

PRE-ACADEMY PHYSICAL FITNESS PREPARATION

Physical Training has 2 purposes: as preparation to pass the physical fitness tests and to prepare for police work. A strenuous exercise training regime will be expected while attending the academy.

All recruits should arrive with baseline fitness levels as outlined below:

- able to run 2 miles in 20-25 minutes
- able to hold a plank position on forearms for 2 minutes
- able to perform pushups without pause 36 (men) or 24 (women)
- able to perform 40 full range-of-motion air squats in 1 minute

It is strongly advised to reach these *minimum* fitness levels before the 1st day of academy.

Here is a 6-week workout plan to help prepare for reaching baseline goals:

You should always seek medical clearance prior to starting any exercise program.

Week 1 & 2 - do at least 3 days per week:

Warm-up muscles and joints with movement and bring heartrate up to over 100bpm.

- squats, lunges, kicks, jumping jacks, jumping rope, jogging, etc. (5-10 minutes)

Air Squats x15-20 reps, x3 sets

Jog or run 1 mile in 14 minutes or less

Stretch

Daily: Plank on forearms for 20 seconds, 3 sets

Daily: Pushups x4-10+ reps, 3 sets

Week 3 & 4 - do 4 days per week:

Warm-up muscles and joints with movement and bring heartrate up to over 100bpm.

- squats, lunges, kicks, jumping jacks, jumping rope, jogging, etc. (5-10 minutes)

Air Squats x20 reps, x4 sets

Jog or run 1.5 miles in 20 minutes or less

Stretch

Daily: Plank on forearms for 25 seconds, 4 sets

Daily: Pushups x6-12+ reps, 4 sets

Week 5 & 6 - do 5 days per week:

Warm-up muscles and joints with movement and bring heartrate up to over 100bpm.

- squats, lunges, kicks, jumping jacks, jumping rope, jogging, etc. (5-10 minutes)

Air Squats x20 reps, x5 sets

Jog or run 2 miles in 20 minutes or less

Stretch

Daily: Plank on forearms for 30 seconds, 5 sets

Daily: Pushups x8-15+ reps, 5 sets