

## 8-Week Applicant Training Plan

This training plan is intended for use by applicants who do not have access to equipment and/or do not have a current training plan. If the applicant currently has a training plan, it is not necessary to use this specific plan. This training plan will cover 5-days per week of training sessions. If the applicant is new to fitness training, begin with training days 1, 2, & 3 each week.

Use these video libraries to search for video demonstrations of the movements utilized in this training plan (these video libraries are not an endorsement of any kind):

[Video Library \(1\)](#)

[Video Library \(2\)](#)

Always begin by warming-up the body with light movements such as scaled versions and regressions of movements of the training session, dynamic stretching (stretching with movement), walking, and/or jogging. Ensure your heart rate is elevated, muscles are slowly elongated, and joints are lubricated by moving the entire body through various ranges of motion. Examples of dynamic stretching include walking knee hugs, leg swings (front to back and side to side), walking spiderman stretch, among others.

End training sessions with approximately 5-minutes of walking followed by static stretching (stretching without movement) of muscles worked during the training session.

Ensure hydration by drinking plenty of water daily.

Modification of training sessions can occur to help meet applicant's current level of training. Modifications that can decrease intensity include decreasing sets, reps, time, or distance.

Intensities for interval sprints correlate to percentiles on the 1.5-mile run standards chart [\(M\)](#) [\(F\)](#). Example; if 1.5-mile run at 90% is 9:00, then 0.5-mile run at 90% would be 3:00.

Tabata Interval = 8 sets of: 20 seconds of work followed by 10 seconds of rest. Total = 4 mins.

Extended Tabata Interval = 8 sets of: 30 seconds of work followed by 20 seconds of rest. Total = Approximately 6 mins. 45 secs.

Additional fitness training is available at: <https://www.dps.texas.gov/ETR/dailyWorkouts.htm>

For questions contact:

Sgt. Grant Belvin (Beaumont) [grant.belvin@dps.texas.gov](mailto:grant.belvin@dps.texas.gov)

Sgt. Patrick Timms (Wichita Falls) [patrick.timms@dps.texas.gov](mailto:patrick.timms@dps.texas.gov)

Sgt. Desirae Salcido (Weslaco) [desirae.salcido@dps.texas.gov](mailto:desirae.salcido@dps.texas.gov)

Sgt. Maria Loreda (Laredo) [maria.loredo@dps.texas.gov](mailto:maria.loredo@dps.texas.gov)

## Week 1

### Day 1:

Tabata Air Squats: 8 sets of: 20 seconds of Air Squats, 10 seconds of rest

Tabata Walking Lunges: 8 sets of: 20 seconds of Lunges, 10 seconds of rest

Tabata Single-leg Deadlift: 8 sets of: 20 seconds SLDL, 10 seconds of rest (4 sets per leg)

Run ½ mile at 90% intensity

### Day 2:

Tabata Push-ups: 8 sets of: 20 seconds of push-ups, 10 seconds of rest

Tabata Hollow Rocks: 8 sets of: 20 seconds of hollow rocks, 10 seconds of rest

Tabata Plank Hold: 8 sets of: 20 seconds of plank hold, 10 seconds of rest

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

10 sets of 100-meter sprints, Rest between each set for the amount of time it takes to perform the sprint

### Day 4:

50 Squat Thrusts for time

Start a timer, do 50 Squat Thrusts as fast as possible, record finish time. Ensure proper technique throughout all reps

Run ½ mile at 90% intensity

### Day 5:

Run 2-miles at 70% intensity, every ¼ mile do 5 air squats and 5 push-ups

## Week 2

### Day 1:

Tabata Air Squats: 8 sets of: 20 seconds of Air Squats, 10 seconds of rest

Tabata Walking Lunges: 8 sets of: 20 seconds of Lunges, 10 seconds of rest

Tabata Single-leg Deadlift: 8 sets of: 20 seconds SLDL, 10 seconds of rest (4 sets per leg)

Run ½ mile at 90% intensity

### Day 2:

Tabata Push-ups: 8 sets of: 20 seconds of push-ups, 10 seconds of rest

Tabata Hollow Rocks: 8 sets of: 20 seconds of hollow rocks, 10 seconds of rest

Tabata Plank Hold: 8 sets of: 20 seconds of plank hold, 10 seconds of rest

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

8 sets of 200-meter (1/8 mile) sprints, Rest between each set for twice the amount of time it takes to perform the sprint

### Day 4:

70 Squat Thrusts for time

Start a timer, do 70 Squat Thrusts as fast as possible, record finish time, compare to last weeks' time, Ensure proper technique throughout all reps

Run ½ mile at 90% intensity

### Day 5:

Run 2-miles at 70% intensity, every 1/2 mile do 10 burpees

### Week 3

Day 1: (Jumping Air Squats: perform a normal air squat down then, jump up from the bottom vertically)

4 sets of 20 Jumping Air Squats, Rest 1 min 30 secs between sets

Run ½ mile at 90% intensity

Day 2:

5 sets of 10 push-ups, rest 1 min between sets. Strive for perfect technique.

Tabata Hollow Rocks: 8 sets of: 20 seconds of hollow rocks, 10 seconds of rest

5 sets of 10 chair dips, rest 1 min between sets. Strive for perfect technique.

Run ½ mile at 90% intensity

Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

6 sets of 400-meter (1/4 mile) sprints, Rest between each set for the amount of time it takes to perform the sprint

Day 4:

5 sets:

30 sec. Jumping Jacks

30 sec. Mountain Climbers

30 sec. Air Squats

30 sec. Burpees

No rest between sets

Run ½ mile at 90% intensity

Day 5:

Run 3-miles at 70% intensity

## Week 4

### Day 1:

4 sets of 20 Steps-ups (10 Right leg then 10 Left leg), rest 30 sec. between sets

Step-ups: Find an elevated platform to step up onto one leg at a time. Ensure that the platform is stable and measures 12 to 20 inches in height.

4 sets of 50-meter Walking Lunge, rest 30 sec. between sets

4 sets of 20 Single-leg Deadlifts (10 Right/10 Left), rest 30 sec. between sets

Run ½ mile at 90% intensity

### Day 2:

5 sets of 10 push-ups, rest 1 min between sets. Strive for perfect technique.

Tabata Plank Hold: 8 sets of: 20 seconds of plank hold, 10 seconds of rest

5 sets of 10 chair dips, rest 1 min between sets. Strive for perfect technique.

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

4 sets of 800-meter (1/2 mile) sprints, Rest between each set for the amount of time it takes to perform the sprint

### Day 4:

100 Air Squats

100 Sit-ups

100 Push-ups

50 Left/50 Right Single-leg Deadlift

Do not attempt all repetitions in one set. It is meant to break up sets as needed with rest but complete all reps as fast as possible.

Run ½ mile at 90% intensity

### Day 5:

Run 1.5-miles at 90% intensity

## Week 5

### Day 1:

Tabata Air Squats: 8 sets of: 30 seconds of Air Squats, 20 seconds of rest

Tabata Walking Lunges: 8 sets of: 30 seconds of Lunges, 20 seconds of rest

Tabata Single-leg Deadlift: 8 sets of: 30 seconds SLDL, 20 seconds of rest (4 sets per leg)

Run ½ mile at 90% intensity

### Day 2:

Tabata Push-ups: 8 sets of: 30 seconds of push-ups, 20 seconds of rest

Tabata Hollow Rocks: 8 sets of: 30 seconds of hollow rocks, 20 seconds of rest

Tabata Plank Hold: 8 sets of: 30 seconds of plank hold, 20 seconds of rest

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

4 sets of 800-meter (1/2 mile) sprints, Rest between each set for the amount of time it takes to perform the sprint

### Day 4:

10-minutes of Modified Burpees

Set a timer for 10:00, do Modified Burpees, record number of repetitions completed

Modified Burpee Instructions: Every movement is slow and deliberate. 1. Slowly lower into a squat, 2. Slowly step back one leg at a time, 3. Perform a pushup, 4. Slowly bring one leg forward touching the elbow, then the other, 5. Place both feet on the floor in squatting stance, 6. Jump vertically into the air, 7. Start over at step 1.

Ensure proper technique throughout all reps

Run ½ mile at 90% intensity

### Day 5:

Run 2-miles at 70% intensity, every ¼ mile do 10 air squats and 10 push-ups

## Week 6

### Day 1:

Tabata Air Squats: 8 sets of: 30 seconds of Air Squats, 20 seconds of rest

Tabata Walking Lunges: 8 sets of: 30 seconds of Lunges, 20 seconds of rest

Tabata Single-leg Deadlift: 8 sets of: 30 seconds SLDL, 20 seconds of rest (4 sets per leg)

Run ½ mile at 90% intensity

### Day 2:

Tabata Push-ups: 8 sets of: 30 seconds of push-ups, 20 seconds of rest

Tabata Hollow Rocks: 8 sets of: 30 seconds of hollow rocks, 20 seconds of rest

Tabata Plank Hold: 8 sets of: 30 seconds of plank hold, 20 seconds of rest

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

6 sets of 400-meter (1/4 mile) sprints, Rest between each set for the amount of time it takes to perform the sprint

### Day 4:

100 Air Squats

100 Sit-ups

100 Push-ups

100 Lunges in place (50 per leg)

Do not attempt all repetitions in one set. It is meant to break up sets as needed with rest but complete as fast as possible.

Run ½ mile at 90% intensity

### Day 5:

Run 3-miles at 70% intensity, every 1/2 mile do 10 burpees

## Week 7

Day 1: (Jumping Air Squats: perform a normal air squat down then, jump up from the bottom vertically)

5 sets of 20 Jumping Air Squats, Rest 1 min between sets

Run ½ mile at 90% intensity

Day 2:

5 sets of 12 push-ups, rest 1 min between sets. Strive for perfect technique.

Tabata Hollow Rocks: 8 sets of: 30 seconds of hollow rocks, 20 seconds of rest

5 sets of 15 chair dips, rest 1 min between sets. Strive for perfect technique.

Run ½ mile at 90% intensity

Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

8 sets of 200-meter (1/8 mile) sprints, Rest between each set for the amount of time it takes to perform the sprint

Day 4:

5 sets:

45 sec. Jumping Jacks

45 sec. Mountain Climbers

45 sec. Air Squats

45 sec. Burpees

Rest 45 sec. between sets

Run ½ mile at 90% intensity

Day 5:

Run 4-miles at 70% intensity



## Week 8

### Day 1:

4 sets of 30 Steps-ups (15 on Right leg then 15 on Left leg), rest 30 sec. between sets

Step-ups: Find an elevated platform to step up onto one leg at a time. Ensure that the platform is stable and measures 12 to 20 inches in height.

6 sets of 50-meter Walking Lunge, rest 30 sec. between sets

4 sets of 30 Single-leg Deadlifts (15 Right/15 Left), rest 30 sec. between sets

Run ½ mile at 90% intensity

### Day 2:

5 sets of 12 push-ups, rest 1 min between sets. Strive for perfect technique.

Tabata Plank Hold: 8 sets of: 30 seconds of plank hold, 20 seconds of rest

5 sets of 15 chair dips, rest 1 min between sets. Strive for perfect technique.

Run ½ mile at 90% intensity

### Day 3:

Interval Sprints: Run at 90% intensity, not maximum effort

10 sets of 100-meter sprints, Rest between each set for the amount of time it takes to perform the sprint

### Day 4:

100 Burpees for time

Start a timer, do 100 burpees, record finish time. Ensure proper technique throughout all reps. If technique begins to degrade (knees caving in upon jump landing, hips begin sagging during pushup, elbows flaring during pushup), rest for 10-20 seconds.

Run ½ mile at 90% intensity

### Day 5:

Run 1.5-miles at maximum effort

Rest 20-minutes

50 Squat Jumps as fast as possible