

WEEK 2

This week we will be building on the movements that we learned last week, if last week's density training repetition scheme was too much or too little adjust the number of repetitions you do on the minute. The density training should be challenging. We are training for a specific fitness test, so the movements and workouts will be geared towards that.

DAY 1

“Truth stands open to everyone, it hasn't been monopolized” – SENECA

What is your truth? What is your WHY? Use these things to add fuel to your workout.

Warm- up

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.

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

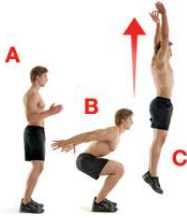
1. Start in a high plank position and lock everything tight, keeping your hands extended.
2. Quickly touch one hand to your chest and bring it back to the floor.
3. Repeat with the other arm. Move quickly but try to keep your hips from moving side to side or up and down.



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

12:00- 13:00 complete 6 push-ups and 6 sit-ups

13:00- 14:00 complete 6 push-ups and 6 sit-ups

14:00- 15:00 complete 6 push-ups and 6 sit-ups

15:00- 16:00 complete 6 push-ups and 6 sit-ups

16:00- 17:00 complete 6 push-ups and 6 sit-ups

17:00- 18:00 complete 6 push-ups and 6 sit-ups

18:00- 19:00 complete 6 push-ups and 6 sit-ups

19:00- 20:00 complete 6 push-ups and 6 sit-ups

By 20:00 you will have completed 60 repetitions of each movement, if it was easy you will need to increase the reps the next time we complete this.

21:00- 30:00- MAX DISTANCE RUN 9:00 minutes

The 9 minute run at a conversational pace will build time on your feet, pounding the pavement. Record how far you are able to run in 9 minutes.

Day 2

“Success is the ability to go from one failure to another with no loss of enthusiasm” – Winston Churchill

The definition of enthusiasm is “great excitement for or interest in a subject or cause” In Law Enforcement you will need that enthusiasm to help keep you sharp and ready to EARN YOUR BADGE every day.

Today we will concentrate on high heart rate, utilizing running and the Burpee. One of the most functional exercise in Law Enforcement is the burpee. Displacing your body from a standing position to a prone position can mimic a function used while moving under fire.

20 Minute AMRAP

“CAT DADDY”

50 Meter Run

2 Burpees

50 Meter Run

4 Burpees

50 Meter Run

6 Burpees

***continue to ascend the burpee ladder until the 20 minutes is expired, adding two burpees after each 50 Meter Run.

***AMRAP means As Many Reps As Possible

DAY 3

**“Be not afraid of going slowly, be afraid of standing still” –
Chinese Proverb**

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

You will be completing [body weight squats](#) in this workout, proper depth and technique is very important. Proper execution of this movement will give you much needed mobility in your hips and knees. After sitting in a patrol car for hours and wearing a gun belt it will be extremely important to maintain hip [mobility](#).

“RED ROCKET”

4 Rounds for Time

400 Meter Run

50 Body weight squats

DAY 4

“A fall into a ditch makes you wiser.” Chinese Proverb

It is a conscious act to take the experience and make ourselves better through it.

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=1hhb1sb67Eg>

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=acIHkVaku9U>

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

“BUBBY”

50 Alternating Lunges

4 rounds

25 Push-ups

25 Sit-ups

50 Alternating Lunges