

Program overview

Tactical Fitness is about choosing a profession where your fitness may one day be the difference between life and death for you, your buddy, or someone you are trying to help. Not only does your health and fitness need to be developed, but your ability to react as you have been trained and think clearly under stress is an absolute must. As police officers we have to view ourselves as professional athletes. If we lose we may die or be seriously injured, train like your life depends on it!!

This is for people with little to no experience in the weight room. You'll need to learn the movements and be able to do them correctly.

For this program, you will train four days per week. The days do not matter; just make sure you rest for 3 days per week. A good rule of thumb is two days on one day off. This program will push you hard and you will quickly improve. The program will start with the police department's physical test. It is as follows.

Bench Press: Minimum Score- 64% of body weight (1 rep)

Push- ups: Minimum Score- 25 repetitions

Leg Press: Minimum Score- 125% of body weight

1 minute Sit-Ups: Minimum Score- 29 repetitions in 1 minute

1.5 mile run: Maximum Time- 16:29

300 Meter Run: Maximum Time- 1:11

ACRONYMS

The following are a few key acronyms you'll come across in the program:

AMRAP- As many reps as possible

AQAP- as quickly as possible

DB- dumbbell

1rm- 1 rep Max

EMOM- Every minute on the minute

Tabata- 20 secs work/10 seconds rest (you can get a free Tabata timer in the app store)

During this training program we will utilize **DENSITY TRAINING**. Density training works well for increasing your rep count in high-rep exercises like push-ups and sit-ups. Because the Fayetteville Police department fitness test focuses on these movements, so will we. Most people overlook the sit-ups, but next to the run we lose most participants in the sit-up portion of the test. Below is an example of density training.

Total Reps: 60; starting reps: 3

3 reps every minute on the minute (EMOM) for 20 minutes.

6 reps EMOM for 10 minutes.

This protocol will be used for push-ups and sit-ups.

Day 1

“Excitement comes from the achievement. Fulfillment comes from the journey”

Bench Press: Minimum Score- 64% of body weight (1 rep)

Push- ups: Minimum Score- 25 repetitions

Leg Press: Minimum Score- 125% of body weight

1 minute Sit-Ups: Minimum Score- 29 repetitions in 1 minute

1.5 mile run: Maximum Time- 16:29

300 Meter Run: Maximum Time- 1:11

Log your times and reps on your phone or write it down. Tracking your progress is very important, without hard numbers it hard to see if you are headed in the right direction.

Day 2

“Live life on purpose” – Simon Sinek

Today we will be using the “Tabata” timer or you can just use your phone to track: 20 seconds of work followed by :10 seconds of rest. A full Tabata is 8 rounds or sets for a total of 4 mins.

Warm-up

0:00- 4:00- Chest Touch 8 sets of :20 seconds work followed by :10 seconds rest (Tabata)

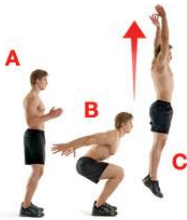
1. Start in a high plank position and lock everything tight, keeping your hands extended.
2. Quickly touch one hand to your chest and bring it back to the floor.
Repeat with the other arm. Move quickly but try to keep your hips from moving side to side or up and down.



4:00-6:00 REST

6:00- 10:00 Tabata Jump- Squat (body weight)

1. Stand with your feet about shoulder- width apart and pointed forward or turned slightly (to allow for lack of mobility in the ankles). Staying flat- footed, pull yourself down as deep as you can go into a squat without leaning forward.
2. Explode upward, jumping off the floor. Once the rep is complete continue until your :10 seconds of rest.
** concentrate on a soft landing, make contact with the balls of your feet first, then sink back into your squat, repeat without pausing.



10:00- 12:00 REST

12:00- 22:00 DENSITY TRAINING- Push-up (hand- release)/ Sit-ups

Setup for hand release push-ups

- Place your hands just outside of shoulder width with arms locked out firmly
- Tighten your abs and glutes (butt) and kick your feet back to maintain a straight body position

Execution

- Lower yourself under control until your chest and thighs are touching the ground
- Briefly lift your hands off the ground and place them back down
- Return to the starting position
- Keep a tight, rigid body position the entire time

If you only did 20 reps start with 2-6 push-ups EMOM.

At

12:00- 13:00 complete 4 push-ups and 4 sit-ups

13:00- 14:00 complete 4 push-ups and 4 sit-ups

14:00- 15:00 complete 4 push-ups and 4 sit-ups

15:00- 16:00 complete 4 push-ups and 4 sit-ups

16:00- 17:00 complete 4 push-ups and 4 sit-ups

17:00- 18:00 complete 4 push-ups and 4 sit-ups

18:00- 19:00 complete 4 push-ups and 4 sit-ups

19:00- 20:00 complete 4 push-ups and 4 sit-ups

By 20:00 you will have completed 40 repetitions of each movement, if it was easy you will need to increase the reps the next time we complete this.

Day 3

“If you love life, don’t waste time. For time is what life is made up of”- Bruce Lee

Day two was a fairly low intensity day, that being said we will kick it up a notch on today’s workout; our focus will be on conditioning and high heart rate.

0:00- 6:00 Warm- Up

AMRAP(nice easy pace, this is just a warm-up)

:20 Second High Plank

6 Spider- mans (see video) <https://www.youtube.com/watch?v=1hnb1sb67Eg>

4 Walk- Outs (see video) <https://www.youtube.com/watch?v=Nbg-aizDWnQ>

10 Body Weight Squats (see video) <https://www.youtube.com/watch?v=aclHkVaku9U>

Complete the following workout as Quickly As Possible (AQAP) record your time.

For Time (finish AQAP)

“Hartsfield”

1 Burpee
100 Meter Run
2 Burpees
100 Meter Run
3 Burpees
100 Meter Run
4 Burpees
100 Meter Run
5 Burpees
100 Meter Run
6 Burpees
100 Meter Run
7 Burpees
100 Meter Run
8 Burpees
100 Meter Run
9 Burpees
100 Meter Run
10 Burpees
100 Meter Run

Day 4

“When you have to make a choice and you don’t make it, that itself is a choice.” – William James

Today we will focus on running volume, getting those miles on your feet is the key to beating the time cap on the running portion of the test. With the high intensity training combined with volume running we can cover both the 300 meter sprint and 1.5 mile run.

Warm Up

0:00- 4:00 Tabata Sit-ups (:20 seconds of work/:10 seconds of rest)

4:00- 8:00 Tabata Hand release Push-Ups

8:00-10:00 REST

“Foot Pursuit”

1 x 400m jog, 1 min rest

2x 200m fast, 1 min rest between efforts

1x 300m jog, 1 min rest

2x 150m fast, 1 min rest between efforts

1x 200 m jog, 1 min rest

2x 100 fast, 1 min rest between efforts

1x 100 m jog, 1 min rest

2x 50 m sprint, 1 min rest between efforts.

Total: 2000 meters.