



POLICE ACADEMY PHYSICAL TRAINING

As part of your training, you will be required to participate in the Basic Academy Physical Conditioning Program. You will also need to demonstrate acceptable physical readiness by successfully completing a job-related physical ability test at the conclusion of the physical-conditioning program. Participation in the conditioning program and the successful completion of job-related tests are requirements of the California Commission on Peace Officer Standards and Training (P.O.S.T.). P.O.S.T. is the State agency that has the responsibility for certifying all basic training academies in California.

The P.O.S.T. Basic Academy Physical Conditioning Program is designed to develop an enhanced level of physical fitness. The program will both prepare the recruit to perform physically demanding police tasks and instill a desire to maintain a high level of fitness throughout their career. To meet these goals, the program consists of the following components:

- A. Aerobic Fitness - recruits can run an average of 90 miles during the 3 months of training. This mileage varies from 1.5 to 4 miles or from 20 to 40 minutes continuously, done 2 to 3 times per week.
- B. Muscular Endurance/Strength Training - recruits work out on a regular basis with Universal weight machines to increase upper body strength. Recruits periodically perform sprints runs to improve leg power and speed. The daily warm-up routine consists of approximately 80 pushups (done in sets) and 250 crunches (done in sets) to improve upper body and abdominal muscle endurance.
- C. California P.O.S.T. Test Requirements - recruits must complete their job-related tasks with a passing cumulative score:
 - 6 foot solid wall climb with 25 yard sprint
 - 6 foot chain link fence climb with 25 yard sprint
 - 99 yard obstacle course run
 - body drag pulling a 165 pound dummy 35 feet
 - 500 yard run

All areas of physical training stress the importance of lifetime fitness for the recruit. Classroom lectures are given on nutrition, stress management and exercise program design.

To better meet the demands of the course, the Physical Training Staff recommends the following level of preparation prior to the Academy:

- Jog or walk 3 to 4 times per week with a minimum of 20 to 30 minutes each session.
- Work out every other day performing pushups (done in sets of 10 to 15) building up to as many as you can.
- Work out every other day performing abdominal crunches (doing sets of 25) building up to as many as you can.
- Be able to run or jog continuously for 1.5 miles (6 laps around a school track) in less than 17 minutes.

SHOES

Prior to entering the academy, you are encouraged to purchase a good pair of running shoes. The type and proper fit of the shoe is important for any activity program. Programs such as this which involve a lot of running and jogging require special shoes which have been designed specifically for these activities. These shoes should not fit tightly, the soles should be firm and the tops pliable. They should have good support at the arch and heel. Ripple, crepe or waffle soles are excellent for use on hard surfaces. It is important to remember that good shoes and socks are the best prevention against blisters, soreness and aching ankles and knees.