



### DEA ACADEMY PHYSICAL TRAINING PROGRAM

Start your workout with 5 minutes of movement (Run/Bike/Row) that will get your blood flowing. Then, focus on warming up individual body parts by moving through the dynamic exercises listed below. Finally, after your workout, complete a proper cool down to maximize the benefits of your training and enhance your body's ability to recover.

If you miss or skip a workout day, don't stress. Continue with the plan on your next available day, starting from where you left off. You'll notice that the warm up and cool down are still listed on rest days. You should still be moving on your recovery days and the warm up/cool down are great ways to do it!

Complete the training sessions in this program as efficiently as possible and limit your rest in between sets and exercises. Follow prescribed rest intervals if specified.

Unless otherwise specified, loading for all resistance exercises should be challenging, but you should be able to complete all sets. Fewer repetitions per set require higher intensity loads (heavier) to produce the desired adaptation. For example, a protocol that calls for 3 sets of 5 repetitions (3x5) is meant to be completed with more intense loading than 3 sets of 8 (3x8), but less than for 3 sets of 2 (3x2).

Base your loading on your ability, not your ego and note that some days you'll feel stronger than others. There are a lot of variables that can affect tactical athletes day to day and your training should adjust to account for them.

Before attempting this plan, or any exercise program, please consult with and get approval from your personal health care provider. Significant illness or injury can come from attempting an exercise, or workout program, without proper approval from your personal health care provider. The information contained in this plan is intended to be general and educational in nature, and not meant to replace or supplant the advice of your personal health care professionals.

#### **LEGEND**

KB = Kettlebell | DB = Dumbbell | BB = Barbell

RB = Resistance Band | MB = Medicine Ball

#### **WARM UP**

(complete each exercise for the provided time/distance)

- 1. Run/Bike/Row (5 mins)
- 2. Forearm Plank (20 secs)
- 3. Straight Arm Side Plank (20 secs)
- 4. Hip Bridge (20 secs)
- 5. Mini Band Walk (Lateral) (10 yards/2 sets)
- 6. Mini Band Walk (For/Back) (10 yards/2 sets)
- 7. Walking Knee Grab (10 yards)
- 8. Walking Heel Grab (10 yards)
- 9. Traveling Butt Kicks (10 yards)
- 10. High Knees (10 yards)
- 11. Lateral Lunge (Right/Left) (10 yards)
- 12. Push Up w/ Inchworm (10 yards)

#### **COOL DOWN**

(complete each exercise for 20-30 seconds)

- 1. Quad Foam Roll
- 2. IT Foam Roll
- 3. Glute Foam Roll
- 4. Back Foam Roll
- 5. Shoulder Foam Roll
- 6. Forward Fold
- 7. Downward Dog
- 8. Hip Stretch
- 9. Quad Stretch
- 10. Knee to Chest Stretch
- 11. Hamstring Stretch
- 12. Spinal Twist Stretch
- 13. Prone Glute Stretch
- 14. Bent Arm Chest Stretch
- 15. Tricep Stretch



## 8-Week Training Program

Day	1	2	3	4	5	6	7			
			STE	P 1: PREPARE (8-10 N	MIN)					
Notes: Each day has			315							
wo variations.										
Markout Aria if you	STEP 2: SWEAT									
Workout A: is if you have scored between				STELL E. SWEAT	·		<u> </u>			
a 12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	DECT/DECOVED	WORKOUT A	WORKOUT A&B	WORKOUT A:	DECT/DECOVEDY			
3 IZ-16 ON the PTA.			REST/RECOVER	WORKOUT A:			REST/RECOVERY			
	Superset 1:	-Run 1.5 miles at 90% of PTA Pace (example: if you finished		Superset 1:	TABATA (i.e. 8 rounds of :20 seconds of hard work	Run 2 miles at an easy pace				
Workout B: is if you	-Box Step-Ups 4x8 each leg	, , ,		-Single Leg Glute Bridges 4x8						
have scored a 16 or	(use no external load this	PTA 1.5 miles in 12 minutes, run this 1.5 mile in 13:20)		each leg	followed with :10 seconds of	WORKOUT B:				
above.	week) -Inverted Rows 4x8-12	run this 1.5 mile in 13:20)		-Hanging Leg Raises 4x6-10 -Superman Hold 4x:30 sec.	rest) Perform a full 8 rounds on the	Run 3 miles at an easy pace				
	-Front Forearm Plank 4x:30	THEN		-Superman Hold 4x.30 Sec.	following exercises with 1	Ruit 5 fillies at all easy pace				
There is also extra	sec.	IIILIN		Superset 2:	minute rest in between each					
work for those who	SEC.	WORKOUT A:		-Diamond Push Ups 4x6-10	full 8 rounds. Do not move on					
have lower scores on	Superset 2:	-Perform as quickly as		-Rear Foot Elevated Split	to the next exercise until					
	-Push Ups 4x8-12	possible 25 Push Ups and 50		Squat 4x8 each leg	you've completed all 8 rounds.					
the Push Ups and	-Single Leg RDL's 4x8 each	Sit-Ups		-Hollow Hold 4x:15 sec.	you've completed all 8 rounds.					
Sit-Ups respectively.	leg	311-003		-1 10110W 1 1010 4x.15 3ec.	The exercises are:					
All programs will work	-Side Plank 4x:15 sec. each	WORKOUT B: Perform as		WORKOUT B:	-mountain climbers					
to improve aerobic	side	quickly as possible 50 push		Superset 1:	-sit ups					
capacity, so extra	Side	ups and 50 hang knee raises		-KB Sumo Deadlift 4x8	-burpees					
running work should	WORKOUT B:	aps and so hang three raises		-Hanging Leg Raises 4x6-10	-push ups					
not be needed.	Superset 1:			-Sorenson Hold OR Superman	pas aps					
However, if you would	-KB or DB Goblet Squat 4x8	IF DESIRED		Hold (IF no GHD) 4x:30 sec.	Track total numbers on					
like to run extra, it is	-Pull Ups 4x6-10				exercises to use for future					
	-Front Forearm Plank 4x:30			Superset 2:	comparison					
suggested to only do	sec.	EXTRA PUSH UP WORK:		-DB Incline Bench 4x8						
longer slower distance		-For 3 Minutes Perform x5		-DB Rear Foot Elevated Split						
runs as a supplement	Superset 2:	push ups every 10 seconds.		Squat 4x8 each leg						
o already scheduled	-DB Bench Press 4x8	You may rest in between with		-GHD Faceup Hold OR Hollow						
raining days and	-DB Single Leg RDL's 4x8	knees on the ground.		Hold (IF no GHD) 4x15 sec.						
eave the rest/recover	each leg	_								
days as prescribed.	-Side Plank 4x15 sec. each	EXTRA SIT UP WORK:		WORKOUT A&B						
• •	side	-For 3 Minutes Perform x5 sit		-Crosstrain (Choose between						
		ups every 10 seconds. You		Bike, Row, AirBike, or Versa						
	WORKOUT A&B	may rest with back on the		Climber) 60 Second max effort						
	-Run 3x400m	ground.		Sprints for 4 sets, rest 2						
	Work:Rest 1:1 (so if one rep			minutes after each						
	takes you 90 sec. rest 90 sec.)									
		·	_675	2. DECOVED /40. 45	AGINI)	<u> </u>				
			STE	23: RECOVER (10-15	MIN)					



## 8-Week Training Program

Day	1	2	3	4	5	6	7			
	STEP 1: PREPARE (8-10 MIN)									
Notes: Each day has wo variations.										
Vorkout A: is if you				STEP 2: SWEAT						
nave scored between a 12-16 on the PTA.	WORKOUT A: Superset 1:	WORKOUT A&B -Run 2x1 mile runs at 90%	REST/RECOVERY	WORKOUT A: Superset 1:	WORKOUT A&B	WORKOUT A: Run 2.5 miles at an easy pace	REST/RECOVERY			
Workout B: is if you have scored a 16 or above.  There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively.  All programs will work or improve aerobic capacity, so extra unning work should not be needed. However, if you would like to run extra, it is suggested to only do onger slower distance uns as a supplement or already scheduled raining days and eave the rest/recover days as prescribed.	-Box Step-Ups 4x10 each leg (use no external load this week) -Inverted Rows 4x8-12 -Front Forearm Plank 4x:35 sec.  Superset 2: -Push Ups 4x8-12 -Single Leg RDL's 4x10 each leg -Side Plank 4x:20 sec. each side  WORKOUT B: Superset 1: -KB or DB Goblet Squat 4x10 -Pull Ups 4x6-10 -Front Forearm Plank 4x:40 sec.  Superset 2: -DB Bench Press 4x10 -DB Single Leg RDL's 4x8 each leg -Side Plank 4x20 sec. each side	effort (try and maintain the same time for each) rest 5 minutes between miles  THEN  WORKOUT A: -Perform as quickly as possible 30 Push Ups and 60 Sit-Ups  WORKOUT B: Perform as quickly as possible 60 push ups and 60 hang knee raises  IF DESIRED  EXTRA PUSH UP WORK: -For 3 Minutes Perform x5 push ups every 10 seconds. You may rest in between with knees on the ground, but try to work in resting in a plank position		-Single Leg Glute Bridges 4x10 each leg -Hanging Leg Raises 4x6-10 -Superman Hold 4x:35 sec.  Superset 2: -Diamond Push Ups 4x6-10 -Rear Foot Elevated Split Squat 4x10 each leg -Hollow Hold 4x:20 sec.  WORKOUT B: Superset 1: -KB Sumo Deadlift 4x10 -Hanging Leg Raises 4x10 -Sorenson Hold OR Superman Hold (IF no GHD) 4x:35 sec.  Superset 2: -DB Incline Bench 4x10 -DB Rear Foot Elevated Split Squat 4x10 each leg -GHD Faceup Hold OR Hollow Hold (IF no GHD) 4x:20 sec.  WORKOUT A&B -Crosstrain (Choose between	Complete a physical task assessment. We will do this every other week. If able find a person to watch your push ups and sit ups and try to be very strict on protocols. Also, for training purposes only give yourself 5 minutes between exercises as opposed to ten, that way you feel even more fresh when the test day comes.  PTA:  1 minute max rep Sit-Ups  Rest 5 Minutes  300m sprint for time  Rest 5 Minutes  1 set of max rep push ups  Rest 5 Minutes	WORKOUT B: Run 4 miles at an easy pace				
	-Run 4x400m Work:Rest 1:1 (so if one rep takes you 90 sec. rest 90 sec.)	EXTRA SIT UP WORK: -For 3 Minutes Perform x5 sit ups every 10 seconds. You may rest with back on the ground.		Bike, Row, AirBike, or Versa Climber) 60 Second max effort Sprints for 5 sets, rest 2 minutes after each	1.5 mile run for time					
			STE	P 3: RECOVER (10-15	MIN)					



## 8-Week Training Program

Day	1	2	3	4	5	6	7			
,			STE	P 1: PREPARE (8-10 N	NIN)					
Notes: Each day has			J	. I. I KEI AKE (O 10 I						
wo variations.										
Madant A. ia if	STEP 2: SWEAT									
Norkout A: is if you nave scored between			l	SIEI E. SWEAI		l	T			
12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	REST/RECOVERY	WORKOUT A:	WORKOUT A&B	WORKOUT A:	REST/RECOVERY			
12-10 OII the I TA.	Superset 1:	-Run 2x1.5 mile runs at 90%	REST/RECOVERT	Superset 1:	Complete as Fast as possible	Run 3 miles at an easy pace	REST/RECOVERT			
Workout B: is if you	-Box Step-Ups 4x10 each leg	effort (try and maintain the		-Single Leg Glute Bridges 4x10						
nave scored a 16 or	(add light weight)	same time for each) rest 5		each leg (add weight)	10 Rounds					
above.	-Inverted Rows 4x10-15	minutes between miles		-Hanging Leg Raises 4x10		WORKOUT B:				
ibove.	-Front Forearm Plank 4x:40			-Superman Hold 4x:40 sec.	-5 Pull Ups	Run 5 miles at an easy pace				
There is also extra	sec.	THEN			-10 push Ups					
work for those who	Supercet 3:	WORKOUT A:		Superset 2: -Diamond Push Ups 4x8-12	-15 Sit Ups					
nave lower scores on	Superset 2: -Push Ups 4x10-15	-Perform as quickly as		-Rear Foot Elevated Split	Scale as needed, for example					
the Push Ups and	-Single Leg RDL's 4x10 each	possible 35 Push Ups and 70		Squat 4x12 each leg	if you need to substitute for					
Sit-Ups respectively.	leg (add weight)	Sit-Ups		-Hollow Hold 4x:25 sec.	pull ups then you may with					
All programs will work	-Side Plank 4x:25 sec. each				inverted rows with your feet					
to improve aerobic	side	WORKOUT B: Perform as		WORKOUT B:	on the ground.					
capacity, so extra		quickly as possible 70 push		Superset 1:						
running work should	WORKOUT B:	ups and 70 hang knee raises		-KB Sumo Deadlift 4x10	Track time it takes to use as					
not be needed.	Superset 1:			-Hanging Leg Raises 4x12	future comparison					
However, if you would	-KB or DB Goblet Squat 4x10 -Pull Ups 4x8-12	IF DESIRED		-Sorenson Hold OR Superman Hold (IF no GHD) 4x:40 sec.						
like to run extra, it is	-Front Forearm Plank 4x:45	" DESINED		110id (ii 110 011 <i>b)</i> 4x.40 sec.						
suggested to only do	sec.			Superset 2:						
onger slower distance		EXTRA PUSH UP WORK:		-DB Incline Bench 4x10						
runs as a supplement	Superset 2:	-For 3 Minutes Perform x5		-DB Rear Foot Elevated Split						
o already scheduled	-DB Bench Press 4x10	push ups every 10 seconds.		Squat 4x10 each leg						
raining days and	-DB Single Leg RDL's 4x8	Try to rest in Plank Position		-GHD Faceup Hold OR Hollow						
eave the rest/recover	each leg -Side Plank 4x25 sec. each	EVED A CIT LID WORK		Hold (IF no GHD) 4x25 sec.						
days as prescribed.	-Side Plank 4x25 sec. each	EXTRA SIT UP WORK: -For 3 Minutes Perform x5 sit		WORKOUT A&B						
lays as prescribed.	side	ups every 10 seconds. You		-Crosstrain (Choose between						
	WORKOUT A&B	may rest with back on the		Bike, Row, AirBike, or Versa						
	-Run 5x400m	ground.		Climber) 60 Second max effort						
	Work:Rest 1:1 (so if one rep			Sprints for 6 sets, rest 2						
	takes you 90 sec. rest 90 sec.)			minutes after each						
			STE	P 3: RECOVER (10-15	MIN)					



## 8-Week Training Program

### **WEEK 4: DELOAD**

Day	1	2	3	4	5	6	7				
·			STE	P 1: PREPARE (8-10 N	MIN)						
Notes: Each day has											
two variations.											
	CTED 2. CWEAT										
Workout A: is if you				STEP 2: SWEAT							
nave scored between											
a 12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	REST/RECOVER	WORKOUT A:	WORKOUT A&B	WORKOUT A&B	REST/RECOVERY				
	Superset 1:	-Run 1.5 mile runs at PTA		Superset 1:	PTA	l					
Norkout B: is if you	-Box Step-Ups 3x10 each leg	pace or faster		-Single Leg Glute Bridges 3x10	Complete a physical task	Light Pace Run for 20 minutes					
nave scored a 16 or	(add light weight)	THEN		each leg (add weight)	assessment. We will do this						
above.	-Inverted Rows 3x10-15 -Front Forearm Plank 2x:1:00	THEN		-Hanging Leg Raises 3x10 -Superman Hold 2x1 Min.	every other week. If able find						
	minute	WORKOUT A&B		-Superman Hold 2x1 Milli.	a person to watch your push ups and sit ups and try to be						
There is also extra	minute	5 Minute push up Plank		Superset 2:	very strict on protocols. Also,						
work for those who	Superset 2:	*every break perform 5 sit ups.		-Diamond Push Ups 3x8-12	for training purposes only give						
have lower scores on	-Push Ups 3x10-15			-Rear Foot Elevated Split	yourself 5 minutes between						
he Push Ups and	-Single Leg RDL's 3x10 each	IF DESIRED		Squat 3x12 each leg	exercises as opposed to ten,						
Sit-Ups respectively.	leg (add weight)			-Hollow Hold 2x:40 sec.	that way you feel even more						
All programs will work	-Side Plank 2x:40 sec. each				fresh when the test day						
to improve aerobic	side	EXTRA PUSH UP WORK:		WORKOUT B:	comes.						
capacity, so extra		-For 3 Minutes Perform x5		Superset 1:							
	WORKOUT B:	push ups every 10 seconds.		-KB Sumo Deadlift 3x6	PTA:						
running work should	Superset 1:	Try to rest in push up Plank		-Hanging Leg Raises 3x12							
not be needed.	-KB or DB Goblet Squat 3x10	Position		-Sorenson Hold OR Superman	1 minute max rep Sit-Ups						
However, if you would	-Pull Ups 3x8-12 -Front Forearm Plank 2x 1:30	EXTRA SIT UP WORK:		Hold (IF no GHD) 1x max time	Rest 5 Minutes						
ike to run extra, it is	minute	-For 3 Minutes Perform x5 sit		Superset 2:	Rest 5 Millutes						
suggested to only do	minute	ups every 10 seconds. You		-DB Incline Bench 3x10	300m sprint for time						
onger slower distance	Superset 2:	may rest with back on the		-DB Rear Foot Elevated Split	Soom sprint for time						
runs as a supplement	-DB Bench Press 3x10	ground.		Squat 3x10 each leg	Rest 5 Minutes						
to already scheduled	-DB Single Leg RDL's 3x8	3		-GHD Faceup Hold OR Hollow							
raining days and	each leg			Hold (IF no GHD) 1xmax time	1 set of max rep push ups						
eave the rest/recover	-Side Plank 2x1:00 min. each										
days as prescribed.	side			WORKOUT A&B	Rest 5 Minutes						
				-Crosstrain (Choose between							
	WORKOUT A&B			Bike, Row, AirBike, or Versa	1.5 mile run for time						
	-Run 3x400m			Climber) 20 Minute light effort							
	Work:Rest 1:2 (so if one rep										
	takes you 90 sec. rest 180										
	sec.)										
			STE	P 3: RECOVER (10-15	MINI						



## 8-Week Training Program

		2	3	4	5	6	7
			STI	EP 1: PREPARE (8-10 N	MIN)		
Notes: Each day has							
wo variations.							
Markout Aria if you				STEP 2: SWEAT			
Vorkout A: is if you				SIEI Z. SWEAI			
nave scored between							
12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	REST/RECOVER	WORKOUT A:	WORKOUT A&B	WORKOUT A:	REST/RECOVER
	Superset 1:	-Run 3 Miles (first mile easy		Superset 1:	TABATA (i.e. 8 rounds of :20	Run 4 miles at an easy pace	
Vorkout B: is if you	-Reverse Lunges 5x12 each	pace, 2nd mile moderate		-Single Leg Goodmornings	seconds of hard work		
nave scored a 16 or	leg (very light weight)	pace, third mile push it)		5x12 each leg (add weight)	followed with :10 seconds of	l	
bove.	-Feet Elevated Inverted Rows	T. 154		-V-Ups 5x10	rest)	WORKOUT B:	
	5x10	THEN		-Superman Hold 4x:30 sec.	Perform a full 8 rounds on the	Run 6 miles at an easy pace	
here is also extra	-Inchworms 5x6	WORKOUT A		6	following exercises with 1		
vork for those who	Comment 3:	WORKOUT A:		Superset 2:	minute rest in between each		
nave lower scores on	Superset 2: -Push Ups 5x10	-Perform as quickly as		-Diamond Push Ups 5x10	full 8 rounds. Do not move on		
	-Single Leg Glute Bridges	possible 50 deficit Push Ups (hands on a elevated 3 inch		-Rear Foot Elevated Split Squat 5x10 each leg	to the next exercise until		
he Push Ups and	5x10 each leg	surface feet on the ground)		-Hollow Hold 5x:15 sec.	you've completed all 8 rounds.		
Sit-Ups respectively.	-Side Plank 5x:15 sec. each	and 100 Sit-Ups		-1 lollow 1 lold 3x.13 sec.	The exercises are:		
All programs will work	side	and 100 Sit-Ops		WORKOUT B:	-mountain climbers		
o improve aerobic	side	WORKOUT B:		Superset 1:	-sit ups		
capacity, so extra	WORKOUT B:	-Perform as quickly as		-BB OR Trap Bar Deadlift 5x8	-burpees		
unning work should	Superset 1:	possible 70 deficit Push Ups		-V-ups 5x10	-push ups		
not be needed.	-BB Front Squat 5x10	(hands on a elevated 3 inch		-Superman Hold 4x :30 sec	Page   Spg		
However, if you would	-Pull Ups 5x6-10	surface feet on the ground)		Superman risia ix iso sec	Compare Rep numbers to		
ike to run extra, it is	-Ab Rollout (use BB with small	and 150 Sit-Up		Superset 2:	when you did this week 1		
	plates) 5x6			-DB Shoulder Press 5x10	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
suggested to only do		IF DESIRED		-DB Rear Foot Elevated Split			
onger slower distance	Superset 2:			Squat 5x10 each leg			
uns as a supplement	-BB Bench Press 5x10			-GHD Faceup Hold OR Hollow			
o already scheduled	-Single Leg Glute Bridges	EXTRA PUSH UP WORK:		Hold (IF no GHD) 5x:15 sec.			
raining days and	5x10 each leg	-Perform 3 sets of Max rep					
eave the rest/recover	-Side Plank 5x:15 sec. each	push ups as fast as possible,		WORKOUT A&B			
lays as prescribed.	side	go for speed, take as much		-Find a non running cardio			
• •		rest between sets as needed		device (rower, assault bike, ski			
	WORKOUT A&B			erg, versa climber) and			
	-Run 6x200m			perform 10 sets of :30 sec.			
	Work:Rest 1:2 (so if one rep	EXTRA SIT UP WORK:		max effort and :30 sec. rest			
	takes you 40 sec. rest 1:20)	-Perform 3 sets of max reps in					
		1 minute, work on speed while					
		keeping strict protocol					
			STE	P 3: RECOVER (10-15	MIN)		



# 8-Week Training Program

Day	1	2	3	4	5	6	7
			STI	EP 1: PREPARE (8-10 N	MIN)		
Notes: Each day has							
wo variations.							
Markout Aria if you				STEP 2: SWEAT			
Vorkout A: is if you nave scored between				SIEI Z. SWEAI			
12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	REST/RECOVER	WORKOUT A:	WORKOUT A&B	WORKOUT A:	REST/RECOVER
	Superset 1:	-Run 3.5 Miles (first mile easy		Superset 1:	PTA	Run 5 miles at an easy pace	
Vorkout B: is if you	-Reverse Lunges 5x10 each	pace, 2nd mile moderate pace, last 1.5 push it)		-Single Leg Good mornings	Complete a physical task assessment. We will do this	(stop at 1 hour no matter what)	
ave scored a 16 or	leg (very light weight) -Feet Elevated Inverted Rows	pace, last 1.5 push it)		5x12 each leg (add weight) -V-Ups 5x10	every other week. If able find		
above.	5x12	THEN		-V-Ops 5x10 -Superman Hold 4x:40 sec.	a person to watch your push	WORKOUT B:	
	-Inchworms 5x8	ITIEN		-Superman Floid 4x.40 sec.	ups and sit ups and try to be	Run 7 miles at an easy pace	
There is also extra		WORKOUT A:		Superset 2:	very strict on protocols. Also,	(stop at 1 hour no matter what)	
work for those who	Superset 2:	-Perform as quickly as		-Diamond Push Ups 5x10	for training purposes only give	(Stop at 1 Hour no matter What)	
nave lower scores on	-Push Ups 5x12	possible 60 deficit Push Ups		-Rear Foot Elevated Split	yourself 5 minutes between		
he Push Ups and	-Single Leg Glute Bridges 5x12	(hands on a elevated 3 inch		Squat 5x10 each leg	exercises as opposed to ten,		
Sit-Ups respectively.	each leg	surface feet on the ground)		-Hollow Hold 5x:20 sec.	that way you feel even more		
All programs will work	-Side Plank 5x:20 sec. each	and 120 Sit-Ups			fresh when the test day		
	side			WORKOUT B:	comes.		
o improve aerobic		WORKOUT B:		Superset 1:			
capacity, so extra	WORKOUT B:	-Perform as quickly as		-BB OR Trap Bar Deadlift 5x8	PTA:		
running work should	Superset 1:	possible 80 deficit Push Ups		-V-ups 5x10			
not be needed.	-BB Front Squat 5x8	(hands on a elevated 3 inch		-Superman Hold 4x :40 sec	1 minute max rep Sit-Ups		
However, if you would	-Pull Ups 5x6-10	surface feet on the ground)					
like to run extra, it is	-Ab Rollout (use BB with small	and 160 Sit-Up		Superset 2:	Rest 5 Minutes		
suggested to only do	plates) 5x8			-DB Shoulder Press 5x8			
longer slower distance		IF DESIRED		-DB Rear Foot Elevated Split	300m sprint for time		
runs as a supplement	Superset 2:			Squat 5x10 each leg			
to already scheduled	-BB Bench Press 5x8			-GHD Faceup Hold OR Hollow	Rest 5 Minutes		
raining days and	-Single Leg Glute Bridges	EXTRA PUSH UP WORK:		Hold (IF no GHD) 5x:20 sec.			
· ,	5x10 each leg	-Perform 3 sets of Max rep			1 set of max rep push ups		
eave the rest/recover	-Side Plank 5x:20 sec. each side	push ups as fast as possible,		WORKOUT A&B	Rest 5 Minutes		
days as prescribed.	side	go for speed, take as much rest between sets as needed		-Find a non running cardio	Rest 5 Minutes		
	WORKOUT A&B	rest between sets as needed		device (rower, assault bike, ski erg, versa climber) and	1.5 mile run for time		
	-Run 8x200m			perform 12 sets of :30 sec.	i.5 iiiie iuii ioi iiiie		
	Work:Rest 1:2 (so if one rep	EXTRA SIT UP WORK:		max effort and :30 sec. rest			
	takes you 40 sec. rest 1:20)	-Perform 3 sets of max reps in		ax enortana .so sec. lest			
		1 minute, work on speed while					
		keeping strict protocol					
			<u> </u>			<u> </u>	
			STE	P 3: RECOVER (10-15	MIN)		



### 8-Week Training Program

		2	3	4	5	6	7
			ST	EP 1: PREPARE (8-10 N	MIN)		
Notes: Each day has							
wo variations.							
Norkout A: is if you				STEP 2: SWEAT			
nave scored between			1	512. 2. 5112A.	·		<u> </u>
12-16 on the PTA.	WORKOUT A:	WORKOUT A&B	REST/RECOVER	WORKOUT A:	WORKOUT A&B	WORKOUT A&B	REST/RECOVER
12-16 OII LIIE PTA.	Superset 1:	-Run 4 Miles (first mile easy	REST/RECOVER	Superset 1:	Complete as Fast as possible	Run at an easy pace for 1 hour	REST/RECOVER
	-Reverse Lunges 5x8 each leg	pace, 2nd mile moderate		-Single Leg Good mornings	Complete as Fast as possible	Ruil at all easy pace for Friodi	
Workout B: is if you	(add weight)	pace, last 2 miles push it)		5x10 each leg (add weight)	10 Rounds		
nave scored a 16 or	-Feet Elevated Inverted Rows	pace, last 2 miles pash ity		-V-Ups 5x10	10 Rounds		
above.	5x15	THEN		-Superman Hold 4x:50 sec.	-5 Pull Ups		
	-Inchworms 5x10				-10 push Ups		
There is also extra		WORKOUT A:		Superset 2:	-15 Sit Ups		
work for those who	Superset 2:	-Perform as quickly as		-Diamond Push Ups 5x10			
nave lower scores on	-Push Ups 5x15	possible 70 deficit Push Ups		-Rear Foot Elevated Split	Scale as needed, for example		
he Push Ups and	-Single Leg Glute Bridges 5x12	(hands on a elevated 3 inch		Squat 5x8 each leg	if you need to substitute for		
Sit-Ups respectively.	each leg	surface feet on the ground)		-Hollow Hold 4x:30 sec.	pull ups then you may with		
All programs will work	-Side Plank 5x:20 sec. each	and 140 Sit-Ups			inverted rows with your feet		
o improve aerobic	side			WORKOUT B:	on the ground.		
capacity, so extra		WORKOUT B:		Superset 1:			
unning work should	WORKOUT B:	-Perform as quickly as		-BB OR Trap Bar Deadlift 5x6	Compare to when you did this		
not be needed.	Superset 1:	possible 90 deficit Push Ups		-V-ups 5x10	week 3		
	-BB Front Squat 5x6	(hands on a elevated 3 inch		-Superman Hold 4x :50 sec			
However, if you would	-Pull Ups 5x6-10	surface feet on the ground) and 180 Sit-Up		Superset 2:			
ike to run extra, it is	-Ab Rollout (use BB with small plates) 5x10	and 180 Sit-Op		-DB Shoulder Press 5x6			
suggested to only do	plates) 3x10	IF DESIRED		-DB Shoulder Fress 3x0  -DB Rear Foot Elevated Split			
onger slower distance	Superset 2:	II DESIKED		Squat 5x10 each leg			
uns as a supplement	-BB Bench Press 5x6			-GHD Faceup Hold OR Hollow			
o already scheduled	-Single Leg Glute Bridges	EXTRA PUSH UP WORK:		Hold (IF no GHD) 5x:25 sec.			
raining days and	5x10 each leg	-Perform 3 sets of Max rep		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
eave the rest/recover	-Side Plank 5x:25 sec. each	push ups as fast as possible,		WORKOUT A&B			
days as prescribed.	side	go for speed, take as much		-Find a non running cardio			
		rest between sets as needed		device (rower, assault bike, ski			
	WORKOUT A&B			erg, versa climber) and			
	-Run 10x200m			perform 15 sets of :30 sec.			
	Work:Rest 1:2 (so if one rep	EXTRA SIT UP WORK:		max effort and :30 sec. rest			
	takes you 40 sec. rest 1:20)	-Perform 3 sets of max reps in					
		1 minute, work on speed while					
		keeping strict protocol					
			STE	P 3: RECOVER (10-15	MIN)		



### 8-Week Training Program

#### **WEEK 8: DELOAD**

Day	1	2	3	4	5	6	7
			STE	:P 1: PREPARE (8-10 N	MIN)		
Notes: Each day has		<u> </u>			<u>.                                      </u>		
two variations.							
Workout A: is if you				STEP 2: SWEAT			
nave scored between							
a 12-16 on the PTA.	WORKOUT A: Superset 1:	WORKOUT A&B -Run 2.5 Miles (first mile easy	REST/RECOVER	WORKOUT A: Superset 1:	WORKOUT A&B PTA	WORKOUT A&B	REST/RECOVER
Workout B: is if you	-Reverse Lunges 3x10 each leg	pace, last 1.5 mile try and get		-Single Leg Good mornings	Complete a physical task	Light Pace Run for 20 minutes	
nave scored a 16 or	(no weight) -Feet Elevated Inverted Rows	what you will on PTA)		3x10 each leg (add weight)	assessment. We will do this		
bove.	3xmax reps	THEN		-V-Ups 3x8 -Superman Hold 2x:60 sec.	every other week. If able find a person to watch your push		
	-Inchworms 3x5	THEN		Superman Hold 2x.00 Sec.	ups and sit ups and try to be		
There is also extra	Superset 2:	IF DESIRED		Superset 2:	very strict on protocols. Also,		
work for those who have lower scores on	-Push Ups 3x15			-Diamond Push Ups 3x10 -Rear Foot Elevated Split	for training purposes only give yourself 5 minutes between		
he Push Ups and	-Single Leg Glute Bridges 3x10	EXTRA PUSH UP WORK:		Squat 3x8 each leg	exercises as opposed to ten,		
it-Ups respectively.	each leg -Side Plank 2x:30 sec. each	-Perform 3 sets of Max rep		-Hollow Hold 2x:40 sec.	that way you feel even more		
all programs will work	side	push ups as fast as possible, go for speed, take as much		WORKOUT B:	fresh when the test day comes.		
o improve aerobic	WORKOUT B:	rest between sets as needed		Superset 1:	comes.		
capacity, so extra running work should	Superset 1:			-KB Sumo Deadlift 3x6	PTA:		
not be needed.	-BB Front Squat 3x8	EXTRA SIT UP WORK:		-V-ups 3x10 -Superman Hold 2x :60 sec	1 minute max rep Sit-Ups		
However, if you would	-Pull Ups 3x10 -Ab Rollout (use BB with small	-Perform 3 sets of max reps in		Caperman Field 2x 100 500	Timilate max rep sit ops		
ike to run extra, it is	plates) 3x10	1 minute, work on speed while		Superset 2:	Rest 5 Minutes		
suggested to only do	C	keeping strict protocol		-DB Shoulder Press 3x8 -DB Rear Foot Elevated Split	300m sprint for time		
onger slower distance uns as a supplement	Superset 2: -BB Bench Press 3x8			Squat 3x10 each leg			
o already scheduled	-Single Leg Glute Bridges 3x10 each leg			-GHD Faceup Hold OR Hollow Hold (IF no GHD) 2x:30 sec.	Rest 5 Minutes		
raining days and	-Side Plank 3x:30 sec. each			7 101d (ii 110 01 12) 2xi00 000.	1 set of max rep push ups		
eave the rest/recover	side			WORKOUT A&B	5 .5.4		
lays as prescribed.	WORKOUT A&B			-Find a non running cardio device (rower, assault bike, ski	Rest 5 Minutes		
	-Run 400,300,200,100m			erg, versa climber) and	1.5 mile run for time		
	Work:Rest 1:1 (work down the			perform 15 sets of :30 sec.			
	ladder rest what it took the previous distance to run)			max effort and :30 sec. rest			
			STE	P 3: RECOVER (10-15	MIN)		