I have put together a short set of drawings using the connection I used on my layout for running Conventional and Command mode by using toggle switch. I have a block arrangement and use two 180 bricks for command and a MTH Z 4000 for conventional. There are many variations to this setup but this is how I did my setup.

Connections for blocks and using TMCC and Conventional Mode

Toggle switches are Center OFF SPDT GSW-13.

BLOCK 1   BLOCK 2   BLOCK3

Connect this lead to the center connection of the toggle switch for Command and Conventional Track 1

Connect this lead to the center connection of the toggle switch for Command and Conventional Track 2

These leads go to the center rail of each block rail.