, large, medium and small
- Triangular bandage
- Selection of plasters
- EMT shears
- Aspirin
- Ibuprofen / Paracetamol
- Antihistamine cream / tablets
- Mylar blanket
- Zinc / sports tape
- Superglue
- Sanitary supplies

Personal safety / Situational Awareness

The best form of self-defence is to not be in the situation in the first place, the second best, distance, but sometimes we end up in places where confrontation could occur. Basic awareness can help prevent minor issues becoming huge ones. Passive vigilance saves lives.

- Don't play with your phone in public. If you need to check it, stop first and check to ensure its safe. Too many people walk round staring down at a small glowing screen, blind to the rest of the world around them.
- Listen to your instinct. If something feels odd, pause, breathe and check again. The animal brain is good at picking out irregularities in the patterns around us and gut reaction is a useful skill to learn. It is far better to take a moment than to walk into a problem.
- Be aware. Small clues that deviate from the norm are sometimes the only things that stand out, but if something has changed in your local environment, the information will be there. Personal security is all our responsibility and if in doubt, note it.
- Don't be out of control. A few drinks with mates is great, drunk to the point of unconsciousness, a burden.
- Get a self-defence class / join a martial arts school. Everyone has their personal preference, but Jujitsu and its derivatives all teach real world skills from day one.