



DEA ACADEMY PHYSICAL TRAINING PROGRAM

8-Week Training Program



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

DEA collaborated with O2X Human Performance to develop this training program. DEA's collaboration in the development of this training program does not constitute an endorsement by DEA of O2X Human Performance or its products or services.



WEEK 2

Day	1	2	3	4	5	6	7
<p>Notes: Each day has two variations.</p> <p>Workout A: is if you have scored between a 12-16 on the PTA.</p> <p>Workout B: is if you have scored a 16 or above.</p> <p>There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.</p>	STEP 1: PREPARE (8–10 MIN)						
	STEP 2: SWEAT						
	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Box Step-Ups 4x10 each leg (use no external load this week) -Inverted Rows 4x8-12 -Front Forearm Plank 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none"> -Push Ups 4x8-12 -Single Leg RDL's 4x10 each leg -Side Plank 4x:20 sec. each side <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -KB or DB Goblet Squat 4x10 -Pull Ups 4x6-10 -Front Forearm Plank 4x:40 sec. <p>Superset 2:</p> <ul style="list-style-type: none"> -DB Bench Press 4x10 -DB Single Leg RDL's 4x8 each leg -Side Plank 4x20 sec. each side <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 4x400m <p>Work:Rest 1:1 (so if one rep takes you 90 sec. rest 90 sec.)</p>	<p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 2x1 mile runs at 90% effort (try and maintain the same time for each) rest 5 minutes between miles <p>THEN</p> <p>WORKOUT A:</p> <ul style="list-style-type: none"> -Perform as quickly as possible 30 Push Ups and 60 Sit-Ups <p>WORKOUT B: Perform as quickly as possible 60 push ups and 60 hang knee raises</p> <p>IF DESIRED</p> <p>EXTRA PUSH UP WORK:</p> <ul style="list-style-type: none"> -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 <p>EXTRA SIT UP WORK:</p> <ul style="list-style-type: none"> -For 3 Minutes Perform x5 sit ups every 10 seconds. You may rest with back on the ground. 	REST/RECOVERY	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Single Leg Glute Bridges 4x10 each leg -Hanging Leg Raises 4x6-10 -Superman Hold 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none"> -Diamond Push Ups 4x6-10 -Rear Foot Elevated Split Squat 4x10 each leg -Hollow Hold 4x:20 sec. <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -KB Sumo Deadlift 4x10 -Hanging Leg Raises 4x10 -Sorenson Hold OR Superman Hold (IF no GHD) 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none"> -DB Incline Bench 4x10 -DB Rear Foot Elevated Split Squat 4x10 each leg -GHD Faceup Hold OR Hollow Hold (IF no GHD) 4x20 sec. <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Crosstrain (Choose between Bike, Row, AirBike, or Versa Climber) 60 Second max effort Sprints for 5 sets, rest 2 minutes after each 	<p>WORKOUT A&B</p> <p>PTA</p> <p>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.</p> <p>PTA:</p> <p>1 minute max rep Sit-Ups</p> <p>Rest 5 Minutes</p> <p>300m sprint for time</p> <p>Rest 5 Minutes</p> <p>1 set of max rep push ups</p> <p>Rest 5 Minutes</p> <p>1.5 mile run for time</p>	<p>WORKOUT A:</p> <p>Run 2.5 miles at an easy pace</p> <p>WORKOUT B:</p> <p>Run 4 miles at an easy pace</p>	REST/RECOVERY
	STEP 3: RECOVER (10–15 MIN)						



8-Week Training Program

WEEK 3

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



8-Week Training Program

WEEK 4: DELOAD

Day	1	2	3	4	5	6	7
<p>Notes: Each day has two variations.</p> <p>Workout A: is if you have scored between a 12-16 on the PTA.</p> <p>Workout B: is if you have scored a 16 or above.</p> <p>There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.</p>	STEP 1: PREPARE (8–10 MIN)						
	STEP 2: SWEAT						
	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Box Step-Ups 3x10 each leg (add light weight) -Inverted Rows 3x10-15 -Front Forearm Plank 2x:1:00 minute <p>Superset 2:</p> <ul style="list-style-type: none"> -Push Ups 3x10-15 -Single Leg RDL's 3x10 each leg (add weight) -Side Plank 2x:40 sec. each side <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -KB or DB Goblet Squat 3x10 -Pull Ups 3x8-12 -Front Forearm Plank 2x 1:30 minute <p>Superset 2:</p> <ul style="list-style-type: none"> -DB Bench Press 3x10 -DB Single Leg RDL's 3x8 each leg -Side Plank 2x1:00 min. each side <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 3x400m <p>Work:Rest 1:2 (so if one rep takes you 90 sec. rest 180 sec.)</p>	<p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 1.5 mile runs at PTA pace or faster <p>THEN</p> <p>WORKOUT A&B</p> <p>5 Minute push up Plank</p> <p>*every break perform 5 sit ups.</p> <p>IF DESIRED</p> <p>EXTRA PUSH UP WORK:</p> <ul style="list-style-type: none"> -For 3 Minutes Perform x5 push ups every 10 seconds. Try to rest in push up Plank Position <p>EXTRA SIT UP WORK:</p> <ul style="list-style-type: none"> -For 3 Minutes Perform x5 sit ups every 10 seconds. You may rest with back on the ground. 	REST/RECOVER	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Single Leg Glute Bridges 3x10 each leg (add weight) -Hanging Leg Raises 3x10 -Superman Hold 2x1 Min. <p>Superset 2:</p> <ul style="list-style-type: none"> -Diamond Push Ups 3x8-12 -Rear Foot Elevated Split Squat 3x12 each leg -Hollow Hold 2x:40 sec. <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -KB Sumo Deadlift 3x6 -Hanging Leg Raises 3x12 -Sorenson Hold OR Superman Hold (IF no GHD) 1x max time <p>Superset 2:</p> <ul style="list-style-type: none"> -DB Incline Bench 3x10 -DB Rear Foot Elevated Split Squat 3x10 each leg -GHD Faceup Hold OR Hollow Hold (IF no GHD) 1xmax time <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Crosstrain (Choose between Bike, Row, AirBike, or Versa Climber) 20 Minute light effort 	<p>WORKOUT A&B</p> <p>PTA</p> <p>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.</p> <p>PTA:</p> <p>1 minute max rep Sit-Ups</p> <p>Rest 5 Minutes</p> <p>300m sprint for time</p> <p>Rest 5 Minutes</p> <p>1 set of max rep push ups</p> <p>Rest 5 Minutes</p> <p>1.5 mile run for time</p>	<p>WORKOUT A&B</p> <p>Light Pace Run for 20 minutes</p>	REST/RECOVERY
	STEP 3: RECOVER (10–15 MIN)						



8-Week Training Program

WEEK 5

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



WEEK 6

Day	1	2	3	4	5	6	7
Notes: Each day has two variations.	STEP 1: PREPARE (8–10 MIN)						
	STEP 2: SWEAT						
Workout A: is if you have scored between a 12-16 on the PTA.	WORKOUT A: Superset 1: -Reverse Lunges 5x10 each leg (very light weight) -Feet Elevated Inverted Rows 5x12 -Inchworms 5x8	WORKOUT A&B -Run 3.5 Miles (first mile easy pace, 2nd mile moderate pace, last 1.5 push it) THEN WORKOUT A: -Perform as quickly as possible 60 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 120 Sit-Ups WORKOUT B: -Perform as quickly as possible 80 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 160 Sit-Up IF DESIRED EXTRA PUSH UP WORK: -Perform 3 sets of Max rep push ups as fast as possible, go for speed, take as much rest between sets as needed	REST/RECOVER	WORKOUT A: Superset 1: -Single Leg Good mornings 5x12 each leg (add weight) -V-Ups 5x10 -Superman Hold 4x:40 sec. Superset 2: -Diamond Push Ups 5x10 -Rear Foot Elevated Split Squat 5x10 each leg -Hollow Hold 5x:20 sec. WORKOUT B: Superset 1: -BB OR Trap Bar Deadlift 5x8 -V-ups 5x10 -Superman Hold 4x :40 sec Superset 2: -DB Shoulder Press 5x8 -DB Rear Foot Elevated Split Squat 5x10 each leg -GHD Faceup Hold OR Hollow Hold (IF no GHD) 5x:20 sec.	WORKOUT A&B PTA 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 1.5 mile run for time	WORKOUT A: Run 5 miles at an easy pace (stop at 1 hour no matter what) WORKOUT B: Run 7 miles at an easy pace (stop at 1 hour no matter what)	REST/RECOVER
Workout B: is if you have scored a 16 or above.	Superset 2: -Push Ups 5x12 -Single Leg Glute Bridges 5x12 each leg -Side Plank 5x:20 sec. each side	WORKOUT B: Superset 1: -BB Front Squat 5x8 -Pull Ups 5x6-10 -Ab Rollout (use BB with small plates) 5x8					
There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.	Superset 2: -BB Bench Press 5x8 -Single Leg Glute Bridges 5x10 each leg -Side Plank 5x:20 sec. each side	WORKOUT A&B -Run 8x200m Work:Rest 1:2 (so if one rep takes you 40 sec. rest 1:20)					
	STEP 3: RECOVER (10–15 MIN)						



8-Week Training Program

WEEK 7

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



8-Week Training Program

WEEK 8: DELOAD

Day	1	2	3	4	5	6	7
<p>Notes: Each day has two variations.</p> <p>Workout A: is if you have scored between a 12-16 on the PTA.</p> <p>Workout B: is if you have scored a 16 or above.</p> <p>There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.</p>	STEP 1: PREPARE (8–10 MIN)						
	STEP 2: SWEAT						
	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Reverse Lunges 3x10 each leg (no weight) -Feet Elevated Inverted Rows 3xmax reps -Inchworms 3x5 <p>Superset 2:</p> <ul style="list-style-type: none"> -Push Ups 3x15 -Single Leg Glute Bridges 3x10 each leg -Side Plank 2x:30 sec. each side <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -BB Front Squat 3x8 -Pull Ups 3x10 -Ab Rollout (use BB with small plates) 3x10 <p>Superset 2:</p> <ul style="list-style-type: none"> -BB Bench Press 3x8 -Single Leg Glute Bridges 3x10 each leg -Side Plank 3x:30 sec. each side <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 400,300,200,100m <p>Work:Rest 1:1 (work down the ladder rest what it took the previous distance to run)</p>	<p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Run 2.5 Miles (first mile easy pace, last 1.5 mile try and get what you will on PTA) <p>THEN</p> <p>IF DESIRED</p> <p>EXTRA PUSH UP WORK:</p> <ul style="list-style-type: none"> -Perform 3 sets of Max rep push ups as fast as possible, go for speed, take as much rest between sets as needed <p>EXTRA SIT UP WORK:</p> <ul style="list-style-type: none"> -Perform 3 sets of max reps in 1 minute, work on speed while keeping strict protocol 	REST/RECOVER	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -Single Leg Good mornings 3x10 each leg (add weight) -V-Ups 3x8 -Superman Hold 2x:60 sec. <p>Superset 2:</p> <ul style="list-style-type: none"> -Diamond Push Ups 3x10 -Rear Foot Elevated Split Squat 3x8 each leg -Hollow Hold 2x:40 sec. <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none"> -KB Sumo Deadlift 3x6 -V-ups 3x10 -Superman Hold 2x :60 sec <p>Superset 2:</p> <ul style="list-style-type: none"> -DB Shoulder Press 3x8 -DB Rear Foot Elevated Split Squat 3x10 each leg -GHD Faceup Hold OR Hollow Hold (IF no GHD) 2x:30 sec. <p>WORKOUT A&B</p> <ul style="list-style-type: none"> -Find a non running cardio device (rower, assault bike, ski erg, versa climber) and perform 15 sets of :30 sec. max effort and :30 sec. rest 	<p>WORKOUT A&B</p> <p>PTA</p> <p>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.</p> <p>PTA:</p> <p>1 minute max rep Sit-Ups</p> <p>Rest 5 Minutes</p> <p>300m sprint for time</p> <p>Rest 5 Minutes</p> <p>1 set of max rep push ups</p> <p>Rest 5 Minutes</p> <p>1.5 mile run for time</p>	<p>WORKOUT A&B</p> <p>Light Pace Run for 20 minutes</p>	REST/RECOVER
STEP 3: RECOVER (10–15 MIN)							