



GLASS TRAINING & EDUCATION

TACTICAL TRAINING PREPARATION CLINIC: 8 Week Program

Thinking of joining the military or want to train like you are?

Be physically and mentally prepared before Basic Training



Dates & Location

In- person portions:

June 26-27th & August 7-8th,

8:30 am—4:30 pm

Location: American International College,
Springfield, MA

*For **detailed** info and sign-ups visit:

<https://glasstrainingandeducation.com>

Contact: Glasstrainingandeducation@gmail.com

What you will learn:

In-person and programming portions

- ◆ The human body and how to train, fuel, and recover each energy system
- ◆ Physical fitness testing, re-testing and education (PFT)
- ◆ Rucking basics and strength training
- ◆ Exercise and proper lifting techniques
- ◆ 6-week training programming
- ◆ Lunch included on all in-person days*

\$699



\$499

COACHES

Susie Lachowski, PhD, CSCS

- ◆ Director, Division of Exercise Science @ American Int'l College; Strength and Conditioning Specialist, Exercise Physiologist, Owner of GTE

Dave Winrow

- ◆ Army Ranger 2nd Battalion, 75th Ranger Regiment; Law Enforcement Officer; Tactical Expert