

Academy Physical Preparation

As part of the selection process for SBSO, all Deputy Sheriff Trainee candidates must pass a physical abilities test (PAT). Passing the PAT only demonstrates the minimum physical abilities required to undertake academy training. While in the academy, recruits are required to perform at very high physical levels. If you successfully complete the PAT, that does not mean you have the strength or conditioning needed to meet the physical requirements of the academy. SBSO recruits attend the Allan Hancock Law Enforcement Academy or the Ventura County Sheriff Academy, which are both physically and academically demanding.

If you want to be successful in law enforcement, the first step is to properly prepare yourself physically. You can then allow more time to focus on the mental and academic portions of the academy. It is important to make exercise and stretching a part of your daily routine. By the time you enter the POST Academy, you should be able to do the following:

- Run 4-5 miles at an 8-minute mile pace.
- Perform 90 consecutive push-ups in two minutes, as well as 10 sets of 20 consecutive push-ups with minimal rest between sets.
- Perform 100 consecutive sit-ups in two minutes, as well as 10 sets of 20 consecutive sit-ups with minimal rest between sets.

The physical training in the academy includes flexibility and strength training, endurance runs, calisthenics (push-ups, sit-ups, squat thrusts and mountain climbers), an obstacle course, and self-defense. It is a fact that candidates who enter the basic academy lacking physical conditioning are more likely to sustain an injury that can result in their disqualification from the academy. This is a basic training program for candidates who do not exercise regularly. The intensity of this program can be modified according to the candidate's abilities and progress. This program is meant as a reference only.

The below 16-week program is designed to help physically prepare a Recruit for the Law Enforcement Academy. A basic level of fitness is required before starting this program. However, the program starts at a relatively easy level and increases in difficulty slowly. Be disciplined in following this program. Do not skip days or shorten workouts. This program is "academy-specific" and may not address all of your workout needs. Feel free to continue using weights or any other workout methods you enjoy in addition to this workout. Work hard and get prepared. Good luck!

Note: Be sure to use proper form, including a full range of motion, on all exercises. (For those who cannot perform a pull-up, jump up on a pull-up bar to the top position of a pull-up- i.e., chin over bar. Then, lower yourself down as slowly as possible. Repeat several times.)

Also Note: Total repetitions required are provided for calisthenics. You may break this total number of repetitions up into as many sets as you need to complete the total required repetitions. For example, to complete 50 repetitions of push-ups you might do two sets of

15, followed by two sets of 10. However, by the end of this program you should attempt to complete the required repetitions in one or two sets.

Two-Week Initial Conditioning Phase:

Week 1:

Monday/Wednesday/Friday: 1.5 mile run. On these days also do 50 push-ups, 50 sit-ups, and 50 squat thrusts in however many sets it takes to complete the required repetitions.

Tuesday/Thursday: Complete 50 push-ups, 50 sit-ups, and 50 squat thrusts.

Week 2:

Monday/Wednesday/Friday: 1.5 mile run. Every two minutes during the run stop and do a set of 10 push-ups and 10 squat thrusts.

Tuesday/Thursday: Run 800m, complete 30 push-ups, 30 squats, 30 sit-ups, and 30 mountain climbers. Rest three minutes and repeat.

16-Week Program:

Week 1 (Monday Only):

Monday: This day will be a test day to determine your current level of fitness on basic academy exercises.

Push-up Test: See how many push-ups you can do in two minutes. Note: You cannot put your knees down once you start. Use a full range of motion.

Sit-up Test: See how many sit-ups you can do in two minutes. Note: You may only rest in the "up" position.

1.5 mile run: Time your run on a track.

Record your results. Over the next 16 weeks you will perform the test periodically to determine how well you are improving your academy fitness level.

Weeks 1 through 4:

Monday: Run two minutes; walk one minute for a total of 20 minutes. Push yourself on the run, rest on the walk. Then do the following circuit five times: 15 push-ups, 15 freestanding squats, 15 sit-ups, 15 squat thrusts, 15 mountain climbers. When you have completed the circuit then, finish with 15 pull-ups.

Tuesday: Run half mile, 50 push-ups, run half mile, 50 squats thrusts, run half mile, 50 sit-ups, 50 mountain climbers, 15 pull-ups.

Wednesday: 3.1 miles (5K) run. Every two minutes during the run, do a set of 15 of the following calisthenics alternate between push-ups and squat thrusts. Then, finish with 15 pull-ups.

Thursday: REST

Friday: 5 push-ups + 5 squat thrusts + 5 sit-ups = 1 set. See how many of these sets you can do in 20 minutes. The goal is 20 sets.

Saturday: Do the following circuit three times: 20 push-ups, 20 mountain climbers, 20 squats, 20 sit-ups, 20 squat thrusts, 20 walking lunges (10 on each leg). Then, finish with 15 pull-ups.

Sunday: REST

Weeks 5 through 8:

Monday: Run quarter mile, 50 squat thrusts, run quarter mile, 50 push-ups, run quarter mile, 50 mountain climbers. Then, finish with 15 pull-ups and 100 sit-ups.

Tuesday: Do sets of 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 repetitions on the following exercises (in circuit fashion): push-ups, squats, sit-ups, mountain climbers, squat thrusts. That is, start with 1 repetition of each exercise, then 2 repetitions of each exercise, then 3 repetitions and so on until you have completed 10 repetitions of each exercise. Rest two minutes. Repeat. Rest two minutes. Repeat (for a total of three times through). Then, finish with 15 pull-ups.

Wednesday: 3.1 mile (5K) run. Every two minutes during the run, do a set of 20 with the following calisthenics alternate between push-ups and squat thrusts. Then, finish with 15 pull-ups.

Thursday: REST

Friday: Sprint 25 yards, do 20 push-ups, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 20 squat thrusts, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 20 mountain climbers, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 20 sit-ups, sprint back 25 yards. Rest two minutes. Repeat. Rest two minutes. Repeat.

Saturday: Run stairs or hills. Sprint up and jog down for 25 minutes. At the bottom, do 20 push-ups and at the top, do 20 squat thrusts. Then, finish with 15 pull-ups and 100 sit-ups.

Sunday: REST

Week 9 (Monday Only):

Monday: Test yourself on push-ups, sit-ups and a 1.5 mile run. See Week 1 for rules. Record your results and note the improvement form Week 1.

Weeks 9 through 12:

Monday: Run two minutes; walk one minute for a total of 20 minutes. Push yourself on the run, rest on the walk. Then do the following circuit five times: 20 push-ups, 20 free standing squats, 20 sit-ups, 20 squat thrusts, 20 mountain climbers. Then, finish with 15 pull-ups.

Tuesday: Run half mile, 50 push-ups, run half mile, 50 squat thrusts, run half mile, 50 sit-ups, run half mile, 50 mountain climbers. Then, finish with 15 pull-ups.

Wednesday: 5k run. Every two minutes during the run, do a set of 25 calisthenics (alternate between push-ups and squat thrusts). Then, finish with 15 pull-ups.

Thursday: REST

Friday: 5 push-ups + 5 squat thrusts + 5 sit-ups = 1 set. See how many of these sets you can do in 20 minutes. The goal is 20 sets. (If you have already met this goal, do 6 push-ups + 6 squat thrusts + 6 sit-ups and see how many you can do in 20 minutes.)

Saturday: Do the following circuit five times: 20 push-ups, 20 mountain climbers, 20 squats, 20 sit-ups, 20 squat thrusts, 20 walking lunges (10 on each leg). Then, finish with 15 pull-ups.

Sunday: REST

Weeks 13 through 16:

Monday: Run quarter mile, 50 squat thrusts, run quarter mile, 50 push-ups, run quarter mile, 50 mountain climbers. Then, finish with 15 pull-ups and 100 sit-ups.

Tuesday: Do sets of 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 repetitions on the following exercises (in circuit fashion): Push-ups, squats, sit-ups, mountain climbers, squat thrusts. That is, start with one repetition of each exercise, then two repetitions of each exercise, then three repetitions and so on until you have completed 10 repetitions of each exercise. Rest two minutes. Repeat for a total of four times through. Then, finish with 15 pull-ups.

Wednesday: 5k run. Every two minutes during the run, do a set of 25 calisthenics (alternate between push-ups and squat thrusts). Then, finish with 15 pull-ups.

Thursday: REST

Friday: Sprint 25 yards, do 25 push-ups, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 25 squat thrusts, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 25

mountain climbers, sprint back 25 yards. Rest 30 seconds. Sprint 25 yards, do 25 sit-ups, sprint back 25 yards. Rest two minutes. Repeat three more times.

Saturday: Run stairs or hills. Sprint up and jog down for 25 minutes. At the bottom, do 25 push-ups and at the top, do 25 squat thrusts. Then, finish with 15 pull-ups and 100 sit-ups.

Sunday: REST

Final Test: push-ups, sit-ups, and a 1.5 mile run just like before. Compare your results with those of Week 1. You will see how far you have come. If you have followed this program, you are to be congratulated. You should now be in excellent shape for the academy. Go to the academy with confidence and demonstrate how hard you have worked to meet your goals.