

**Example of how to prepare for entry into the DPS training academy
beginning with 7 weeks up to 18 weeks out from report date**

Week 1 (Example)

- **Monday, Wednesday, and Friday: Cardio Tabata and field work**
 - **Mon: Track work:** 8 sets of 20:10 (sprint for 20 seconds and jog for 10 seconds.sprint 20 jog 10..etc) after the 8th set rest for 3 to 5 minutes then begin field work.
 - **Field work:** Goal line: 12 push-ups - sprint to 50 yard line and do 12 straight legged sit ups - sprint to the other goal line and do 12 push-ups narrow - back to the 50 and do 12 straight legged sit ups- back to the original goal line and 12 push-ups. Complete as many revolutions in 12 minutes.
 - **Wed: Track work:** Same as above just increase the 8 sets to 10 sets.
 - **Field work:** Goal Line: 30 jump ropes; sprint to 50 yard line – 30 sit ups; Sprint to Goal line – 12 Push-ups – back to the 50 – 30 sit-ups; back to the original goal line for 30 jump ropes. Complete as many revolutions in 12 minutes.
 - **Friday: Track work:** Same as above just change the 10 sets to 12 sets for Track work.
 - **Field/Track work:** Run 800 meters (2 laps) – 400 meters (1 lap) backwards – 800 meters – finish with 400 meter backward sprint for best time.
- **Tuesday:** Cross-Training: utilizing 2 separate routines with a 3 to 5 minute rest interval between routines; and
- **Thursday:** Cross-Training: utilizing 2 separate routines with a 3 to 5 minute rest interval between routines

****Tuesday Cross-Training may be all upper body work and Thursday may be all lower body work or a combination of core body exercises. Whenever Cross-Training takes place, the exercises will be different****

Week 2:

- **Tuesday and Thursday: Cardio Tabata and Field work**
 - **Tuesday: Track work:** 10 sets of 30:60 routine (30 seconds sprinting and 60 second jog) followed by a 3 to 5 minute rest period then move to the field.
 - **Field work:** Continues to change every time you get this portion of the workout. Refer to week 1 example.
 - **Thursday: Track work:** Increase the sets to 12 on the 30:60 routine on the track.
 - **Field work:** Continues to change
- **Monday, Wednesday and Friday:** Cross-Training routines.

Week 3:

- **Monday, Wednesday and Friday: Cardio Tabata and field work**
 - **Monday** - 8 sets of 60:120 rest for 3 to 5 minutes and move to the field.
 - **Wed** - 10 sets of 60:120 and so on....
 - **Friday** - 12 sets of 60:120 and so on....
 - **Tuesday and Thursday:** Cross-Training.

Week 4:

- **Tuesday and Thursday: Cardio Tabata and field work**
 - **Tuesday** - 10 sets of 90:180 and so on.
 - **Thursday**- 12 sets of 90:180 and so on.

****Do not forget to perform field exercises after 3 to 5 minutes recovery period****

- **Monday, Wednesday, and Friday: Cross-Training**

Week 5:

- **Monday, Wednesday and Friday - Cardio Tabata and field work**
 - Here we perform 6 laps of 400 meter sprint work based on 85% of the last recorded mile and half time. After each 400 meter sprint you will rest for that equal amount of time before engaging in the next 400 meter sprint.
 - Example: If I have to sprint the 400 meters in 1:30, I rest for 1:30 before I take off on my 2nd sprint of the 400 meters and so on...for 6 laps. Then you rest for 5 minutes and move to the field for field work.

- **Tuesday and Thursday** – Cross-Training.
 - On the **6th week** you are ready to time your mile and half for the PRT. For the **21-26 week** academies: The Tabata training format will continue and each week will be a mirror of the first 6 weeks for the exception of the times for the 30:60; 60:120 and 90:180, which change to 30:20 (weeks 7 & 14); 60:30 (weeks 8 & 16); and 90:60 (weeks 9 & 18).

****It is critical that this type of workout be performed with intensity and strict timing****

CROSS-TRAINING:

Cross-Training consist of multiple exercises (3 to 4) performed either for TIME or within a time ZONE. For example: The participant will engage in the following 3 exercises and complete as many revolutions in 12 minutes: 12 – push-ups; move to 12 –pull-ups; move to 12 – dips; back to the pull-ups for 12 reps; then back to the push-ups for 12 reps. This would complete 1 revolution. The participant must try to complete as many revolutions as he/she can within 12 minutes. So **intensity** is the key. **NO RESTING**. Recover for 5 minutes and move to the 2nd cross-training routine: 12 – sit-ups; move to jump rope for 12 reps; move to V-ups (sit-ups that are performed with straight legs and arms meeting together at the top) for 12 reps; then return to the jump rope for 12 reps and then to sit-ups for 12. Complete as may revolutions in 12 minutes.

****Other routines would include 21-15-9 (each of the three exercises will start with 21 reps followed by 15 reps followed by 9 reps) for time; or Increase reps and time for any routine; there are literally 100s of exercises that can be performed utilizing Cross-Training ****