



Pre-Academy Physical Fitness Workout

Law enforcement officers are often placed in situations which place great demands upon them physically. In these instances, physical fitness is often the factor that spells the difference between success and failure and sometimes even life or death.

It is important for you to train physically to prepare yourself for the physical agility test and the Academy. Physical training is conducted on an almost daily basis during the entire Academy. Physical training usually consists of anaerobic exercises, with alternating days of aerobic exercise. Baton and weaponless defense training also places strenuous physical demands on each recruit. During this phase of training, recruits are required to demonstrate mastery of specific control holds and to qualify with an impact weapon.

The Academy is physically demanding, and in order to get the maximum benefit of the Academy, recruits must be in good physical condition. The Academy's physical training program will be beneficial, but cannot overcome years of physical inactivity. Prospective recruits who are not in good physical condition should begin a personal fitness program immediately.

Below is a pre-academy fitness program that can prepare you for physical demands of an academy. ***DON'T WAIT UNTIL YOU APPLY TO START A FITNESS WORKOUT PROGRAM.***

Prior to the start of your workout, make sure you perform a suitable warm-up and remember hydrate, hydrate, hydrate. All exercises should be performed in a controlled manner using good technique. The running and exercises should be performed 3-5 times per week making sure to use rest days in between so your body can recover.

8 WEEKS BEFORE THE START OF THE ACADEMY

-Begin by running 1-2 miles at 11-12/minute mile pace. If you can't run continuously, begin by running, when you fatigue, walk until you can begin running again. Each time you run/walk work on decreasing your walking time until you are continuously running.

-Pushups: 10-20 reps/2 sets

-Sit-ups: 20-30 reps/2 sets

-Pull-ups: 1-3 reps/2 sets

-Squats: 20-30 reps/2 sets

-Walking Lunges: 15-20 reps/2 sets

-Plank: hold for 20-30 seconds/2 sets



6 WEEKS

- Run 2-3 miles at 9-11/minute mile pace.
- Pushups: 15-25 reps/2 sets
- Sit-ups: 30-40 reps/2 sets
- Pull-ups: 3-5 reps/2 sets
- Squats 30-40 reps/2 sets
- Walking Lunges: 20-25 reps/2 sets
- Plank: hold for 30-40 seconds/2 sets
- Jump Squats: 5-10 reps/2 sets

4 WEEKS

- Run 3-3.5 miles at 9-10/minute mile pace.
- Pushups: 20-30 reps/3 sets
- Sit-ups: 35-45 reps/3 sets
- Pull-ups: 5-10 reps/3sets
- Squats: 35-45 reps/3 sets
- Walking Lunges: 25-30 reps/3 sets
- Plank: hold for 40-50 seconds/3 sets
- Jump squats: 10-15 reps/2 sets

2 WEEKS

- Run 3.5-4 miles at 8-10/minute mile pace.
- Pushups: 35-45 reps/3 sets
- Sit-ups: 40-50 reps/3 sets
- Pull-ups: 8-12 reps/3 sets
- Squats: 40-50 reps/3 sets
- Walking Lunges: 30-40 reps/3 sets
- Plank: hold for 50-60 seconds/3 sets
- Jump squats: 10-20 reps/3 sets

DON'T WAIT UNTIL YOU APPLY TO START A FITNESS WORKOUT PROGRAM. REMEMBER THE PHYSICAL AGILITY IS ONLY A FRACTION OF WHAT THE ACADEMY WILL BE LIKE.