



DEA ACADEMY

Preparation Program

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HOW TO USE THIS TOOL KIT

This document will provide DEA Basic Agent Trainee (BAT) candidates with a guidebook for preparing for the rigors of the DEA Academy. The goal is to help ensure you arrive with a base level of fitness and preparedness. Enclosed you will find a physical training program as well as fueling, hydration, and cognitive performance resources that will help you ready your body and mind for the first step of a career in the DEA.

The DEA Academy is a progressive federal law enforcement academy that prepares candidates for a challenging and rewarding position as DEA agent. Through classroom curriculum, tactical instruction, defensive tactics, and physical training, the academy's mission is to deliver only the best agents to duty assignments around the globe.

Over the course of training, BATs are assessed regularly for tactical and technical proficiency along with physical fitness testing. Successful BATs must arrive mentally and physically prepared. This toolkit will support academy preparation with carefully curated resources, intended to support candidates as they prepare to begin the course.

Completion of this training program does not guarantee success at the DEA Academy but, along with the other resources included, will support an eager candidate in their journey. Good luck.

THE BASIC AGENT TRAINEE PROFILE

The DEA Academy is mentally demanding. **Success requires BATs to navigate high-stress training evolutions as well as remain cognitively engaged for the duration of the course.** Candidates must absorb classroom lessons and practical coursework, passing rigorous testing along the way. Introducing mental performance techniques will provide BATs with skills to be successful in training and the field.

The basic agent training course is the first step in a DEA agent's 20+ year career. The challenges faced in training do not end with graduation, but are amplified over the next 2+ decades. **Stress accumulation, sleep issues, and fatigue all impact BATs and agents in the field.** Building healthy fatigue management and resilience techniques during early training will be key for long term success.

BATs lacking proper strength, endurance, mobility, and stability are at high-risk for musculoskeletal injuries. These injuries can lead to removal from the course and/or chronic pain and performance limitations that can follow an agent for an entire career. Injury risk reduction and prehabilitation practices will greatly reduce this threat and improve BAT performance.



The DEA Academy is a residential course and BATs fueling options are limited to meals provided by the dining facility. **It's critical they are armed with the resources to make good decisions, hit their target caloric and nutritional needs, and stay well-hydrated to endure the mental and physical demands of the DEA Academy.** Impactful nutrition education will also help them maintain a performance-based diet after graduation.

Beyond the required fitness testing, training evolutions are physically demanding. **Poorly conditioned BATs will underperform, make poor tactical decisions, and struggle to successfully pass the course.** Further, the job requirements of a DEA agent are highly physical, so it's necessary that BATs gain the proper foundation early in their careers.

The DEA mission is essential to national security, growing in complexity and risk, requiring dedicated, able, and skilled agents to carry it out.



FUELING FOR PERFORMANCE

Nutrition plays a critical role in performance and recovery. While you are preparing for and completing the DEA Academy, proper nutrition will not only ensure that you have the energy you need, but it will also promote recovery by supplying your body with sufficient nutrients.

Focusing on the fundamentals of nutrition and gaining a basic understanding of your caloric needs is the first step to being able to optimize your diet. To do this, we've included two worksheets for you to complete: one to calculate your hydration needs and the other to calculate your caloric window based on your activity level and energy demands.

Once you know how much you should be eating, you can begin to fine tune your nutrition choices by looking at three key factors: Quality, Quantity, and Timing. As you begin your training regimen and start to incorporate proper nutrition into your routine, remember that it's about making small, incremental changes rather than attempting a complete overhaul.

CALCULATE YOUR CALORIC WINDOW

Step 1: Determine your activity level and weight goals

YOU ARE...

(choose best fit)

YOU SHOULD CONSUME

MIN

MAX

NOT ACTIVE or WANT TO LOSE WEIGHT

= 11 - 13

CALORIES
Per pound of body-weight

MODERATELY ACTIVE (exercising 60-90 minutes a day) or TO MAINTAIN WEIGHT

= 14 - 16

CALORIES
Per pound of body-weight

VERY ACTIVE (exercising 90-150 minutes a day) or TO GAIN WEIGHT

= 16 - 18

CALORIES
Per pound of body-weight

Step 2: Calculate your caloric window (ideal range of calories per day)

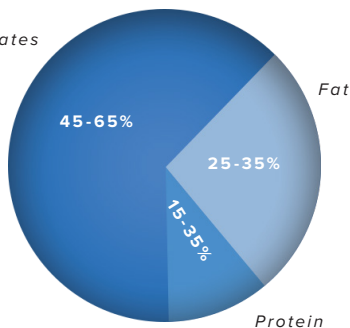
MINIMUM
minimum calories
x
bodyweight

CALORIC WINDOW
MIN - MAX

MAXIMUM
maximum calories
x
bodyweight

Step 3: Select your plate construction and calculate calories per macronutrient

Carbohydrates



THE IDEAL MACRONUTRIENT PLATE CONSTRUCTION

Protein: (15% to 35%) x Caloric Window = **Total Cal** from protein

Carbs: (45% to 65%) x Caloric Window = **Total Cal** from carbs

Fats: (25% to 35%) x Caloric Window = **Total Cal** from fat

FINAL STEP: Convert calories to grams per day

**1 GRAM OF
PROTEIN
= 4 cal**

total cal from protein /
4 cal per gram =

grams of protein per day

**1 GRAM OF
CARBS
= 4 cal**

total cal from carbs /
4 cal per gram =

grams of carbs per day

**1 GRAM OF
FAT
= 9 cal**

total cal from fat /
9 cal per gram =

grams of fat per day



CALCULATE YOUR HYDRATION NEEDS

To properly calculate your daily hydration needs:

Enter your bodyweight: _____

And, divide that number by 2.

MY DAILY HYDRATION GOAL = AT LEAST _____ OUNCES OF WATER

You need about 2.5 liters (1 standard waterbottle = 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.

THE URINE TEST FOR HYDRATION



Hydrated _____ Dehydrated _____ Go to the doctor

FOCUS ON QUALITY, QUANTITY, AND TIMING

QUALITY

- *Would you put cheap gas into a Ferrari?* Choosing high quality protein, fats, and carbs ensures that your body is running optimally. Your energy is better, your body looks and feels stronger, and you get the added bonus of improving your health overall.
- Every meal and every snack should contain protein, carbohydrates, and fats.
 - **Proteins:** Focus on complete proteins like meat, poultry, fish, eggs
 - **Carbs:** Focus on complex carbohydrates and fiber rich carbohydrates
 - **Fats:** Focus on unsaturated fats like avocado, nuts, seeds, olive oil, nut spreads
- Overall, focus on nutrient dense and high fiber foods.

QUANTITY

- Are you eating the right amount of food to achieve your goals whether it be weight loss, gain, or maintenance? This depends on a number of factors including physical activity.
- Calculate your caloric window based on your goals.
- Here are some tips if you find portion control to be an issue: use smaller plates, serve food at the counter and bring only the portioned meal to the table, be mindful listen to your body.
- Try to plan your meals ahead of time to help with impulsive eating.

TIMING

- Timing is based on the general rule that eating at ideal times and intervals during the day will keep our metabolism active and our blood sugar levels stable.
- Eat a balanced meal, and rehydrate, within 1 hour of waking.
- Have a balanced meal, or snack at 2-3 hour intervals during the day.
- Have your last meal or snack roughly 2 hours before bedtime.



HEALTHY PLATE CONSTRUCTION

PLATE CONSTRUCTION

Whether you're making your own plate or have limited options on the road, think about your plate construction to ensure you get the right quantity of food to fuel your performance. When in doubt, you can use this structure to help guide your decisions and make healthy choices.

CARBOHYDRATES

- **45-65% of total calories**
- Primary energy source
- About 200-300 g/day
- Remember: Complex Carbs

FAT

- **20-35% of total calories**
- About 45-60 g/day
- Remember: Unsaturated, Omega-3s

PROTEIN

- **15-35% of total calories**
- About 20 g/meal
- Remember: Essential Amino Acids

HOW TO SPICE UP YOUR PROTEIN WITH SAUCES

- Dress up your protein with different sauces and spices throughout the week
- Make sure sauces have short ingredient lists

FIND QUALITY SNACKS TO CARRY WITH YOU

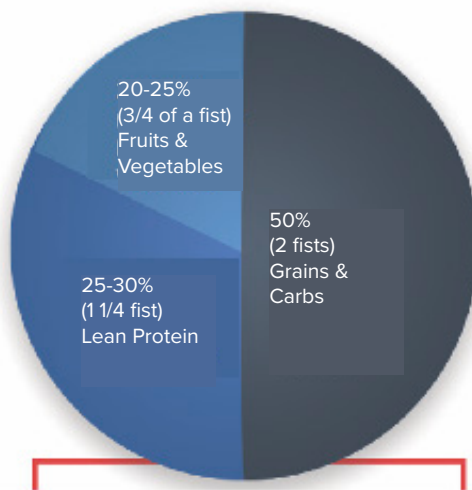
- Stock up on healthy snacks to sustain you throughout the week
- Snacks can be put in meals for variety
- Hard boiled eggs, cheese boards, protein muffins, whole grain energy bites

CAPITALIZE ON CONDIMENTS & MIX-INS

- Add some favorite toppings for finishing touch on meals
- Sliced nuts, avocado, salsa, and more

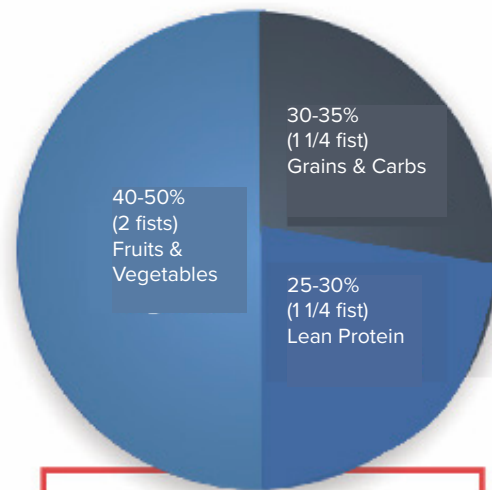
BUILDING MEALS BASED ON ACTIVITY LEVEL

START BY LOOKING AT YOUR DAILY ACTIVITY



High Intensity Training Days

Don't forget to include hydration



Moderate Intensity Training Days

Don't forget to include hydration

BREAK IT DOWN EVEN MORE BY LOOKING AT YOUR TRAINING LOAD

Carbohydrate Consumption

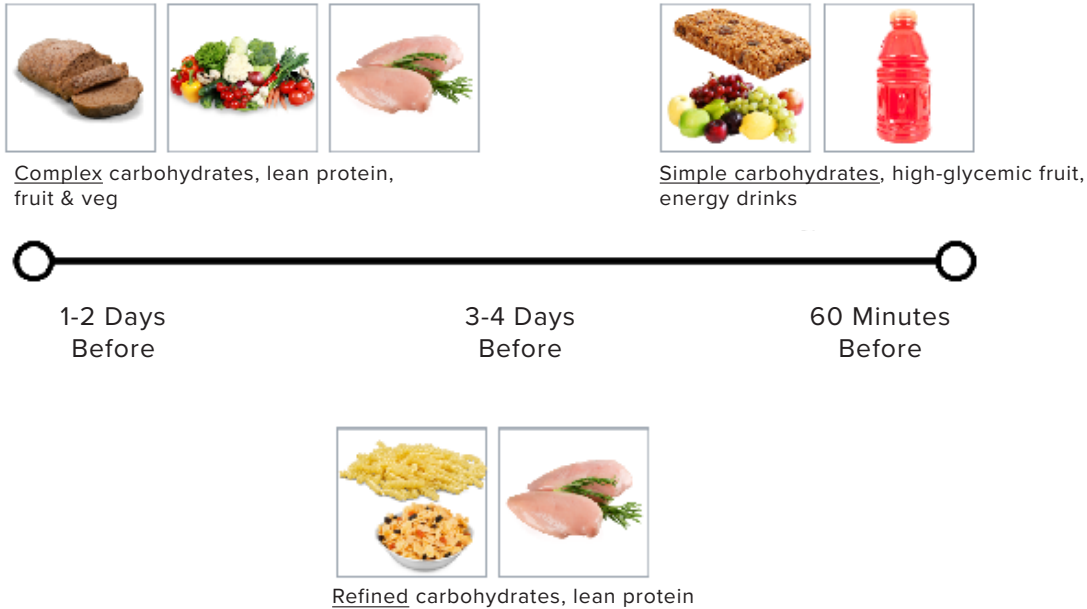
Light	Low intensity, skill based	2-4 g/kg/day
Moderate	1 hour/day	5-7 g/kg/day
High	Endurance program (1-3 hr/day, mod-high intensity)	2-4 g/kg/day
Very High	Extreme commitment (4-5 hr/day)	2-4 g/kg/day

- When rapid fueling is needed after a session (<2hr), target carbohydrate intake of ~ 1 g/kg/ bodyweight per hour
- For longer recovery periods (24hrs) the pattern and timing of carbohydrates does not appear to critical
- No difference in glycogen synthesis when carbohydrate is consumed in liquid form or as solid foods
- Choose nutrient rich (e.g. complex) carbohydrates

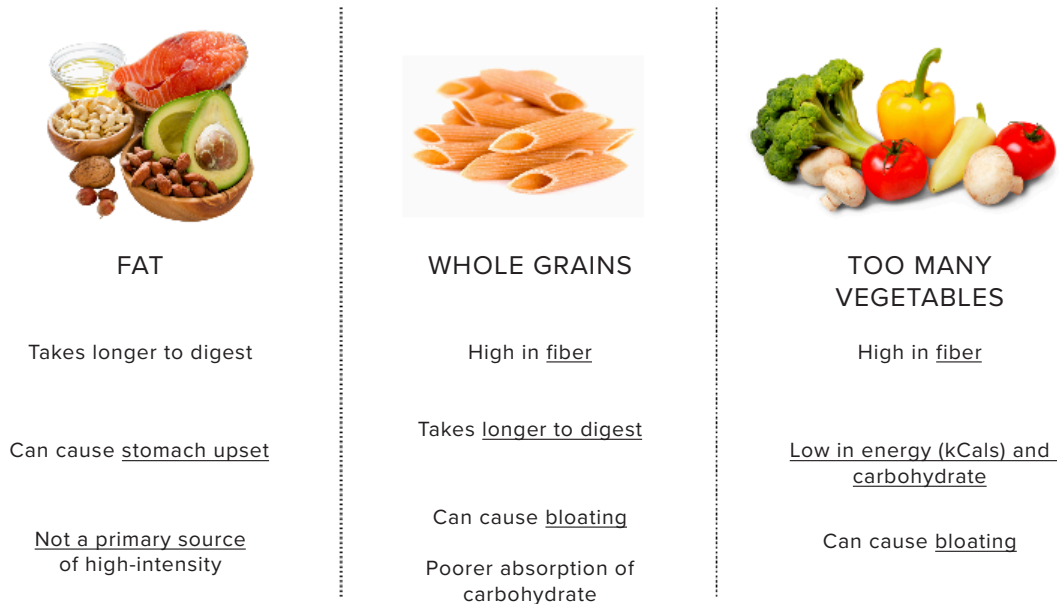


TEST DAY FUELING REMINDERS

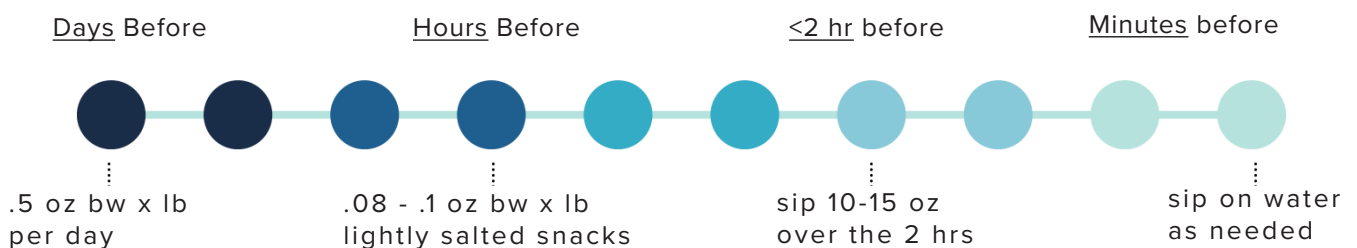
CARBOHYDRATES & PLATE CONSTRUCTION ON TEST DAY



THINGS TO KEEP IN MIND & WATCH OUT FOR ON TEST DAY



HYDRATION BEFORE TEST DAY



PHYSICAL CONDITIONING

Now that you have a basic understanding of what it takes to fuel your body through proper nutrition, let's take a look at how you can reduce your risk of injury and set goals as you prepare yourself for the DEA Academy. Being physically fit is critical to your success; but, training for performance rather than general fitness should be your focus now. This means that you need to start taking a targeted approach so that you are able to meet the demands of the program you are working towards. Following a training plan designed to meet the energy system and strength requirements of the DEA Academy will help get you into peak physical conditioning for the job.

Before jumping into the training program, start by setting goals for yourself so you can stay motivated with clear targets to hit throughout your journey. Along with setting goals, it's important to understand how using preparation and prehabilitation practices will help reduce your risk of injury and improve your ability to recover from the rigorous training days ahead. In this section, you will find the warm-up and cool-down protocols designed specifically for tactical athletes who endure physical stress as a job requirement. Using the movements as a part of your daily training regimen will help you finish your career as strong as you started.



ACTIVATION

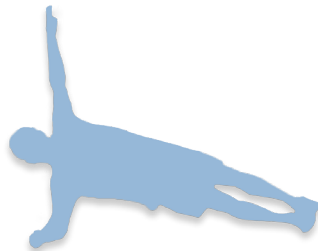
Pillar and glute activation is critical to making sure you're starting your movements from a strong foundation. We recommend making this part of your daily routine, even on rest or light training days. **Hold each position for 2 x 30 seconds or 2 x 10 reps each side.**

Start with 5-10 minutes of activity (run, bike, jump rope, etc.)

PILLAR ACTIVATION



Front Plank
2 x 30 seconds

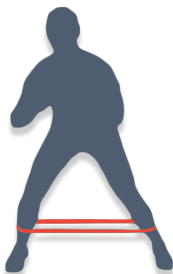


Side Plank
2 x 30 seconds
(each side)



Deadbugs
2 x 10 reps
(alternating sides)

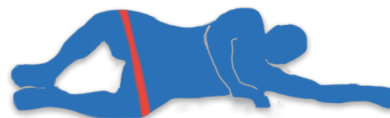
GLUTE ACTIVATION



Monster Walks
2 x 10 steps
(front & back)



Glute Bridges
2 x 30 seconds



Hip External Rotations
2 x 10 reps
(each side)

DYNAMIC WARM UP

These movements are used to get you ready to train. We recommend finding a dynamic warm up that targets movements you'll be doing in your workout to loosen up and get your body ready for the stressors it is about to experience. **Do 10 reps each side.**

Start with 5-10 minutes of activity (run, bike, jump rope, etc.)



Knee Hugs x 10



Hip Cradle x 10



Hip Flexor x 10



Lunge w/ Twist x 10



Inchworm x 10



Lateral Lunge x 10



Walking Deadlift x 10



High Knees x 10

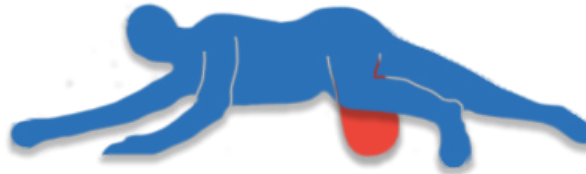
FOAM ROLLING

Recovery is a critical part of performance and career longevity. Foam rolling can be done to cool down after a workout, or as a part of your daily routine. **Perform 4 to 6 reps or about 90 to 120 seconds of active movement per muscle group.**

QUAD FOAM ROLL



IT FOAM ROLL



BACK FOAM ROLL



GLUTE FOAM ROLL



SHOULDER FOAM ROLL



STATIC STRETCHING

Holding static stretches after your workout will help you cool down and stay fresh. Add some stretching into your routine on rest and light training days, not just post-workout. **Hold each position for 20 - 30 seconds.**



Downward Dog



Hip Stretch



Quad Stretch



Knee to Chest



Spinal Twist



Chest Stretch



Triceps Stretch

DEA ACADEMY PHYSICAL PREPARATION PROGRAM

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. Finally, after your workout, complete a proper cool down 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 the warm-up and cool-down are still listed on rest days. You should still be moving on your recovery days and the warm-up/cool-down 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

WARM UP

(complete each exercise for the provided time/distance)

1. Run/Bike/Row (5 mins)
2. Forearm Plank (20 secs)
3. Straight Arm Side Plank (20 secs)
4. Hip Bridge (20 secs)
5. Mini Band Walk (Lateral) (10 yards/2 sets)
6. Mini Band Walk (For/Back) (10 yards/2 sets)
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 Lunge (Right/Left) (10 yards)
12. Push Up w/ Inchworm (10 yards)

COOL DOWN

(complete each exercise for the provided time/distance)

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

Before attempting this plan, or any exercise program, please consult with and get approval from your personal health care provider. Significant illness or injury can come from attempting an exercise, or workout program, without proper approval from your personal health care provider. The information contained in this plan is intended to be general and educational in nature, and not meant to replace or supplant the advice of your personal health care professionals.





DEA Academy Physical Prep Program

8-Week Training Program

WEEK 1

[illegible]



DEA Academy Physical Prep Program

8-Week Training Program

WEEK 2

Day	1	2	3	4	5	6	7
<p>Notes: Each day has two variations.</p> <p>Workout A: is if you have scored between a 12-16 on the PTA.</p> <p>Workout B: is if you have scored a 16 or above.</p> <p>There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively.</p> <p>All programs will work to improve aerobic capacity, so extra running work should not be needed.</p> <p>However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.</p>							
<p>STEP 1: PREPARE (8–10 MIN)</p>							
<p>STEP 2: SWEAT</p>							
	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none">-Box Step-Ups 4x10 each leg (use no external load this week)-Inverted Rows 4x8-12-Front Forearm Plank 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none">-Push Ups 4x8-12-Single Leg RDL's 4x10 each leg-Side Plank 4x:20 sec. each side <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none">-kB or DB Goblet Squat 4x10-Pull Ups 4x6-10-Front Forearm Plank 4x:40 sec.	<p>WORKOUT A&B</p> <ul style="list-style-type: none">-Run 2x1 mile runs at 90% effort (try and maintain the same time for each) rest 5 minutes between miles <p>THEN</p> <p>WORKOUT A:</p> <ul style="list-style-type: none">-Perform as quickly as possible 30 Push Ups and 60 Sit-Ups <p>WORKOUT B: Perform as quickly as possible 60 push ups and 60 hang knee raises</p> <p>IF DESIRED</p>	<p>REST/RECOVERY</p>	<p>WORKOUT A:</p> <p>Superset 1:</p> <ul style="list-style-type: none">-Single Leg Glute Bridges 4x10 each leg-Hanging Leg Raises 4x6-10-Superman Hold 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none">-Diamond Push Ups 4x6-10-Rear Foot Elevated Split Squat 4x10 each leg-Hollow Hold 4x:20 sec. <p>WORKOUT B:</p> <p>Superset 1:</p> <ul style="list-style-type: none">-kB Sumo Deadlift 4x10-Hanging Leg Raises 4x10-Sorenson Hold OR Superman Hold (If no GHD) 4x:35 sec. <p>Superset 2:</p> <ul style="list-style-type: none">-DB Incline Bench 4x10-DB Rear Foot Elevated Split Squat 4x10 each leg-GHD Faceup Hold OR Hollow Hold (If no GHD) 4x20 sec. <p>WORKOUT A&B</p> <ul style="list-style-type: none">-Crosstrain (Choose between Bike, Row, AirBike, or Versa Climber) 60 Second max effort Sprints for 5 sets, rest 2 minutes after each	<p>WORKOUT A&B</p> <p>PTA</p> <p>Complete a physical task assessment. We will do this every other week. If able find a person to watch your push ups and sit ups and try to be very strict on protocols. Also, for training purposes only give yourself 5 minutes between exercises as opposed to ten, that way you feel even more fresh when the test day comes.</p> <p>PTA:</p> <p>1 minute max rep Sit-Ups</p> <p>Rest 5 Minutes</p> <p>300m sprint for time</p> <p>Rest 5 Minutes</p> <p>1 set of max rep push ups</p> <p>Rest 5 Minutes</p> <p>1.5 mile run for time</p>	<p>WORKOUT A:</p> <p>Run 2.5 miles at an easy pace</p> <p>WORKOUT B:</p> <p>Run 4 miles at an easy pace</p>	<p>REST/RECOVERY</p>
<p>STEP 3: RECOVER (10–15 MIN)</p>							



DEA Academy Physical Prep Program

8-Week Training Program

WEEK 3

Day	1	2	3	4	5	6	7
Notes: Each day has two variations.							
Workout A: is if you have scored between a 12-16 on the PTA.							
Workout B: is if you have scored a 16 or above.							
There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.							
WORKOUT A:	Superset 1: -Box Step-Ups 4x10 each leg (add light weight) -Inverted Rows 4x10-15 -Front Forearm Plank 4x:40 sec.	WORKOUT A&B -Run 2x1.5 mile runs at 90% effort (try and maintain the same time for each) rest 5 minutes between miles THEN WORKOUT A: -Perform as quickly as possible 35 Push Ups and 70 Sit-Ups WORKOUT B: Perform as quickly as possible 70 push ups and 70 hang knee raises IF DESIRED EXTRA PUSH UP WORK: -For 3 Minutes Perform x5 push ups every 10 seconds. Try to rest in Plank Position EXTRA SIT UP WORK: -For 3 Minutes Perform x5 sit ups every 10 seconds. You may rest with back on the ground.	REST/RECOVERY	WORKOUT A: Superset 1: -Single Leg Glute Bridges 4x10 each leg (add weight) -Hanging Leg Raises 4x10 -Superman Hold 4x:40 sec. Superset 2: -Diamond Push Ups 4x8-12 -Rear Foot Elevated Split Squat 4x12 each leg -Hollow Hold 4x:25 sec. WORKOUT B: Superset 1: -KB Sumo Deadlift 4x10 -Hanging Leg Raises 4x12 -Sorenson Hold OR Superman Hold (If no GHD) 4x:40 sec.	WORKOUT A&B Complete as Fast as possible 10 Rounds -5 Pull Ups -10 push Ups -15 Sit Ups Scale as needed, for example if you need to substitute for pull ups then you may with inverted rows with your feet on the ground. Track time it takes to use as future comparison	WORKOUT A: Run 3 miles at an easy pace WORKOUT B: Run 5 miles at an easy pace	REST/RECOVERY
STEP 2: SWEAT							
STEP 1: PREPARE (8-10 MIN)							
STEP 3: RECOVER (10-15 MIN)							

**DEA Academy Physical Prep Program**

8-Week Training Program

WEEK 4: DELOAD

Day	1	2	3	4	5	6	7
Notes: Each day has two variations.							
Workout A: is if you have scored between a 12-16 on the PTA.							
Workout B: is if you have scored a 16 or above.							
There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed.							
However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.							
WORKOUT A: Superset 1: -Box Step-Ups 3x10 each leg (add light weight) -Inverted Rows 3x10-15 -Front Forearm Plank 2x:1:00 minute	WORKOUT A&B -Run 1.5 mile runs at PTA pace or faster THEN WORKOUT A&B 5 Minute push up Plank *every break perform 5 sit ups.	REST/RECOVER	WORKOUT A: Superset 1: -Single Leg Gire Bridges 3x10 each leg (add weight) -Hanging Leg Raises 3x10 -Superman Hold 2x1 Min.	WORKOUT A&B PTA Complete a physical task assessment. We will do this every other week. If able find a person to watch your push ups and sit ups and try to be very strict on protocols. Also, for training purposes only give yourself 5 minutes between exercises as opposed to ten, that way you feel even more fresh when the test day comes.	WORKOUT A&B Light Pace Run for 20 minutes	REST/RECOVERY	
Superset 2: -Push Ups 3x10-15 -Single Leg RDL's 3x10 each leg (add weight) -Side Plank 2x:40 sec. each side	WORKOUT A&B 5 Minute push up Plank *every break perform 5 sit ups.		Superset 2: -Diamond Push Ups 3x8-12 -Rear Foot Elevated Split Squat 3x12 each leg -Hollow Hold 2x:40 sec.	WORKOUT B: Superset 1: -KB Sumo Deadlift 3x6 -Hanging Leg Raises 3x12 -Sorenson Hold OR Superman Hold (If no GHD) 1x max time	PTA: 1 minute max rep Sit-Ups		
WORKOUT B: Superset 1: -KB or DB Goblet Squat 3x10 -Pull Ups 3x8-12 -Front Forearm Plank 2x 1:30 minute	EXTRA PUSH UP WORK: -For 3 Minutes Perform x5 push ups every 10 seconds. Try to rest in push up Plank Position		WORKOUT B: Superset 1: -KB Sumo Deadlift 3x6 -Hanging Leg Raises 3x12 -Sorenson Hold OR Superman Hold (If no GHD) 1x max time	1 minute max rep Sit-Ups			
Superset 2: -DB Bench Press 3x10 -DB Single Leg RDL's 3x8 each leg -Side Plank 2x1:00 min. each side	EXTRA SIT UP WORK: -For 3 Minutes Perform x5 sit ups every 10 seconds. You may rest with back on the ground.		Superset 2: -DB Incline Bench 3x10 -DB Rear Foot Elevated Split Squat 3x10 each leg -GHD Faceup Hold OR Hollow Hold (If no GHD) 1xmax time	Rest 5 Minutes 300m sprint for time Rest 5 Minutes 1 set of max rep push ups			
WORKOUT A&B -Run 3x400m Work:Rest 12 (so if one rep takes you 90 sec. rest 180 sec.)			WORKOUT A&B -Crosstrain (Choose between Bike, Row, AirBike, or Versa Climber) 20 Minute light effort	Rest 5 Minutes 1.5 mile run for time			
STEP 1: PREPARE (8-10 MIN)							
STEP 2: SWEAT							
STEP 3: RECOVER (10-15 MIN)							



DEA Academy Physical Prep Program

8-Week Training Program

WEEK 6

Day	1	2	3	4	5	6	7																																																
Notes: Each day has two variations.																																																							
STEP 1: PREPARE (8–10 MIN)																																																							
Workout A: is if you have scored between a 12-16 on the PTA.																																																							
Workout B: is if you have scored a 16 or above.																																																							
There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively.																																																							
All programs will work to improve aerobic capacity, so extra running work should not be needed.																																																							
However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.																																																							
WORKOUT A: Superset 1: -Reverse Lunges 5x10 each leg (very light weight) -Feet Elevated Inverted Rows 5x12 -Inchworms 5x8								WORKOUT A&B -Run 3.5 Miles (first mile easy pace, 2nd mile moderate pace, last 1.5 push it) THEN								REST/RECOVER								WORKOUT A: Superset 1: -Single Leg Good mornings 5x12 each leg (add weight) -V-Ups 5x10 -Superman Hold 4x:40 sec.								WORKOUT A&B PTA Complete a physical task assessment. We will do this every other week. If able find a person to watch your push ups and sit ups and try to be very strict on protocols. Also, for training purposes only give yourself 5 minutes between exercises as opposed to ten, that way you feel even more fresh when the test day comes.								WORKOUT A: Run 5 miles at an easy pace (stop at 1 hour no matter what)								REST/RECOVER							
Superset 2: -Push Ups 5x12 -Single Leg Glute Bridges 5x12 each leg -Side Plank 5x:20 sec. each side								WORKOUT A: -Perform as quickly as possible 60 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 120 Sit-Ups								WORKOUT B: -Perform as quickly as possible 80 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 160 Sit-Up								Superset 1: -BB OR Trap Bar Deadlift 5x8 -V-ups 5x10 -Superman Hold 4x :40 sec								1 minute max rep Sit-Ups																							
WORKOUT B: Superset 1: -BB Front Squat 5x8 -Pull Ups 5x6-10 -Ab Rollout (use BB with small plates) 5x8								WORKOUT B: -Perform as quickly as possible 80 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 160 Sit-Up								IF DESIRED								Superset 2: -DB Shoulder Press 5x8 -DB Rear Foot Elevated Split Squat 5x10 each leg -GHD Faceup Hold OR Hollow Hold (if no GHD) 5x:20 sec.								Rest 5 Minutes 300m sprint for time																							
Superset 2: -BB Bench Press 5x8 -Single Leg Glute Bridges 5x10 each leg -Side Plank 5x:20 sec. each side								EXTRA PUSH UP WORK: -Perform 3 sets of Max rep push ups as fast as possible, go for speed, take as much rest between sets as needed								WORKOUT A&B -Find a non running cardio device (rower, assault bike, ski erg, versa climber) and perform 12 sets of :30 sec. max effort and :30 sec. rest								Rest 5 Minutes 1.5 mile run for time																															
WORKOUT A&B -Run 8x200m Work:Rest 1:2 (so if one rep takes you 40 sec. rest 1:20)								EXTRA SIT UP WORK: -Perform 3 sets of max reps in 1 minute, work on speed while keeping strict protocol																																															
STEP 3: RECOVER (10–15 MIN)																																																							



DEA Academy Physical Prep Program

8-Week Training Program

WEEK 7

Day	1	2	3	4	5	6	7
<div>Notes: Each day has two variations.</div> <div>Workout A: is if you have scored between a 12-16 on the PTA.</div> <div>Workout B: is if you have scored a 16 or above.</div> <div>There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively.</div> <div>All programs will work to improve aerobic capacity, so extra running work should not be needed.</div> <div>However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.</div>							
STEP 1: PREPARE (8–10 MIN)							
STEP 2: SWEAT							
WORKOUT A: Superset 1: -Reverse Lunges 5x8 each leg (add weight) -Feet Elevated Inverted Rows 5x15 -Inchworms 5x10 Superset 2: -Push Ups 5x15 -Single Leg Glute Bridges 5x12 each leg -Side Plank 5x:20 sec. each side WORKOUT B: Superset 1: -BB Front Squat 5x6 -Pull Ups 5x6-10 -Ab Rollout (use BB with small plates) 5x10 Superset 2: -BB Bench Press 5x6 -Single Leg Glute Bridges 5x10 each leg -Side Plank 5x:25 sec. each side WORKOUT A&B -Run 10x200m -Work:Rest 1:2 (so if one rep takes you 40 sec. rest 1:20)	WORKOUT A&B -Run 4 Miles (first mile easy pace, 2nd mile moderate pace, last 2 miles push it) THEN WORKOUT A: -Perform as quickly as possible 70 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 140 Sit-Ups WORKOUT B: -Perform as quickly as possible 90 deficit Push Ups (hands on a elevated 3 inch surface feet on the ground) and 180 Sit-Up IF DESIRED EXTRA PUSH UP WORK: -Perform 3 sets of Max rep push ups as fast as possible, go for speed, take as much rest between sets as needed EXTRA SIT UP WORK: -Perform 3 sets of max reps in 1 minute, work on speed while keeping strict protocol	REST/RECOVER	WORKOUT A: Superset 1: -Single Leg Good mornings 5x10 each leg (add weight) -V-Ups 5x10 -Superman Hold 4x:50 sec. Superset 2: -Diamond Push Ups 5x10 -Rear Foot Elevated Split Squat 5x8 each leg -Hollow Hold 4x:30 sec. WORKOUT B: Superset 1: -BB OR Trap Bar Deadlift 5x6 -V-ups 5x10 -Superman Hold 4x :50 sec Superset 2: -DB Shoulder Press 5x6 -DB Rear Foot Elevated Split Squat 5x10 each leg -GHD Faceup Hold OR Hollow Hold (if no GHD) 5x:25 sec. WORKOUT A&B -Find a non running cardio device (rower, assault bike, ski erg, versa climber) and perform 15 sets of :30 sec. max effort and :30 sec. rest	WORKOUT A&B Complete as Fast as possible 10 Rounds -5 Pull Ups -10 push Ups -15 Sit Ups Scale as needed, for example if you need to substitute for pull ups then you may with inverted rows with your feet on the ground. Compare to when you did this week 3	WORKOUT A&B Run at an easy pace for 1 hour	REST/RECOVER	
STEP 3: RECOVER (10–15 MIN)							



DEA Academy Physical Prep Program

8-Week Training Program

WEEK 8: DELOAD

Day	1	2	3	4	5	6	7
Notes: Each day has two variations.							
STEP 1: PREPARE (8–10 MIN)							
Workout A: is if you have scored between a 12-16 on the PTA.							
Workout B: is if you have scored a 16 or above.							
There is also extra work for those who have lower scores on the Push Ups and Sit-Ups respectively. All programs will work to improve aerobic capacity, so extra running work should not be needed. However, if you would like to run extra, it is suggested to only do longer slower distance runs as a supplement to already scheduled training days and leave the rest/recover days as prescribed.							
STEP 2: SWEAT							
WORKOUT A: Superset 1: -Reverse Lunges 3x10 each leg (no weight) -Feel Elevated Inverted Rows 3xmax reps -Inchworms 3x5 Superset 2: -Push Ups 3x15 -Single Leg Glute Bridges 3x10 each leg -Side Plank 2x30 sec. each side WORKOUT B: Superset 1: -BB Front Squat 3x8 -Pull Ups 3x10 -Ab Rollout (use BB with small plates) 3x10 Superset 2: -BB Bench Press 3x8 -Single Leg Glute Bridges 3x10 each leg -Side Plank 3x30 sec. each side WORKOUT A&B -Run 400,300,200,100m Work:Rest 1:1 (work down the ladder rest what it took the previous distance to run)	WORKOUT A&B -Run 2.5 Miles (first mile easy pace, last 1.5 mile try and get what you will on PTA) THEN IF DESIRED EXTRA PUSH UP WORK: -Perform 3 sets of Max rep push ups as fast as possible, go for speed, take as much rest between sets as needed	REST/RECOVER	WORKOUT A: Superset 1: -Single Leg Good mornings 3x10 each leg (add weight) -V-Ups 3x8 -Superman Hold 2x:60 sec. Superset 2: -Diamond Push Ups 3x10 -Rear Foot Elevated Split Squat 3x8 each leg -Hollow Hold 2x:40 sec. WORKOUT B: Superset 1: -KB Sumo Deadlift 3x6 -V-ups 3x10 -Superman Hold 2x :60 sec Superset 2: -DB Shoulder Press 3x8 -DB Rear Foot Elevated Split Squat 3x10 each leg -GHD Faceup Hold OR Hollow Hold (if no GHD) 2x:30 sec. WORKOUT A&B -Find a non running cardio device (rower, assault bike, ski erg, versa climber) and perform 15 sets of :30 sec. max effort and :30 sec. rest	WORKOUT A&B PTA Complete a physical task assessment. We will do this every other week. If able find a person to watch your push ups and sit ups and try to be very strict on protocols. Also, for training purposes only give yourself 5 minutes between exercises as opposed to ten, that way you feel even more fresh when the test day comes. PTA:	WORKOUT A&B Light Pace Run for 20 minutes	REST/RECOVER	
STEP 3: RECOVER (10–15 MIN)							

OPTIMIZING PERFORMANCE

When it comes to performance under pressure, there are a lot of elements that play a key role in your ability to stay motivated, train hard, and manage stress in the moment and over time. These include sleep, stress management, and building resilience.

This section is designed to help you build consistent performance cycles by prioritizing mindset, rest, and recovery. The key to optimizing performance is creating a consistent performance cycle and using mental skills to help you manage the stressors that are an inevitable part of being a tactical athlete. Use the pages that follow to learn how simple tools like low and slow breathing and building healthy sleep hygiene can improve your overall well-being and have a big impact on your performance now and over time.



HIGH PERFORMANCE BREATHING

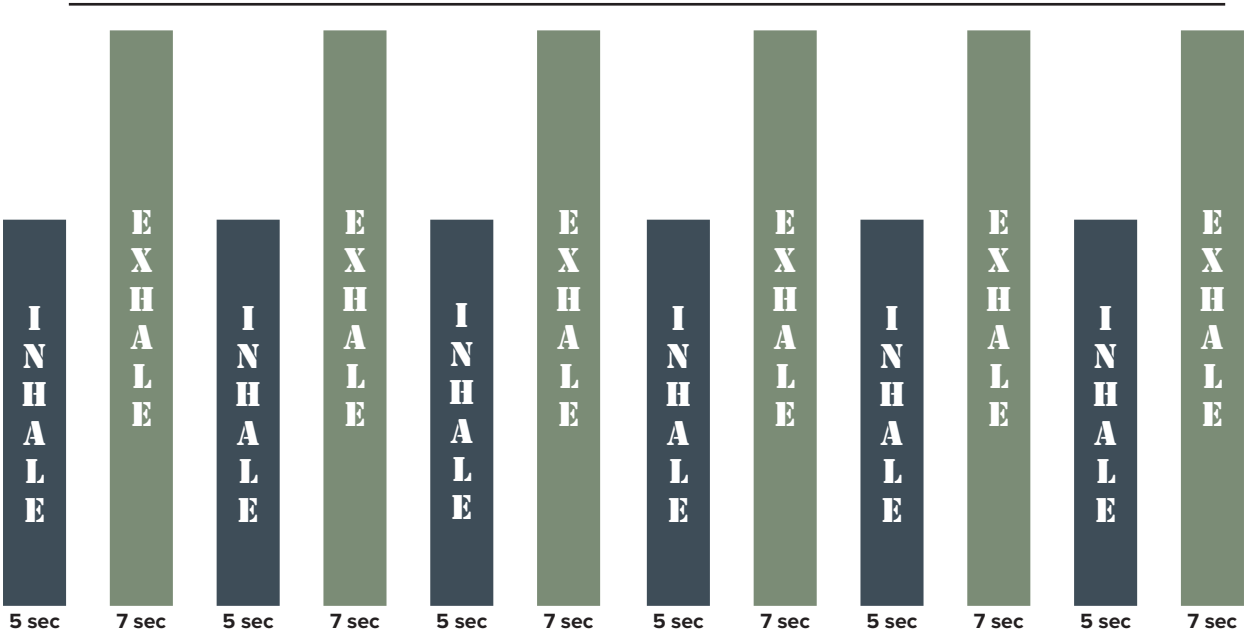
THE SET UP

Start in a comfortable position either sitting in a chair or lying down so you are relaxed and not distracted by feelings of discomfort.

Bring your attention to your body. Take note of your muscles and joints. Try to consciously release any tension you feel. Allow yourself to breathe easily, nothing should feel forced.

Place a hand on your chest and a hand on your stomach. Notice if your abdomen rises and falls or if the movement is in your chest. Take note of whether you inhale and exhale out of your mouth or nose, and if your breaths feel short or long. Start to make your breaths even, and as you get comfortable allow your exhale to last slightly longer than your inhale. Imagine a balloon inflating as you inhale and deflating as you exhale.

For most people, stressful situations lead them to take short, shallow breaths. Learning low and slow breathing is a way to help mitigate this response in high-pressure scenarios. When you encounter a challenging situation, remember to take a tactical pause and focus on your breath. This will bring you back to homeostasis so you can have the right energy level you need for the circumstances.



INSTRUCTIONS	HOW IT CAN HELP	WHEN TO USE IT
<p>To practice your low and slow breathing:</p> <ul style="list-style-type: none">• Inhale for a count of 5• Exhale for a count of 7 <p>Complete the cycle above 5 times and you will have done 5 minutes of breathing to de-stress and reset.</p>	<p>Restore energy levels</p> <p>Facilitate healing & recovery</p> <p>Manage acute & chronic pain</p> <p>Enhance ability to fall asleep</p> <p>Improve cognition & mood</p> <p>Reset & recover from stress</p> <p>Improve blood flow</p>	<ul style="list-style-type: none">• 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



FATIGUE MANAGEMENT FOR PERFORMANCE

BOTTOM LINE UP FRONT

If you are working on your diet and following an exercise regimen, inadequate sleep can undermine the hard work you are doing

Fatigue affects everyone, regardless of skill, knowledge, and training

Fatigue can result in moodiness, diminished emotional regulation, and problems with communicating effectively with others

Fatigue can place you and others at risk of injury or harm

CAUSES OF FATIGUE

Physical, mental, and environmental factors impact fatigue and energy

Physical: Forceful exertion, awkward postures, static load, repetitive movement

Mental: Irregular work hours, sleep loss, job demands and stress, relationships, decision autonomy

Environmental: Temperature, light, noise, vibration and motion, humidity

THE GOOD NEWS

There are things you can do to manage fatigue

Fortunately, there are things you can do to both improve the sleep you get and manage fatigue when it hits. Preventative tactics and real-time mitigation strategies that rely on things like strategic napping, light exposure, and caffeine can help you perform when you need it most.

CHANGE YOUR MINDSET

Make sleep a priority

1. Think about sleep as a key part of your PERFORMANCE
2. Think about sleep as a key part of your HEALTH
3. Begin to PRIORITIZE and PROTECT your sleep when you can



BUILDING 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

• 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

• 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

ENVIRONMENT

• 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

DEA collaborated with O2X Human Performance to develop this guidebook. DEA's collaboration in the development of this guidebook does not constitute an endorsement by DEA of O2X Human Performance or its products or services.

