



Louisiana State Police Training Academy

Pre-Hire Physical Training Recommendations

★ **Note: For your health and safety, we strongly recommend that you consult with your doctor prior to beginning any physical fitness regimen.**

Cadets must successfully complete a demanding physical training program during their time at the Training Academy. Daily physical training begins when applicants arrive on their very first day of training. Physically fit individuals have a considerable advantage over applicants who struggle to meet the basic minimum requirements for employment (currently 20% of the Cooper Standards). Cadets are expected to maintain a running pace and exercise repetitions (regardless of age and/or gender) set forth by the instructors during daily physical training sessions. Do not plan on getting “in-shape” while in the Academy; you should come already prepared.

Getting “in-shape” is a process that takes time and dedication. Depending on your current fitness level, it might take a few months or longer to get in shape prior to the start of an academy class. You should continue to train if you are expected to be offered a conditional offer of employment in the future. You should prioritize maintaining a healthy diet in addition to your physical training—as the saying goes, “You can’t out-exercise a bad diet.”

The best way to physically prepare your body for an academy is by training using a well-rounded physical fitness regimen. Your training should focus mostly on three different types of exercise: aerobic training (cardiovascular/endurance), anaerobic training (or high intensity interval training), and absolute strength training.

Examples of all three types:

- Aerobic training: jogging, swimming, biking, etc. at a moderate pace
- Anaerobic training: sprinting, burpees, swimming, biking, etc. performed at nearly maximum exertion (a high level of intensity/speed which involves a substantial oxygen deficit for your lungs and necessitates a short rest time before repeating)
- Absolute Strength training: calisthenics, weightlifting, resistance bands, etc. (focusing on both endurance with minimal breaks and strength with longer breaks)

You should follow a dynamic training regimen while you prepare. A considerable percentage of incoming cadets neglect to train in one or more areas—often focusing exclusively on one type of exercise. For example, if you were to prepare by focusing solely on weightlifting or solely on running, it is highly likely that you would struggle tremendously while attempting to keep up with the physical demands and expectations of instructors. Improper preparation could hinder your body’s ability to progressively improve as the expectations become more demanding and intense. Failure to properly prepare may also increase your likelihood of injuries, which could potentially affect your status as a cadet. **Participating in this 3 month training outline (or a program similar) outlined in this document will help you be better prepared for the start of an academy class.**

Tips and Recommendations:

- If your current fitness level prohibits you from completing any of the prescribed exercises, you should work to gradually improve before attempting that particular exercise.
- We strongly recommend you purchase a pair of high quality running shoes (ideally from a store that specializes solely in running) before you begin. Have a running “expert” examine your gait to make sure your shoes match your running style.
- Unless you have considerable exercise experience, it may be wise for a qualified personal trainer to oversee your workouts. Exercising incorrectly or using poor form may result in injuries.
- Don’t run exclusively on a treadmill because the majority of cadet running occurs on pavement, and the two differ substantially.
- Cadets are often required to sing cadence (songs) during motivational group runs. Focus on maintaining the prescribed pace and simultaneously having a continuous conversation without slowing down.
- Drink water throughout the entire day, and then before, during, and after exercise to prevent heat related illnesses and injuries.
- You should complete a proper dynamic warm-up before beginning any exercise.
- For your safety, a lifeguard should always be present during any pool workout. If you are not a strong swimmer or are uncomfortable in water, you should not perform any of the pool workouts in this program. Swimming is an excellent low-impact, full-body workout. But if you don’t have access to a pool or would prefer not to swim, other good options still exist. Exercising on an elliptical machine, cycling, or using a row machine are examples which can accomplish many of the same goals.
- Strive to complete all of the daily workouts without taking lengthy breaks.
- Stretch after workouts.

Explanations of exercises used in the daily exercise outlines:

- If you prefer to convert a prescribed run pace to a maximum time completion limit, multiply the distance and the pace. For example, if you were attempting to run **1.5** miles distance with a pace of **11** minutes per mile, the formula would be $[1.5 \times 11 = 16.5]$. In other words, you would need to run 1.5 miles in less than 16.5 minutes.
- Side straddle hops are also known as jumping jacks.
- For arm rotations, completely lock out both of your arms (elbows not bent), keep them at shoulder height on both sides of your body, and perform small arm rotations to the front or rear.
- Squats are commonly performed incorrectly. While performing a squat, lower your butt toward the ground while your torso remains upright. Keep your head upright, keep your back straight, and do not bend or lean your torso forwards.
- Care should be taken when running sprints to avoid hamstring injuries. Never run at 100% of your maximum speed. Warm up by running multiple sets at 50%-70% of your maximum. You should slowly prepare your body to run at approximately 80%-90% of your maximum speed. If you are inexperienced running sprints, you should not surpass 70% until you are confident
- An exercise known as burpees is sometime performed during physical training. Begin the exercise in a standing position. Move into a squat position with your hands on the ground. Kick your feet back into a push-up position while keeping your arms extended. Perform a push-up then immediately return your feet forward into the squat position. Jump back into the original standing position after your feet leave the ground. The preceding example would count as one repetition (one burpee).
- Setting up into a plank position: Get into pushup position on the floor. Now bend your elbows 90° and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Your hips should not sag towards the ground or arch upwards.
- Setting up into an abs scissors kick position: Lie down with your back pressed against the floor or on an exercise mat. Your arms should be fully extended to the sides with your palms facing down, and they should be stationary the entire time. Without bending your knees, lift your legs up so that your heels are about 6 inches off the ground. This is the starting position. Now lift your left leg up to about a 45 degree angle while your right leg is lowered until the heel is about 2-3 inches from the ground. Switch movements by raising your right leg up and lowering your left leg.

Week 1:

Monday:

1. Run **1.5** miles distance at a pace of **11** minutes per mile (any time cadets run during physical training, they must maintain the pace set by instructors and complete the entire mileage without any breaks to walk or slow down)
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, and 30 squats

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 30 minutes
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 30 seconds

Wednesday:

1. Run 30-40 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of five sets.
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Thursday:

1. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout:
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 2 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. (Repeatedly getting into and out of the pool is required during cadet swim workouts for swimmers and non-swimmers alike during the academy. If possible, do not skip this step, as it is a part of the exercise and its difficulty will be increased throughout this 12 week program.) Rest for 30 seconds.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups.

Friday:

1. Run **1.5** miles distance at a pace of **11** minutes per mile
2. Perform 10 burpees

Week 2:

Monday:

1. Run **1.5** miles distance at a pace of **10.5** minutes per mile
2. Perform 10 burpees
3. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 30 seconds, and perform abs scissors kicks for 30 seconds

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 30 minutes
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 30 seconds

Wednesday:

1. Run 30-40 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of eight sets.
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 30 seconds, and perform abs scissors kicks for 30 seconds

Thursday:

1. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout:
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 2 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 2 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 2 sets.

Friday:

1. Run **1.5** miles distance at a pace of **10.5** minutes per mile
2. Perform 10 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 3:

Monday:

1. Run **1.75** miles distance at a pace of **10.5** minutes per mile
2. Perform 10 burpees. Rest 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 squats, and hold a plank position for 45 seconds

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 40 minutes
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 10 sets.
2. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Thursday:

1. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (Wear a long sleeve top and pants for the rest of the swim workouts in this packet. The extra clothing will increase the difficulty level due to increased drag):
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 2 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 2 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 2 sets.

Friday:

1. Run **1.75** miles distance at a pace of **10.5** minutes per mile
2. Perform 15 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 4:

Monday:

1. Run **1.75** miles distance at a pace of **10** minutes per mile
2. Perform 10 burpees. Rest 30 seconds. Repeat for a total of four sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 45 seconds, and perform abs scissors kicks for 45 seconds

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 40 minutes
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 12 sets.
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 45 seconds, and perform abs scissors kicks for 45 seconds. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 3 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 3 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 3 sets.

Friday:

1. Run **1.75** miles distance at a pace of **10** minutes per mile
2. Perform 15 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 5:

Monday:

1. Run **2** miles distance at a pace of **10** minutes per mile
2. Perform 10 burpees. Rest 30 seconds. Repeat for a total of five sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 45 minutes
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for one minute, and perform abs scissors kicks for one minute

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 30 side straddle hops, 30 seconds of arm rotations to the front, 30 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 3 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 3 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 3 sets.

Friday:

1. Run **2** miles distance at a pace of **10** minutes per mile
2. Perform 20 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for one minute, and perform abs scissors kicks for one minute

Week 6:

Monday:

1. Run **2** miles distance at a pace of **9.5** minutes per mile
2. Perform 25 burpees. Rest 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 1.5 minutes, and perform abs scissors kicks for 1.5 minutes

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 45 minutes
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, and 30 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 5 sets.

Friday:

1. Run **2** miles distance at a pace of **9.5** minutes per mile
2. Perform 20 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 30 side straddle hops, 45 seconds of arm rotations to the front, 45 seconds of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 7:

Monday:

1. Run **2.25** miles distance at a pace of **9.5** minutes per mile
2. Perform 25 burpees. Rest 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 1.5 minutes, and perform abs scissors kicks for 1.5 minutes

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 50 minutes
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 10 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 10 push-ups. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 10 sit-ups. Rest for 30 seconds. Repeat for a total of 5 sets.

Friday:

1. Run **2.25** miles distance at a pace of **9.5** minutes per mile
2. Perform 20 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 8:

Monday:

1. Run **2.25** miles distance at a pace of **9** minutes per mile
2. Perform 25 burpees. Rest 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 1.5 minutes, and perform abs scissors kicks for 1.5 minutes

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 50 minutes
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 15 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 15 push-ups. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 15 sit-ups. Rest for 30 seconds. Repeat for a total of 5 sets.

Friday:

1. Run **2.25** miles distance at a pace of **9** minutes per mile
2. Perform 20 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 9:

Monday:

1. Run **2.5** miles distance at a pace of **9** minutes per mile
2. Perform 25 burpees. Rest 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, hold a plank position for 1.5 minutes, and perform abs scissors kicks for 1.5 minutes

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 50 minutes
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 15 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 15 push-ups. Rest for 30 seconds. Repeat for a total of 5 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 15 sit-ups. Rest for 30 seconds. Repeat for a total of 5 sets.

Friday:

1. Run **2.5** miles distance at a pace of **9** minutes per mile
2. Perform 25 burpees. Rest for 30 seconds. Repeat for a total of two sets.
3. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats

Week 10:

Monday:

1. Run **2.5** miles distance at a pace of **8.5** minutes per mile
2. Perform 50 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 1.5 minutes of arm rotations to the front, 1.5 minutes of arm rotations to the rear, 40 push-ups, 40 sit-ups, 40 squats, hold a plank position for 2 minutes, and perform abs scissors kicks for 2 minutes

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 1 hour
2. Perform 60 side straddle hops, 1.5 minutes of arm rotations to the front, 1.5 minutes of arm rotations to the rear, 40 push-ups, 40 sit-ups, 40 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

1. Perform 60 side straddle hops, 1.5 minutes of arm rotations to the front, 1.5 minutes of arm rotations to the rear, 40 push-ups, 40 sit-ups, 40 squats.
2. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 15 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 7 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 15 push-ups. Rest for 30 seconds. Repeat for a total of 7 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 15 sit-ups. Rest for 30 seconds. Repeat for a total of 7 sets.

Friday:

1. Run **2.5** miles distance at a pace of **8.5** minutes per mile
2. Perform 50 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 1.5 minutes of arm rotations to the front, 1.5 minutes of arm rotations to the rear, 40 push-ups, 40 sit-ups, 40 squats, hold a plank position for 2 minutes, and perform abs scissors kicks for 2 minutes

Week 11:

Monday:

1. Run **3** miles distance at a pace of **8.5** minutes per mile
2. Perform 75 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats, hold a plank position for 3 minutes, and perform abs scissors kicks for 3 minutes.

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 1 hour
2. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats.

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 push-ups, 30 sit-ups, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets.

Thursday:

3. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats.
4. Swim workout (wearing a long sleeve top and pants):
 - Swim freestyle for two laps, and then perform 15 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 7 sets.
 - Swim using a butterfly stroke for two laps, and then get out of the pool to perform 15 push-ups. Rest for 30 seconds. Repeat for a total of 7 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for two laps, and then get out of the pool to perform 15 sit-ups. Rest for 30 seconds. Repeat for a total of 7 sets.

Friday:

1. Run **3** miles distance at a pace of **8.5** minutes per mile
2. Perform 50 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats, hold a plank position for 3 minutes, and perform abs scissors kicks for 3 minutes.

Week 12:

Monday:

1. Run **3** miles distance at a pace of **8** minutes per mile
2. Perform 100 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats, hold a plank position for 3 minutes, and perform abs scissors kicks for 3 minutes.

Tuesday:

1. Perform strength training with calisthenics or weightlifting for 1 hour

Wednesday:

1. Run 40-50 yard sprints with five times the recovery (i.e. if you run 40 yards in six seconds, rest 30 seconds between sprints). Repeat for a total of 15 sets.
2. Perform 45 side straddle hops, 1 minute of arm rotations to the front, 1 minute of arm rotations to the rear, 30 squats, and hold a plank position for 1.5 minutes. Rest for 30 seconds. Repeat for a total of three sets. Perform 100 push-ups and 100 sit-ups, resting as little as possible.

Thursday:

1. Swim workout (wearing a long sleeve top and pants):
 - Start standing near the pool's edge. Without using a ladder or steps: get into the pool, get out of the pool, and then stand up. Quickly repeat 10 times.
 - Swim freestyle for one lap, and then perform 20 triceps dips with your back to the edge of the pool. Rest for 30 seconds. Repeat for a total of 10 sets.
 - Swim using a butterfly stroke for one lap, and then get out of the pool to perform 20 push-ups. Rest for 30 seconds. Repeat for a total of 10 sets.
 - Swim using an underwater stroke (surface as often as necessary to breathe) for one lap, and then get out of the pool to perform 20 sit-ups. Rest for 30 seconds. Repeat for a total of 10 sets.
 - Repeat the entire workout wearing short sleeve clothing (remove long sleeve top/pants)

Friday:

1. Run **3** miles distance at a pace of **8** minutes per mile
2. Perform 100 burpees in a row, resting as little as possible.
3. Perform 60 side straddle hops, 2 minutes of arm rotations to the front, 2 minutes of arm rotations to the rear, 50 push-ups, 50 sit-ups, 50 squats, hold a plank position for 3 minutes, and perform abs scissors kicks for 3 minutes.