

# VERMONT POLICE ACADEMY PREPARATION PROGRAM



O2X HUMAN PERFORMANCE



# WELCOME

Welcome to the Vermont Police Academy. This document outlines a comprehensive plan to help you prepare for the physical assessment and the demanding challenges you'll face during your time as a Recruit. Proper preparation is critical—not only to avoid injury but also to ensure you can successfully complete the Academy. Law enforcement is a physically demanding profession, and the habits you build during your time here will help you maintain high performance in the field for years to come.

O2X has partnered with the Vermont Police Academy to support your training during Physical Training sessions between class times. Your O2X On-Site Specialist, Jason Polakowski, will be available to provide injury treatment, rehabilitation, and training programs throughout your time at the Academy. In addition, you'll have access to the O2X App, which offers expert guidance on nutrition and mental performance from the broader O2X team.

This guidebook is designed to help you manage your physical and mental health throughout the Academy. Inside, you'll find tailored information and exercises focused on mental performance, nutrition for peak performance, and physical training—all specifically designed to meet the demands of the Academy.



**FUELING FOR PERFORMANCE**



# CALCULATE YOUR MACROS

## STEP 1: Start with your current weight, then set your goal

Not Active or Want to Lose Weight

- Consume 11-13 calories per pound of current body weight

Moderately Active (60-90 minutes per day) or Maintain Weight

- Consume 14-16 calories per pound of current body weight

Very Active (90-150 minutes per day) or Gain Weight

- Consume 16-18 calories per pound of current body weight

## STEP 2: Do a little math to find your range

Multiply the minimum calories x your body weight (this will be the low end of your window)

Multiply the maximum calories x your body weight (this is the high end of your window)

## STEP 3: Calculate your Macronutrient windows

### Protein:

- Ideal amount of protein: 15%-35% of total caloric intake
- 1 gram of protein = 4 calories

Example: You want 25% of calories to come from protein and are aiming for 2500 calories per day.

$2500 \times .25 = 625$  calories per day from protein

$625 / 4 = 156$  grams of protein per day

### Carbohydrates:

- Ideal amount of carbohydrate: 40%-60% of total caloric intake
- 1 gram of carbohydrate = 4 calories

Example: You want 50% of calories to come from carbs and you are aiming for 2500 calories per day.

$2500 \times .50 = 1250$  calories per day from carbohydrate

$1250 / 4 = 312$  grams of carbohydrates per day

### Fat:

- Ideal amount of fat: 20%-35% of total caloric intake
- 1 gram of fat = 9 calories

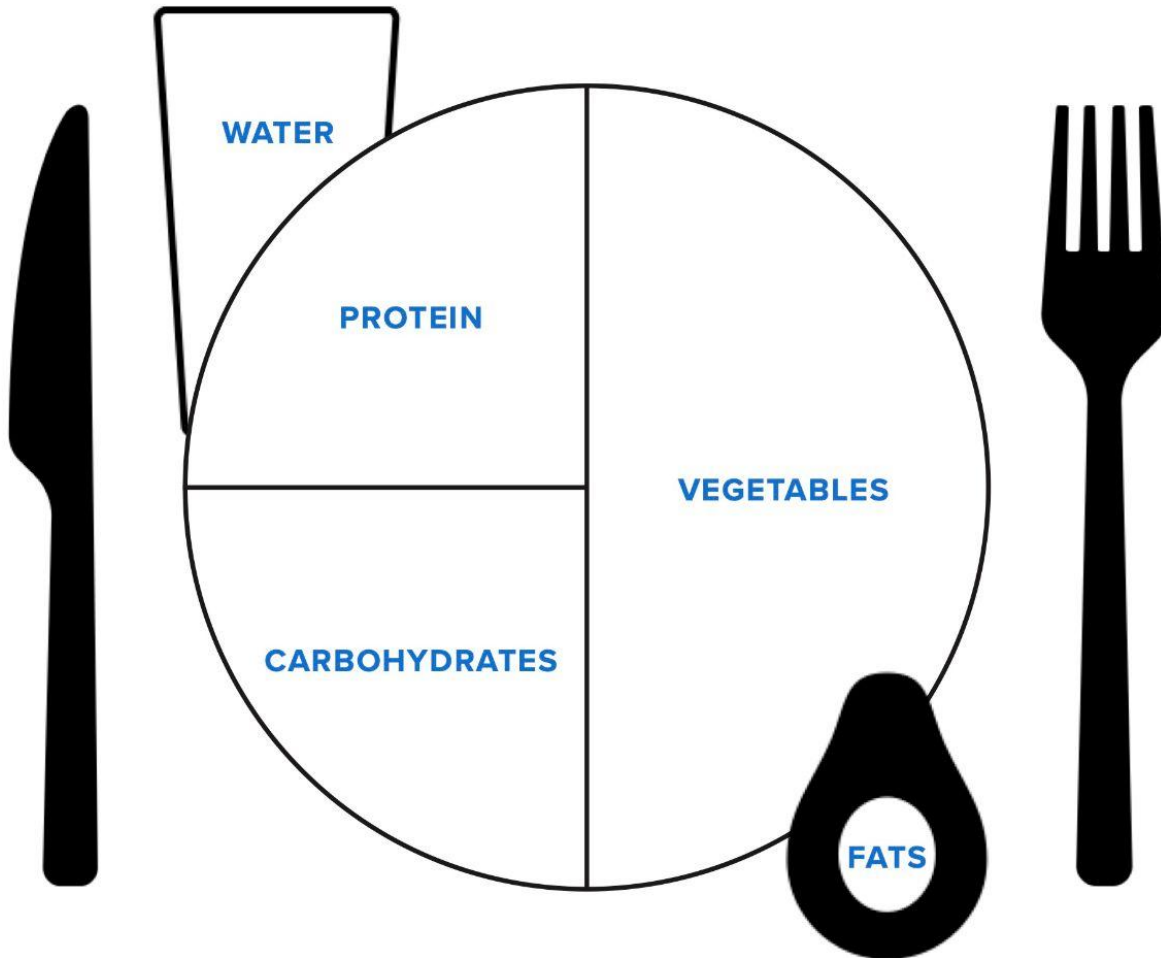
Example: You want 25% of calories to come from fat and you are aiming for 2500 calories per day:

$2500 \times .25 = 625$  calories per day from fat

$625 / 9 = 69$  grams of fat per day

# HEALTHY PLATE GUIDELINES

Aim for protein, carbohydrates, fat, and vegetables at each meal for at least 2 meals/day.



## Protein

- Chicken Breast
- Lean Ground Turkey
- Lean Beef
- Pork Tenderloin
- Salmon
- Tuna Fish
- Eggs

## Carbohydrates

- Brown Rice
- Beans
- Sweet Potatoes
- Lentil/Bean Pasta
- Quinoa
- Whole Grain Foods
- Oatmeal

## Fats

- Avocado
- Nuts
- Nut/Peanut Butter
- Seeds
- Olive Oil
- Avocado Oil
- Cheese

## Vegetables

- Broccoli
- Asparagus
- Bell Peppers
- Spinach
- Tomatoes
- Cauliflower
- Zucchini

\*Not an all inclusive list!

## NOTES

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# SNACK PAIRINGS

For the perfect snack, combine the item in the carbohydrates column with the item in the protein/fats column.

Carbohydrates	Protein and/or Fat
1 Medium Apple	1 Baby Bell Cheese
1 Cup Grapes	1 Oz. Walnuts
1 Slice Whole Grain Toast	1/2 Small Avocado
1 Cup Blueberries	1 Greek Yogurt
1 Cup Strawberries	1 Scoop Protein Powder
1/2 Cup Oatmeal	1 Scoop Protein Powder
1 Medium Banana	2 Tbsp. Peanut Butter
2 Rice Cakes	2 Tbsp. Almond Butter
1 Whole Grain Tortilla	2 Oz. Meat & Cheese Stick
6 Whole Grain Crackers	1 Oz. Smoked Salmon & Cream Cheese
1 Oz. Pretzels	1 Oz. Roasted Almonds
1 88 Acres Bar	1 Oz. Mixed Nuts
1/4 Cup Black Bean	1/2 Cup Cottage Cheese w/ Salsa
2 Protein Waffles	2 Tbsp. Nut Butter
3 Cups Popcorn	1 Oz. Pumpkin Seeds



# CALCULATE YOUR HYDRATION NEEDS

To properly calculate your daily hydration needs:

Enter your bodyweight: \_\_\_\_\_

And, divide that number by 2. \_\_\_\_\_



**MY DAILY HYDRATION GOAL = OUNCES OF WATER**

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You need about 2.5 liters (1 standard water bottle = 1 liter) of water per day to maintain healthy bodily functions.

Cucumber, grapefruit, and watermelon each have water content of over 90%.

You can only live 3-4 days without water.

When you are 3% dehydrated your reaction time is roughly the same as if you have had three alcoholic drinks.

Lack of hydration is the #1 contributor to daytime fatigue.

2% dehydration translates into a 20% loss of energy.

You wake up 1-2% dehydrated. Drink 1-2 glasses of water when you wake up.

Even mild dehydration will slow down your metabolism by 3%.

Water helps to detoxify organs, digest food, and absorb nutrients.

Water lubricates joints, acts as a shock absorber as we move, and transports nutrients through our bodies.

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## THE URINE TEST FOR HYDRATION



Hydrated \_\_\_\_\_ Dehydrated \_\_\_\_\_ Go to the doctor

# MENTAL PERFORMANCE OPTIMIZATION

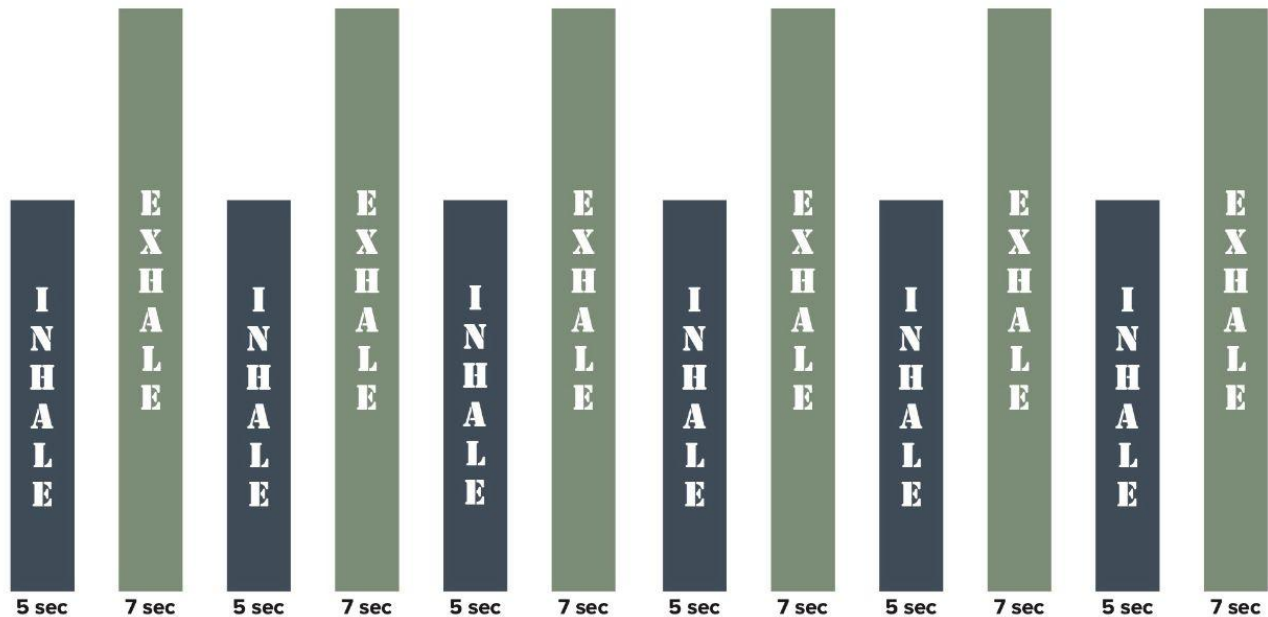




# LOW & SLOW BREATHING

## LOW AND SLOW BREATHING

Used for controlling stress when it's go-time and as a daily recovery practice.



### INSTRUCTIONS

### HOW IT CAN HELP

### WHEN TO USE IT

To practice your low and slow breathing:

- Inhale for a count of 5
- Exhale for a count of 7

Complete the cycle above 5 times and you will have done 5 minutes of breathing to de-stress and reset.

- Restore energy levels
- Facilitate healing & recovery
- Manage acute & chronic pain
- Enhance ability to fall asleep
- Improve cognition & mood
- Reset & recover from stress
- Improve blood flow

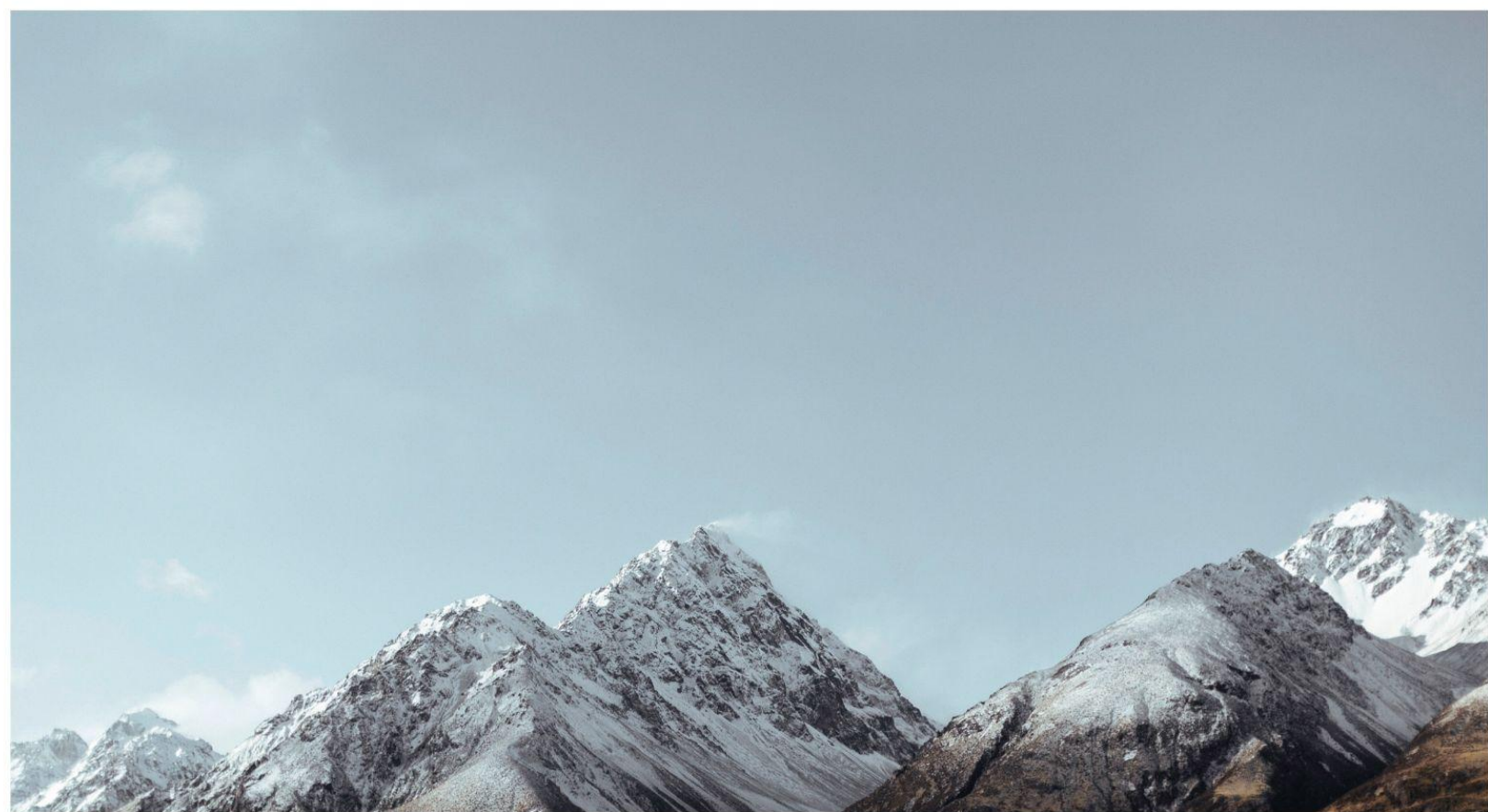
- When you wake up
- Before bed
- Transitioning between work and home
- Decompress after a stressful call or situation
- A tactical pause when in a high-stress situation

# TACTICAL PAUSE: MINDFUL MINUTE

## FOCUS ON THE IMAGE

*Mindfulness is the notion of being fully present and in the moment.*

Start by taking a mindful minute each day and work your way up to five minutes. Developing mindfulness takes deliberate practice. Follow the instructions below to start building your foundation.



**Step 1:** Choose a time when you have a few uninterrupted minutes. This could be when you first wake up or right before bed.

**Step 2:** Shut off or silence your phone and remove other distractions.

**Step 3:** Focus on the image above (or choose your own image). Pay attention to the image. If your eyes or thoughts wander, simply bring your attention back to the image.

**Step 4:** As you become more comfortable with the exercise, add to the amount of time you practice. This will allow you to improve your mental performance and increase self-awareness.

# HEALTHY SLEEP HYGIENE

## MINDSET

- Don't shrug off the opportunity for a good sleep - let other things on the to-do list wait.
- Take advantage of monitoring systems that can help evaluate sleep patterns and bring attention to behaviors that impact sleep
- Watch for sleep apnea, especially if you are overweight (if you suspect you may have sleep apnea, get tested)
- Some cognitive processes may take up to 3 days to fully recover after too little sleep for even one night
- Naps are helpful, any sleep is better than none
- Make your bedroom a dark, comfortable sleep environment at or below 68°F
- Leave your phone, computer, iPad, and other screens across the room from your bed or in another room if possible
- Your bed should be reserved for sleeping -- do not use your bed as a place to sit while you study, check emails, or watch TV

## ENVIRONMENT

- Consider using white noise as a sleeping aid to limit external noise from impacting your sleep environment
- Find a pillow that provides alignment, comfort, and support
- Sleep on a high quality mattress
- Do not nap too closely to your regular bedtime
- Exercise regularly, but not too close to bedtime so you can wind down
- Establish a calming pre-sleep routine (stretching, reading, meditation, etc.)
- Avoid nicotine within 6 hours of bedtime, or completely as smokers are more likely to have issues falling asleep
- A regular sleep schedule 7 days a week regulates the body's internal clock and allows you to fall asleep and wake up more easily - try to find consistency wherever you can.
- Alcohol prior to bedtime disrupts sleep and increases snoring
- Turn lights on as soon as you wake up to help reduce grogginess and confusion

## HABITS

# TRAINING & PHYSICAL READINESS



# PROGRAM OVERVIEW

As you review the program, you'll notice that each day follows a consistent structure from week to week. This repetition is intentional - it allows you to gradually increase the intensity over the 4-week period while giving your body the chance to adapt to the daily challenges. For most workouts, you'll follow the exercises in the order provided. However, the two days that focus on resistance training are divided into blocks.

For example, each block is labeled with exercises such as 1A and 1B. These exercises are performed together in what's known as a "superset." Start by completing the first set of exercise 1A, then after a brief rest, perform the first set of exercise 1B. Continue this alternating pattern until all sets in the block are finished before moving on to the next block (2A and 2B).

At the conclusion of the program, you'll have the opportunity to assess your progress during the Academy's Physical Training Assessment to gauge your performance and development.

***You can view the training program at the end of this packet.***



# RATE OF PERCEIVED EXERTION (RPE)

At times you'll notice the abbreviation RPE. This stands for Rate of Perceived Exertion. This scale will be a guide of how hard or tiring a training session should be. In short, an RPE of 0 would feel like you're falling asleep during the training session, but an RPE of 10 would be the hardest you could've pushed yourself during training and it was the most exhausting training you've ever done. Below is a more detailed look at an RPE scale.

<b>10</b>	<b>Max effort</b>	Maximal effort, left it all out there.
<b>9</b>	<b>Very, very hard</b>	Breathless, near maximal effort.
<b>8</b>	<b>Very hard</b>	Cannot talk, very challenging.
<b>7</b>	<b>Hard</b>	Deep forced breathing, but got it done.
<b>6</b>	<b>Moderately hard</b>	Deep breathing, talking is challenging.
<b>5</b>	<b>Somewhat hard</b>	Heavy breathing.
<b>4</b>	<b>Moderate</b>	Talking is uncomfortable.
<b>3</b>	<b>Easy</b>	Can maintain for hours.
<b>2</b>	<b>Very easy</b>	Can talk in complete sentences.
<b>1</b>	<b>Very, very easy</b>	Restful breathing.

Adapted from ©Indoor Cycling Association.



# EXERCISE TECHNIQUE

Please follow the descriptions and pictures to perform the exercises within the program correctly and safely:

**Power Skips:** Taking a regular skipping motion, where you take off one foot and land on the same side before switching to the opposite foot in a rhythmic fashion, the focus is to get as much height as possible during the take off portion of the skip.

**Inch Worm:** Starting in a standing position, reach straight down until your palms are flat on the ground. Walk the hands out keeping your feet in place until you end up in the top of a push up position. From here, perform one push up, and walk the feet as far up to your hands as you can before walking your hands back out into the push up position. Keep repeating that motion.

**Butt Kicks:** While moving your arms just like you're running, kick your heels into the bottom part off your butt in an alternating, running fashion. While this is occurring, your knees should be lifted slightly in front of your body as opposed to underneath you or behind.

**High Knee Run:** While moving your arms just like you're running (elbows staying at about 90 degrees, alternating back and forth motion occurring at the shoulder, and maintaining loose hands), lift your knees in an alternating, running fashion while moving forward. The leg that is lifting should look like it's stepping over the opposite knee. Keep your toes pointed up during this exercise.

**Accelerations:** Start with one foot about a half foot length in front of the other (it doesn't matter which foot goes in front). From here, bend both knees a bit and push your hips back so your torso is at about a 45 degree angle. Arms should be hanging like ropes. As you take off, you will push into the ground with the foot that was in front while the knee of the leg that was back will drive forward along with your opposite arm. Continue accelerating forward in an alternating, running fashion for the given distance. During the acceleration time, your speed will slightly increase and your posture will slowly rise up to a tall torso position. Your torso shouldn't reach a tall position right away.

**Pogos:** In place with hands on your hips, perform quick hops keeping hips and knees straight, while springing up through the ankles. The movement should be quick with minimal ground contact.

**Plank:** Resting on your forearms and toes, hold your body up keeping a straight line from your head, through your spine, and all the way to your heels. Keep a constant reach through your shoulders through the ground to not let yourself sag down towards the ground.

**Side Plank:** Lying on one side or the other, hold yourself up on your bottom forearm and bottom side of your foot. Both feet should be stacked on one another. To lift yourself up into the plank position, think of raising the side of your top hip towards the sky until you arrive into a straight position from your head to your feet. The top arm should be reaching straight out in front of you. You should feel this exercise working the side ab (oblique) closest to the ground.

# EXERCISE TECHNIQUE

**Goblet Squat:** Number 2 in picture below.

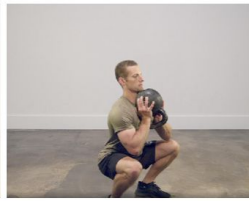
## SQUAT

### TIPS TO REMEMBER

- Core Alignment
- Heel to toe contact
- Hips back, knees forward
- Chest remains up
- Thighs parallel to ground



1. Body Weight Squat



2. Goblet Squat



3. Front Squat



4. Back Squat

**Push Up:** Number 1 in picture below.

## HORIZONTAL PUSH

### TIPS TO REMEMBER

- Core alignment
- Wrists and elbows stacked
- Elbows remain close



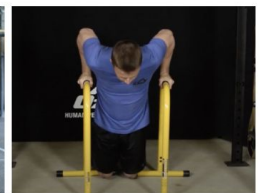
1. Push-Up



2. DB Bench Press



3. BB Bench Press



4. Dip

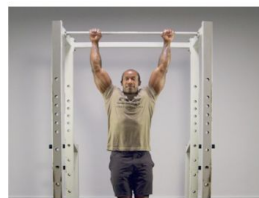
**Hamstring Walkout:** Start in a bridge position lying on your back. Pressure in the feet should be mainly on the heels, while the toes are elevated off the ground. Keeping the hips/butt off the ground, walk your heels away from your body by slowly straightening your legs. Go as far as you can go without your hips/butt touching the ground before walking your heels back up to your start position.

**Pull Ups:** Number 1 in picture below.

## VERTICAL PULL

### TIPS TO REMEMBER

- Core Alignment
  - Shrug at top
- During Pull:
- Pull shoulder blades into back pocket
  - Move from the elbows



1. Pull-Up



2. Chin-Up



3. Lat Pulldown



4. DB Pullover

**Walking Lunge:** Holding a pair of weights in both hands at your side, take a big step forward. Your front foot needs to be flat and hold a strong press into the floor. Once the back knee slightly taps the floor, push hard through the front foot, pulling the back foot forward to return to a standing position. Continue that motion onto the opposite side and keep switching each step. The torso should remain strong and tall throughout this motion. As for the weights, the weight on the side of the leg you step with will stay at your side. The weight on the opposite side should slightly rotate in towards that front leg.

# EXERCISE TECHNIQUE

**MB (Medicine Ball) Seated Twist:** In a seated position, slightly lean back while having the knees bent and heels digging into the ground. Take the Med Ball to your chest and rotate side to side while continuing to look straight ahead.

**MB Slam:** Take a Med Ball in a tall standing position to belly height and lift it straight overhead until your arms are straight. Once you get to your full overhead position, immediately throw the Med Ball to the floor as hard as you can keeping the arms fairly straight (some elbow bend is ok). Your lower body will also move on the throw down by mostly hinging at the hips with some slight knee bend. Once the Med Ball hits the ground, catch the ball right away and go immediately into your next rep. Using a foam Med Ball as opposed to bouncy, rubbery med balls work better for this exercise.

**Deadlift:** Number 2 in the picture below. Feel free to use different pieces of equipment based on your level of experience with the lift. If you're a beginner, using Dumbbells or Kettlebells might work best for this lift. If you're an experienced lifter, using a straight barbell or Trap Bar will benefit you for this lift.

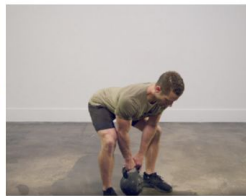
## HINGE

### TIPS TO REMEMBER

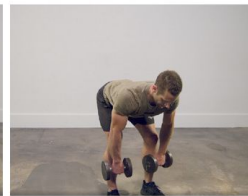
- Core Alignment
- Shoulders stacked over hips
- Ribcage down
- Heel to toe contact with ground
- Natural spine arch
- Look down



1. Waiters Bow w/  
Bumper Plate



2. KB/DB Deadlift



3. DB Romanian  
Deadlift



4. KB Swing

**Push Press:** The finish of this lift should look like Picture 4 below, but with Dumbbells. The weight will begin on your shoulders. With the feet directly under the hips, dip down only a few inches, while keeping the feet flat and torso vertical, and then quickly extend up, driving the weight into the overhead position. Be sure to tuck the chin back a tiny bit if you choose to use a barbell.

## VERTICAL PUSH

### TIPS TO REMEMBER

- Core Alignment
- Wrists stacked over elbows

During Press:

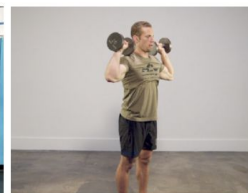
- Arm is a straight line
- Weight is stacked over



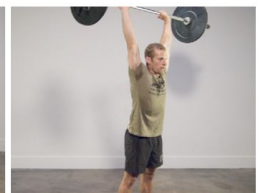
1. Half Kneeling  
Landmine Press



2. Half Kneeling  
Shoulder Press



3. Standing  
Alternating Shoulder  
Press



4. Standing Shoulder  
Press

**Step Ups:** Using a box or another stable object with a flat surface, stand in front of the object holding Dumbbells at your sides. Be sure that when you first step up onto the object, your knee is at or slightly below your hip. If the knee is below 90 degrees of flexion the box is too high. Once you bring the one foot up, press down hard into the box to bring yourself to a tall standing position on the box. Step down initially with the trial leg in slow and controlled manner before bringing the top leg back down as well.

# EXERCISE TECHNIQUE

**Single Arm Row:** Number 4 in the picture below (you may place your non-working arm on a bench or another immobile object)

## PULL

### TIPS TO REMEMBER

- Core alignment
- Elbows remain close
- Do not shrug
- Wrists remain neutral



1. Inverted Row,  
Bent Knee

2. Inverted Row,  
Straight Leg

3. Bench Supported  
Single Arm Row

4. Split Stance Row

**Box Jump:** Stand between 1 and 2 feet away from a box. Quickly bending the hips and knees while shooting your arms behind you, continue upward into a jump (arms should follow you in an upward motion after shooting back) and try to land into a quarter squat on top of the box while keeping the feet flat. Your landing should feel soft and not make a loud sound. If you have to land in anything lower than the quarter squat, then your box is too tall. Step down after you've completed the jump.

**Tricep Pushdown:** Using a band or cable machine, start with the elbows bent while holding onto the device of choice and bend the hips so they're slightly back. From here, straighten the elbows and reach towards the ground. Slowly return to the start position before beginning the next rep.

**MB Rotational Wall Hit:** Stand about 6 feet away from a wall with one of your sides facing a wall. Grab a lighter Med Ball for this drill and hold the ball down with straight arms. Shift onto your back leg with the Med Ball following that motion so it's position ends up outside your back knee. From here, quickly fire off your back leg, pushing towards the wall while simultaneously turning the back foot towards the wall. As this action occurs in the lower body, the arms should swing around the body towards the wall and the grip on the ball will release as the arms reach full extension, throwing the ball into the wall. You should be close enough to the wall that you can immediately catch the ball and continue into the next rep. Complete all reps on one side before beginning your reps on the other side.

**Bear Holds:** Start this exercise on your hands and knees. Keeping toes in contact with the ground, press your feet up against a wall. From here, slightly lift your knees off the ground about an inch. Keep a strong reach into a ground which will give you a slightly rounded position through the mid back. Hold this position for the designated time.

**Copenhagen Side Plank Hold:** Perform a usual side plank, but take your top leg and place it on top of a bench or chair that's about the height of your top hip in the side plank position. From here, attempt to also lift your bottom leg off the ground while pressing the top leg into the object it's on top of. If you can't hold this position, keep the bottom leg in contact with the ground, but maintain pressure with the top leg.

## GET AFTER IT.

The time you spend at the Vermont Police Academy will be physically demanding, just as the job of law enforcement will be throughout your career. To perform at a high level and remain injury-free, it's crucial that you physically prepare in advance. This program is designed to help you do just that, equipping you with the foundation you'll need to succeed when you first arrive at the Academy.

If you've been consistently active and are more experienced, feel free to substitute some exercises with more advanced movements. For instance, you can replace push-ups with a dumbbell or barbell bench press, or swap out goblet squats for a barbell front squat. On the other hand, if it's been a while since you've trained, following this program as it's written will be the best way to ensure you're ready to perform when you arrive, while minimizing the risk of early injuries.

If you have any concerns before starting this plan, be sure to consult with a medical provider for guidance. They can either clear you for the program or suggest alternatives for movements that may not be suitable for you right now.

Remember, progress is about being **1% better every day**. Train smart, train hard, and we look forward to working with you when you arrive at the Academy!







# VPA PRE-ACADEMY PREPARATION PROGRAM

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*4-Week Training Program*





# VPA PRE-ACADEMY PREPARATION PROGRAM

## PREPARE SWEAT RECOVER

### PREPARE SWEAT RECOVER | The O2X Methodology

Tactical athletes meet physical demands as a job requirement. This includes enduring extended time on their feet, operating on unpredictable terrain, and moving in asymmetrical positions — often while wearing, or carrying heavy gear. As a result, it is crucial for tactical athletes to account for these known factors by targeting potential areas of weakness. Doing so requires proper preparation for workouts, as well as regular prehabilitation routines aimed to prevent injuries and mitigate job-related risks.

So, how do you incorporate injury prevention into your training plan? The PREPARE SWEAT RECOVER methodology: 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 (Prepare). Finally, after your workout, complete a proper cool down (Recover) 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 PREPARE and RECOVER are still listed on rest days. You should still be moving on your recovery days and PREPARE/RECOVER 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.

### LEGEND

KB = Kettlebell | DB = Dumbbell | BB = Barbell  
RB = Resistance Band | MB = Medicine Ball

### PREPARE

*(complete each exercise for the provided time / distance)*

1. Run/bike/row (5 min)
2. Forearm plank (20 sec)
3. Straight arm side plank (20 sec)
4. Hip bridge (20 sec)
5. Miniband walk (lateral) (10 yards x 2)
6. Miniband walk (forward/backward) (10 yards x 2)
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 lunges (right / left) (10 yards)
12. Inchworm w/ push up (10 yards)

### RECOVER

*(complete each exercise for 20-30 sec)*

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

Questions? Reach out through  
the O2X App Ask an Expert.



# VPA PRE-ACADEMY PREPARATION PROGRAM

4-Week Training Program

## WEEK 1

Day	1	2	3	4	5
<p>Notes:</p> <p>Day 1: Make sure runs aren't all out; use the RPE scale (Rate of Perceived Exertion) where a 0 would be falling asleep and a 10 is the hardest you've ever worked</p> <p>Day 2: form over weight; get these movements right before attending the academy. Perform block sets together (alternate back and forth between 1A and 1B before moving to block 2).</p> <p>Day 3. Choose the run if you've been training consistently and choose the bike if you're just starting to train.</p> <p>Day 4: same as day 2</p> <p>Day 5: again pay attention to RPE scale</p>	<b>PREPARE (8-10 min)</b>				
	<b>SWEAT</b>				
	<p>Pogos 2x10 sec</p> <p>Power Skips 2x20yds</p> <p>Butt Kicks 2x20yds</p> <p>High Knee Run 2x20yds</p> <p>Accelerations 2x10yds</p> <p>6x400m (0.25mi) Runs</p> <p>2:00 between Runs</p> <p>7 RPE</p> <p>Plank 2x60sec</p> <p>Side Plank 1x30sec ea.</p> <p>Side</p>	<p>1A. Goblet Squat 5x6 (3 sec Pause at the bottom)</p> <p>1B. Push Up 5x6 (5 sec going down)</p> <p>2A. Hamstring Walkout 3x12</p> <p>2B. Pull Ups 3x8 (use assistance if needed)</p> <p>3A. Walking Lunge 3x25yds</p> <p>3B. MB Seated Twist 3x10 ea.</p> <p>3C. MB Slam 3x15</p>	<p>Choice of 20 minute run (no walking!)</p> <p>OR</p> <p>30-40 minute stationary Bike</p> <p>Either RPE should be a 6 or 7</p>	<p>1A. Deadlift 5x6</p> <p>1B. DB Push Press 4x6</p> <p>2A. Step Ups 3x8 ea.</p> <p>2B. Single Arm Row 3x12 ea.</p> <p>3A. Box Jump 3x6</p> <p>3B. MB Rotational Wall Hit 3x6 ea.</p> <p>3C. Tricep Pushdown 3x15</p>	<p>RowErg 3x50m</p> <p>1:00 Rest</p> <p>RowErg 10x250m</p> <p>2:00 Rest</p> <p>7 RPE</p> <p>Bear Holds (knees off ground) 2x30 sec</p> <p>Copenhagen Side Plank Hold 2x20 sec ea.</p>
<b>RECOVER (10-15 min)</b>					



# VPA PRE-ACADEMY PREPARATION PROGRAM

4-Week Training Program

## WEEK 2

Day	1	2	3	4	5
<p>Notes:</p> <p>Day 1: Make sure runs aren't all out; use the RPE scale (Rate of Perceived Exertion) where a 0 would be falling asleep and a 10 is the hardest you've ever worked</p> <p>Day 2: form over weight; get these movements right before attending the academy. Perform block sets together (alternate back and forth between 1A and 1B before moving to block 2).</p> <p>Day 3. Choose the run if you've been training consistently and choose the bike if you're just starting to train.</p> <p>Day 4: same as day 2</p> <p>Day 5: again pay attention to RPE scale</p>	<b>PREPARE (8-10 min)</b>				
	<b>SWEAT</b>				
	<p>Pogos 2x10 sec</p> <p>Power Skips 2x20yds</p> <p>Butt Kicks 2x20yds</p> <p>High Knee Run 2x20yds</p> <p>Accelerations 2x10yds</p> <p>6x400m (0.25mi) Runs</p> <p>2:00 between Runs</p> <p>7-8 RPE</p> <p>Plank 2x60sec</p> <p>Side Plank 1x30sec ea. side</p>	<p>1A. Goblet Squat 5x6 (3 sec Pause at the bottom)</p> <p>1B. Push Up 5x6 (5 sec going down)</p> <p>2A. Hamstring Walkout 3x12</p> <p>2B. Pull Ups 3x8 (use assistance if needed)</p> <p>3A. Walking Lunge 3x25yds</p> <p>3B. MB Seated Twist 3x10 ea.</p> <p>3C. MB Slam 3x15</p>	<p>Choice of 20 minute run (no walking!)</p> <p>OR</p> <p>30-40 minute stationary Bike</p> <p>Either RPE should be a 6 or 7</p>	<p>1A. Deadlift 5x6</p> <p>1B. DB Push Press 4x6</p> <p>2A. Step Ups 3x8 ea.</p> <p>2B. Single Arm Row 3x12 ea.</p> <p>3A. Box Jump 3x6</p> <p>3B. MB Rotational Wall Hit 3x6 ea.</p> <p>3C. Tricep Pushdown 3x15</p>	<p>RowErg 3x50m</p> <p>1:00 Rest</p> <p>RowErg 10x250m</p> <p>2:00 Rest</p> <p>7-8 RPE</p> <p>Bear Holds (knees off ground) 2x30 sec</p> <p>Copenhagen Side Plank Hold 2x20 sec ea.</p>
<b>RECOVER (10-15 min)</b>					



# VPA PRE-ACADEMY PREPARATION PROGRAM

4-Week Training Program

## WEEK 3

Day	1	2	3	4	5
Notes: Day 1: distance increased to 800m but less reps  Day 2: start to challenge resistance if you have the means to  Day 3. Choose the run if you've been training consistently and choose the bike if you're just starting to train.  Day 4: same as day 2  Day 5: again working distance has increased but reps have also decreased.	<b>PREPARE (8-10 min)</b>				
	<b>SWEAT</b>				
	Pogos 2x10 sec Power Skips 2x20yds Butt Kicks 2x20yds High Knee Run 2x20yds Accelerations 2x10yds  4x800m (0.5mi) Runs 2:00 between Runs 7 RPE  Plank 2x60sec Side Plank 1x30sec ea. side	1A. Goblet Squat 5x6 (3 sec Pause at the bottom) 1B. Push Up 5x6 (5 sec going down)  2A. Hamstring Walkout 3x12 2B. Pull Ups 3x8 (use assistance if needed)  3A. Walking Lunge 3x25yds 3B. MB Seated Twist 3x10 ea. 3C. MB Slam 3x15	Choice of 25 minute run (no walking!)  OR  30-40 minute stationary Bike  Either RPE should be a 6 or 7	1A. Deadlift 5x6 1B. DB Push Press 4x6  2A. Step Ups 3x8 ea. 2B. Single Arm Row 3x12 ea.  3A. Box Jump 3x6 3B. MB Rotational Wall Hit 3x6 ea. 3C. Tricep Pushdown 3x15	RowErg 3x50m 1:00 Rest  RowErg 6x500m 2:00 Rest 7 RPE  Bear Holds (knees off ground) 2x30 sec Copenhagen Side Plank Hold 2x30 sec ea.
<b>RECOVER (10-15 min)</b>					



# VPA PRE-ACADEMY PREPARATION PROGRAM

4-Week Training Program

## WEEK 4

Day	1	2	3	4	5
<b>PREPARE (8-10 min)</b>					
Notes: Day 1: distance increased to 800m but less reps	<b>SWEAT</b>				
Day 2: start to challenge resistance if you have the means to	Pogos 2x10 sec Power Skips 2x20yds Butt Kicks 2x20yds High Knee Run 2x20yds Accelerations 2x10yds	1A. Goblet Squat 5x6 (3 sec Pause at the bottom) 1B. Push Up 5x6 (5 sec going down)  2A. Hamstring Walkout 3x12 2B. Pull Ups 3x8 (use assistance if needed)	Choice of 25 minute run (no walking!)  OR  30-40 minute stationary Bike  Either RPE should be a 6 or 7	1A. Deadlift 5x6 1B. DB Push Press 4x6  2A. Step Ups 3x8 ea. 2B. Single Arm Row 3x12 ea.  3A. Box Jump 3x6 3B. MB Rotational Wall Hit 3x6 ea. 3C. Tricep Pushdown 3x15	<b>PT Assessment</b>  1.5 mi. Run  20 min. Rest  500m Row  Record times for both
Day 3. Choose the run if you've been training consistently and choose the bike if you're just starting to train.	4x800m (0.5mi) Runs 2:00 between Runs 7-8 RPE	3A. Walking Lunge 3x25yds 3B. MB Seated Twist 3x10 ea. 3C. MB Slam 3x15			
Day 4: same as day 2	Plank 2x60sec Side Plank 1x30sec ea. side				
Day 5: test yourself in the academy PT test to see where you're at					
<b>RECOVER (10-15 min)</b>					