



Physical Fitness Assessment
PREPARATION PLAN
for Academy Applicants



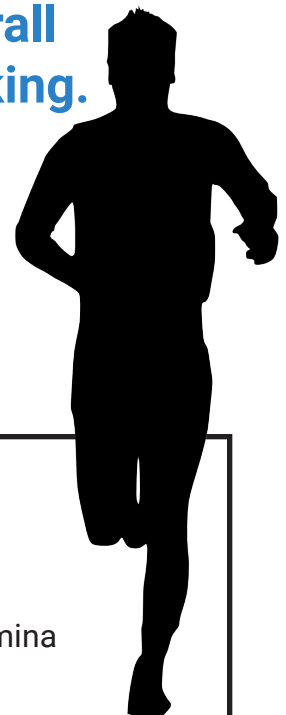
FITNESS REQUIREMENTS for PEACE OFFICER APPLICANTS

The Physical Fitness assessment for peace officer applicants consists of three (3) basic tests.

1. **Timed 1.5 MILE RUN**
2. **One minute of SIT-UPS**
3. **One minute of PUSH-UPS**

The tests will be given in sequence with a rest period between each test. Time and repetitions vary depending on the age and the sex of applicants.

The applicant's physical fitness score plays an important role in their overall ranking.



SCORING

Applicants must score at least a one (1) point in all three (3) areas tested and must have a combined score of at least six (6) points.

PREPARATION

Applicants will want to begin preparing for the physical fitness assessment 8 weeks before test date. If you currently are not following a fitness program, you should check with your doctor before you begin training.

Before the start of your WEEK ONE TRAINING, take the physical fitness assessment to see where you are.

Timed 1.5 MILE RUN

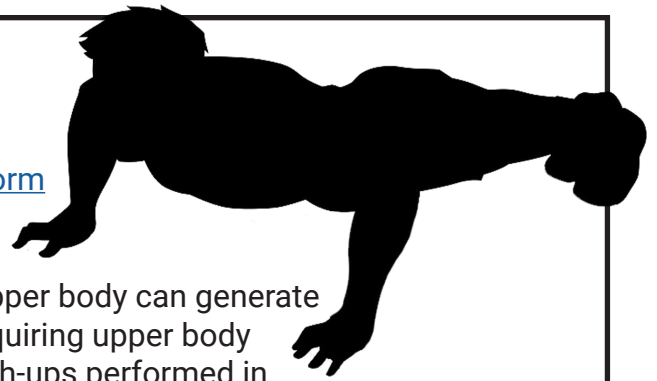
This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area of performing police tasks involving stamina an endurance and to minimize the risk of cardiovascular problems.

AGE GROUP	20-29		30-39		40-49		50-59		60+	
SCORE*	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
4 points	9:09	11:43	9:30	12:51	10:16	13:22	11:18	14:55	12:20	14:55
3 points	10:16	12:51	10:47	13:43	11:44	14:31	12:51	15:57	13:53	16:20
2 points	11:41	14:24	12:20	15:08	13:14	15:57	14:24	16:58	15:29	17:46
1 point	12:51	15:26	13:36	15:57	14:29	16:58	15:26	17:54	16:43	18:44
0 points	<12:51	<15:26	<13:36	<15:57	<14:29	<16:58	<15:26	<17:54	<16:43	<18:44

* The score is in minutes and seconds

NOTE: A score of 0 Points on any test will disqualify you from the selection process.

One Minute PUSH-UP Test



[See DPS Careers website for proper instructions and form](#)

This test requires applicants to push their own weight off the floor. This measures the amount of force the upper body can generate and is an important part of performing police tasks requiring upper body strength. The score is calculated by the number of push-ups performed in one minute. The chest must come down and touch a fist placed under the applicant's chest, then the arms must go to full extension to complete a push-up. Women will not be allowed to complete the test with their knees on the ground unless they are in excess of 49 years of age.

AGE GROUP	20-29		30-39		40-49		50-59		60+	
SCORE	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
4 points	62	42	52	40	40	20	39	*	28	*
3 points	47	28	39	23	30	15	25	*	23	*
2 points	37	21	30	15	24	23	19	*	18	*
1 point	29	15	24	11	18	9	13	12**	10	5**
0 points	<29	<15	<24	<11	<18	<9	<13	*	<10	*

* Standards unavailable

** Females in excess of 49 years of age may do push-ups on their knees.

NOTE: A score of 0 Points on any test will disqualify you from the selection process.

The application process is very competitive, and only the top qualified applicants will be selected to attend the Department of Public Safety's Basic Academy.

Applicants scoring at the minimum passing score on the physical fitness assessment are less likely to have a high enough overall ranking score to be selected for the DPS Basic Academy.

Applicants must score at least **ONE POINT** in **ALL THREE AREAS** tested and must have a combined score of at least **SIX POINTS** to be selected for the DPS Basic Academy.

One Minute SIT-UP Test

See [DPS Careers website](#) for proper instructions and form

This is a measure of the muscular endurance of the abdominal muscles. This is an important area of performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is the number of bent leg sit-ups performed in one minute. Hands must remain on or about the head. While in the up position, elbows should touch the knees or upper portion of the thigh. When in the down position, the back must come down so that the shoulder blades touch the floor. Legs may be held for assistance.



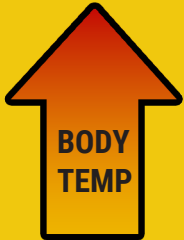
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2 points	42	38	39	29	34	24	28	20	22	11
1 point	38	32	35	25	29	20	24	14	19	5
0 points	< 38	<32	<35	<25	<29	<20	<24	<14	<19	<5

NOTE: A score of **0 Points** on any test will disqualify you from the selection process.

IT DOESN'T END HERE!

You **MUST** also pass the physical fitness assessment on **ORIENTATION DAY** prior to being accepted into the **DPS Basic Academy**.

WARM UP & COOL DOWN



Before doing any exercise, it is important to elevate your body temperature to avoid injury.

- Warm-up by walking and/or jogging slowly.



- Perform a warm-up set(s) of the exercise you are about to do by completing a few repetitions and then resting for a short period.
- Conduct dynamic stretches after body is warm rather than static stretching.



A good warm-up should be 10 -15 minutes.

A WARM UP and COOL DOWN should be conducted before and after each training session to reduce the risk of injury.

After high intensity training, a cool down shall be conducted to slowly lower the heart rate.



Begin by walking for 5-10 minutes and then conducting a full body stretching routine.

Sit & Reach:

- Sit on the ground with legs straight.
- Slowly bend forward at the waist and extend fingertips toward the toes (keep legs straight).
- Hold for 10 seconds.
- Repeat 5 times.

Towel Stretch:

- Sit on ground with legs straight.
- Wrap a towel around feet, holding each end of the towel with one hand.
- Lean forward and pull gently on the towel, extending the torso toward toes.
- Hold for 10 seconds.
- Repeat 5 times.



8-WEEK TRAINING PLAN

This 8-Week Training Plan aims to give you the most benefit in a short amount of time. It consists of **Cardio Tabata**, **Field Work**, and **Cross Training** exercises.

See pages 9 -10 for examples of cross-training exercises and routines.

Week 1 (Example)

MONDAY	<p>Track work:</p> <ul style="list-style-type: none"> • 8 sets of 20:10 (<i>sprint for 20 seconds and jog for 10 seconds. Repeat</i>). • After the 8th set rest for 3 to 5 minutes then begin field work. 	<p>Field work:</p> <p>Goal line: 12 push-ups – sprint to 50 yard line and do 12 straight legged sit ups – sprint to the other goal line and do 12 push-ups – back to the 50 and do 12 straight legged sit ups – back to the original goal line and 12 push-ups. Complete as many revolutions in 12 minutes.</p>
TUESDAY	<p>Cross-training: 2 separate routines with a 3 to 5 minute rest interval between routines</p> <p><i>NOTE: Tuesday Cross-training may be all upper-body work and Thursday may be lower-body work or a combination of core body exercises. Whenever cross-training takes place, the exercises will be different.</i></p>	
WEDNESDAY	<p>Track work:</p> <ul style="list-style-type: none"> • 10 sets of 20:10 (<i>sprint for 20 seconds and jog for 10 seconds - Repeat</i>) • After the 10th set rest for 3 to 5 minutes then begin field work. 	<p>Field work:</p> <p>Goal line: 30 jump ropes; sprint to 50 yard line – 30 sit ups; sprint to goal line – 12 push-ups-back to the 50 – 30 sit-ups; back to the original goal line for 30 jump ropes. Complete as many revolutions in 12 minutes.</p>
THURSDAY	<p>Cross-training: 2 separate routines with a 3 to 5 minute rest interval between routines</p> <p><i>NOTE: Tuesday Cross-training may be all upper-body work and Thursday may be lower-body work or a combination of core body exercises. Whenever cross-training takes place, the exercises will be different.</i></p>	
FRIDAY	<p>Track work:</p> <ul style="list-style-type: none"> • 12 sets of 20:10 (<i>sprint for 20 seconds and jog for 10 seconds - Repeat</i>) • After the 12th set rest for 3 to 5 minutes then begin field work. 	<p>Field work:</p> <p>Run 800 meters (2 laps) – 400 meters (1 lap) backwards – 800 meters – finish with 400 meter backward sprint for best time.</p>

Week 2 (Example)			
MONDAY	<p>Cross-training: 2 separate routines with a 3 to 5 minute rest interval between routines</p> <p><i>NOTE: Tuesday Cross-training may be all upper-body work and Thursday may be lower-body work or a combination of core body exercises. Whenever cross-training takes place, the exercises will be different.</i></p>		
TUESDAY	<table border="1"> <tr> <td> <p>Track work:</p> <ul style="list-style-type: none"> • 10 sets of 30:60 (30 second sprinting and 60 second jog) • After the 10th set rest for 3 to 5 minutes then begin field work. </td> <td> <p>Field work:</p> <p>Continues to change every time you get to this portion of the workout. Refer to WEEK 1 example.</p> </td> </tr> </table>	<p>Track work:</p> <ul style="list-style-type: none"> • 10 sets of 30:60 (30 second sprinting and 60 second jog) • After the 10th set rest for 3 to 5 minutes then begin field work. 	<p>Field work:</p> <p>Continues to change every time you get to this portion of the workout. Refer to WEEK 1 example.</p>
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TUES	<p style="text-align: center;">Cross-Training Routines</p>		
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<p>Track work:</p> <ul style="list-style-type: none"> • 12 sets of 60:120 • Rest for 3 to 5 min. then move to the field. 	<p>Field work:</p> <p>Continues to change every time you get to this portion of the workout. Refer to WEEK 1 example.</p>		

Week 4 (Example)

MON	Cross-Training Routines	
TUES	Track work: <ul style="list-style-type: none"> • 10 sets of 90:180 • Rest for 3 to 5 min. then move to the field. 	Field work: Continues to change every time you get to this portion of the workout.
WED	Cross-Training Routines	
THUR	Track work: <ul style="list-style-type: none"> • 12 sets of 90:180 • Rest for 3 to 5 min. then move to the field. 	Field work: Continues to change every time you get to this portion of the workout.
FRI	Cross-Training Routines	

Week 5 (Example)

MON	Cardio Tabata & Field Work: Here we perform 6 laps of 400 meter sprint work based on 85% of the last recorded 1.5 mile time. Example: If sprinting the 400 meters in 1:30, rest for 1:30 before I take off on my 2nd sprint of 400 meters and so on . . . for 6 laps. Then rest for 5 minutes and move to field work.	
TUES	Cross-Training Routines	
WED	Cardio Tabata & Field Work - see Monday	
THUR	Cross-Training Routines	
FRI	Cardio Tabata & Field Work - see Monday	

Week 6 (Example)

MON	Cross-Training Routines	
TUES	Timed 1.5 mile run as fast as possible - 6 laps around track. Rest for 3 to 5 min. then move to the field.	
WED	Cross-Training Routines	
THUR	Timed 2.5 mile run as fast as possible. Rest for 3 to 5 min. then move to the field.	
FRI	Cross-Training Routines	

Week 7 (Example)	
MON	<ul style="list-style-type: none"> • Perform 2 - 400m sprints, 2 - 800m sprints, 2 - 1600m sprints. • After each sprint walk equal distance before starting next sprint.
TUES	Cross-Training Routines
WED	3 mile run as fast as possible.
THUR	Cross-Training Routines
FRI	Timed 1.5 mile run as fast as possible. Focus on improving from previous week.
Week 8 (Example)	
MON	Cross-Training Routines
TUES	2 mile run as fast as possible.
WED	Cross-Training Routines
THUR	3 mile run as fast as possible.
FRI	Cross-Training Routines

It is critical that a **Cross-Training Workout** be performed with **INTENSITY** and strict **TIMING**.

DO NOT forget to perform field exercises after a 3-5 minute recovery period.



CROSS-TRAINING EXERCISES

Cross-training consists of multiple exercises (3-4) performed either for TIME or within a time ZONE.

EXAMPLE

1st CROSS-TRAINING ROUTINE

The participant will engage in 3 cross-training exercises and complete as many revolutions as possible in 12 minutes.



12
PUSH-UPS

12
PULL-UPS

12
DIPS

REPEAT

Complete as many revolutions as you can within 12 minutes.

INTENSITY is the key in completing each routine!

Move from one exercise into another with **NO RESTING** in between until 12 minutes is up.

After completing the 1st routine, **RECOVER** for 5 minutes.

EXAMPLE

2nd CROSS-TRAINING ROUTINE

The participant will engage in 3 cross-training exercises and complete as many revolutions as possible in 12 minutes.



12
SIT-UPS

12
LEG LIFTS

12
V-UPS

REPEAT

Complete as many revolutions as you can within 12 minutes.

After completing the 1st routine, **RECOVER** for 5 minutes.

Other routines might incorporate **21-15-9** REPS FOR TIME:

21 PUSH-UPS
15 PUSH-UPS
9 PUSH-UPS

21 JUMPING JACKS
15 JUMPING JACKS
9 JUMPING JACKS

21 BURPEES
15 BURPEES
9 BURPEES



Cross-Training Exercises & Routines

Examples of exercises that can be used in the cross-training routines:

Push-ups (narrow, wide, incline, decline, T-bar, hand-release), dips (bar, bleacher, chair), pull-ups, chin-ups, sit-ups, V-ups, flutter kick, supermans, bicycle crunch, air squat, lunge, hip bucks, jump rope, jumping jacks, mountain climbers, burpees, broad jump, leg lift, plank reach, step-up on bleacher, wiper, kettle ball.

If you are unsure about how to perform any of these exercises you can find them on YouTube or in a Google search.

Sample Cross-Training Routines

10 minutes

Complete as many reps as possible:

10 push-ups | 10 dips | 10 burpees

10 minutes

Complete as many reps as possible:

10 sit-ups | 10 air squats | 10 v-ups

21-15-9

21 hand release push-ups

21 jumping jacks

21 burpees

Repeat with reps of 15 and then 9

21-15-9

21 leg lifts

21 walking lunges

21 supermans

Repeat with reps of 15 and then 9

10 minutes

Complete as many reps as possible:

10 T-bar push-ups | 10 mountain climbers

10 burpees

10 minutes

Complete as many reps as possible:

10 wipers | 10 star jumps | 10 jumping jacks

For **10 minutes** rotate through the following.

30 seconds hold plank

30 seconds of mountain climbers

30 seconds hollow rock hold

For **10 minutes** rotate through the following:

30 seconds of push-ups

30 seconds of dips

30 seconds of pull-ups

Every Minute on the Minute perform the following for **10 minutes**:

10 push-ups

10 burpees

10 dips

Note: Remainder of the minute is rest time until next minute starts

Every Minute on the Minute perform the following for **10 minutes**:

10 sit-ups

10 air squats

10 lunges (5 each leg)