

## **WARM-UP/ STRETCHING**

No matter what your level of fitness, you should always begin an exercise session with an appropriate amount of time allocated for warming up. A warm-up prior to exercise stimulates the cardiovascular system and various muscle groups, which increases performance and reduces your risk of injury.

Warm-up should be gradual and strenuous enough to increase your core temperature and muscle temperature without causing fatigue or excess stress on the body. This could be walking, cycling, stair stepping, etc.; begin at a slow pace and then gradually increase the intensity. The duration of the warm-up will depend on the primary activity, the intensity of the activity, your age and level of fitness. However, as a general rule, five to ten minutes will be sufficient. After you have warmed up, stretch all major body parts; it is important that you do not stretch until you are warmed up.

## **RUNNING**

The goal of the running portion of this program is to build up your endurance to a two-mile run at a 12-minute mile pace. If you are new to running, you should ease into the program. If you are unable to run at a slow pace continuously for 24 minutes you should begin your program with a walk/run routine, alternating four minutes of fast walking with four minutes of running. Gradually build up your running time to a 24-minute self-paced run. Always complete your workout with a five-minute slow-paced cool-down and stretching of the calves, hamstrings, hip flexors, and back.

It is very important that you have a good pair of running shoes. Unlike cross trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg and causing injuries. They are also made to fit your foot comfortably, which reduces the slipping and sliding that can lead to blisters.

Running should be conducted outdoors to better adapt to the running conditions that a recruit will experience during the academy training program.

While you are building up your running stamina, practice good running form:

- Run tall with good posture. Your trunk will lean forward from the hips slightly, but try to lengthen your body, lift your chest, and hold in your abdominal muscles.
- Let your arms swing at a 90-degree angle between the chest and hipbone, not crossing them over your body. Your arm swing should complement your stride. Relax your wrists and hands. Do not clench your fists.
- Power your stride from your thighs, hips, and buttocks muscles. Plant your heel on the ground first and roll onto the toes.
- Stay relaxed and control your breathing to prevent cramps and early exhaustion.

## **STRETCHING ROUTINE**

### Stretching Tips:

- Always warm up for 5-10 minutes prior to stretching.
  - ▶ Suggestions-stationary bike, running in place, stair machine, or treadmill.
- Move slowly when stretching.
  - ▶ Take this time to relax and focus on your breathing.
- Depending on what you choose, music can help energize or relax you.
- When lying on your back, move your legs one at a time.
  - ▶ Sudden movements with both legs can strain the muscles of the lower back.
- Stretch to the point of gentle tension. If something hurts, stop immediately. Stretching should feel good.
  - ▶ Hold each stretch for 30 seconds.
- Stretch daily. This workout can take as little as 7-10 minutes, or as long as you'd like. A few minutes every day can improve your performance, prevent injuries, and help you relax.

<b>Week One</b>	<b>Week Two</b>	<b>Week Three</b>
Warm- up 5-10 Mins	Warm- up 5-10 Mins	Warm- up 5-10 Mins
Run .75 miles@12:00 Mile Walk 1.25 mile @ Brisk Pace	Run 1 Mile@ 12:00 Mile Walk 1 Mile @ Brisk Pace	Run 1.25 Mile@ 12:00 Mile Walk .75 Mile@ Brisk Pace
Strength (2 sets)	Strength (2 sets)	Strength (2 sets)
Push-ups 10-20 (2 sets) Sit-ups 10-20 (2 sets) Supermans 10-20 (2 sets) Planks 30 seconds (2 sets)	Push-ups 15-25 (2 sets) Sit-ups 15-25 (2 sets) Supermans 15-25 (2 sets) Planks 35 seconds (2 sets)	Push-ups 20-30 (2 sets) Sit-ups 20-30 (2 sets) Supermans 20-30 (2 sets) Planks 40 seconds (2 sets)
<b>Week Four</b>	<b>Week Five</b>	<b>Week Six</b>
Warm- up 5-10 Mins	Warm- up 5-10 Mins	Warm- up 5-10 Mins
Run 1 Mile@12:00 Mile Walk 1 Mile @ Brisk Pace	Run 1.25 Mile@ 12:00 Mile Walk .75 Mile@ Brisk Pace	Run 1.5Mile@12:00Mile Walk .5 Mile@ Brisk Pace
Strength (2 sets)	Strength (2 sets)	Strength (2 sets)
Push-ups 15-25 (2 sets) Sit-ups 15-25 (2 sets) Supermans 15-25 (2 sets) Planks 35 seconds (2 sets)	Push-ups 20-30 (2 sets) Sit-ups 20-30 (2 sets) Supermans 20-30 (2 sets) Planks 40 seconds (2 sets)	Push-ups 25-35 (2 sets) Sit-ups 25-35 (2 sets) Supermans 25-35 (2 sets) Planks 45 seconds (2 sets)
<b>Week Seven</b>	<b>Week Eight</b>	<b>Week Nine</b>
Warm- up 5-10 Mins	Warm- up 5-10 Mins	Warm- up 5-10 Mins
Run 1.25 Mile@12:00 Mile Walk .75 Mile@ Brisk Pace	Run 1.5 Mile@12:00 Mile Walk .5 Mile@ Brisk Pace	Run 1.5Mile@12:00Mile Walk .5 Mile@ Brisk Pace
Strength (3 sets)	Strength (3 sets)	Strength (3 sets)
Push-ups 15-25 (3 sets) Sit-ups 15-25 (3 sets) Supermans 15-25 (3 sets) Planks 30 seconds (3 sets)	Push-ups 20-30 (3 sets) Sit-ups 20-30 (3 sets) Supermans 20-30 (3 sets) Planks 35 seconds (3 sets)	<b>*AMRAP on the Last Set*</b> Push-ups 25-35 (3 sets) Sit-ups 25-35 (3 sets) Supermans 25-35 (3 sets) Planks 40 seconds (3 sets)
<b>Week Ten</b>	<b>Week Eleven</b>	<b>Week Twelve</b>
Warm- up 5-10 Mins	Warm- up 5-10 Mins	Warm- up 5-10 Mins
Run 1.5 Mile @ 12:00 Mile Walk .5 Mile @ Brisk Pace	Run 1.75 Mile@12:00 Mile Walk .25 Mile@ Brisk Pace	<b>2 Miles@ 12:00 Mile</b>
Strength (3 sets)	Strength (3 sets)	Strength (3 sets)
<b>*AMRAP on the Last Set*</b> Push-ups 20-30 (3 sets) Sit-ups 20-30 (3 sets) Supermans 20-30 (3 sets) Planks 35 seconds (3 sets)	<b>*AMRAP on the Last Set*</b> Push-ups 25-35 (3 sets) Sit-ups 25-35 (3 sets) Supermans 25-35 (3 sets) Planks 40 seconds (3 sets)	<b>*AMRAP on the Last Set*</b> Push-ups 30-40 (3 sets) Sit-ups 30-40 (3 sets) Supermans 30-40 (3 sets) Planks 45 seconds (3 sets)

## **CALISTHENICS/ STRENGTH**

The academy strength training is based on a calisthenics platform. Calisthenics develops the ability to squat, reach, twist, lunge, jump, land, push, and get up and down. These are the types of actions demanded of a law enforcement officer. Calisthenics build strength and promote endurance without the repetitive motion that often leads to overuse injuries. Finally, these exercises improve mobility by progressively taking the major joints through a full, controlled range of motion. Calisthenics also demands the attention to detail that conveys physical readiness and discipline. You should do calisthenic exercises every day. It is important that you adjust the level of activity according to your individual fitness level and gradually progress at your own pace with every workout.

Sample calisthenic exercises are:

Push-ups	Shoulder taps	Hand-release push ups
Sit-ups	Crunches	Flutter kicks
Planks	Hollow holds	Squats
Pull-ups	Bear crawls	Burpees
8 count bodybuilders	Lunges	Leg raises
Mountain climbers	Renegade rows	Jumping jacks

## **COOL DOWN**

The cool-down is just as important as the warm-up. Abrupt cessation of vigorous activity leads to pooling of the blood and sluggish circulation. It may also contribute to cramping, soreness, or more serious problems. It is recommended that you complete your workout with a five-minute slow-paced cool-down and stretch for ten minutes following your workouts. It is important to remember to stretch while your muscles are still warm.

## **HYDRATION**

Most people do not drink enough water; water is essential to survival. Every function and movement of a officer's body requires water. During hot weather or strenuous exercise, a larger amount of water is eliminated through perspiration to regulate body temperature. Therefore, it is critical to drink more water during hot weather or while exercising. It is recommended that you drink several cups of water before exercising. If the exercise is prolonged or vigorous, you should drink small quantities of water every 10 to 15 minutes during the activity. A guideline for consumption of water is 64 ounces of water per day.

## STRETCHING PROGRAM

**NECK ROTATION.** Turn your head to the side, stretching your chin toward your shoulder. Turn your head back to center and repeat to the other side.

**SHOULDER STRETCH.** Stand with feet shoulder width apart. Raise one arm overhead and stretch as far as you can without bending the torso. Repeat with the opposite arm.



**FOREARM STRETCH.** Extend your right arm straight out in front of you, palm downward. With the left hand, grasp the fingers of the right hand and pull back gently, stretching the wrist and forearm.

**TRICEPS STRETCH.** Raise one arm straight up, so your upper arm is near your ear. Bend at the elbow and let your hand fall to the back of your neck. With your other arm, reach behind your head and place your hand on top of the bent elbow. Gently pull down and back on the elbow. Repeat with the other arm.



**TRUNK STRETCH.** Stand with your feet a little more than shoulder width apart. Reach your left arm overhead and bend to the right at the waist. Repeat on opposite side.



**TORSO TWIST.** Stand at arm's length from the wall, with the wall at your side. Reach one arm out and place your hand on the wall. Reach the other arm around the body, stretching the hand to the wall and repeat.

**CHEST STRETCH.** Stand with your feet shoulder width apart. Clasp your hands behind your back and gently press your arms upward, keeping your arms straight.



**BACK STRETCH.** Lie on your back and bring one knee to your chest. Hold the knee with both hands and gently pull in. Alternate knees and repeat.

**HIP ROLL.** Lie on your back and bend your knees, feet flat on the floor. Let your knees fall to the right while reaching both arms across your body to the left. Hold the stretch, then roll the hips over to the left, stretch arms to the right and repeat the stretch.



**LOWER BACK REACH.** Sit on the floor with your legs straight out in front of you. Reach forward toward your toes, keeping your chin up and lower back slightly arched. Try not to round the back or tuck the chin in – this decreases the effectiveness of the stretch.

**BUTTERFLY STRETCH.** Sit on the floor, bend your knees out to the side and bring the soles of your feet together. Place your hands on your knees and gently press the knees toward the floor. Keep your back straight.

**LATERAL HIP STRETCH.** Sit on the floor with both legs straight in front of you. Bend your left leg and place the left foot over the right knee. Place your right hand on the outside of the left knee and gently pull the knee toward your right shoulder, twisting the torso to the left until you feel the stretch in your left hip. Repeat with opposite side.



**HAMSTRING STRETCH.** Stand with legs shoulder width apart and the left leg slightly in front of the right. Shift your weight to the back leg (the right) and bend the knee, turning the knee and toe to the right. Extend the left leg and place the heel on the floor, toes in the air. Keep the back straight and bend forward at the hips until you feel the stretch in the hamstring of the left leg. Repeat with the opposite leg.

**STANDING HAMSTRING REACH.** Stand with one foot crossed over the other. Bend at the hips, reaching toward the floor and keeping the knees slightly bent. Repeat with the opposite foot crossed in front.

**V-STRETCH.** Sit on the floor with your legs extended to either side so they form a “V”. Bend forward and grasp your toes or ankles and stretch your chest toward the floor. Try to go a little lower each time you perform the stretch.

**LEANING CALF STRETCH.** Stand about 2 and ½ feet from a wall. Place your hands on the wall and lean in, gently pushing your hips forward. Keep your legs straight and heels flat on the floor.



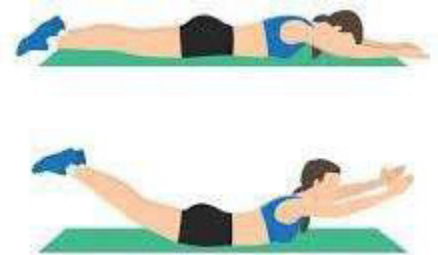
**STANDING CALF STRETCH.** Stand with your feet together. Extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch in the calf. Repeat with the opposite leg.

**QUADRICEPES STRETCH.** Lie face down and reach back with your right arm to grasp your right ankle. Pull your foot toward your buttocks. Be sure to keep your hips and pelvis on the floor. Repeat with left leg.



**STANDING QUAD STRETCH.** From a standing position, each back to grasp your right ankle with your right hand. Pull your foot toward your buttocks. Place your other hand on a wall or chair if you need balance support. Repeat with left leg.

**SUPERMAN.** Start face down on the floor, with your arms extended in front of you. Raise your head, arms, and legs about 5 inches off the floor. Try not to raise your shoulders too much. Hold for a count of three, then lower.



**PLANK.** Hold yourself up on the ground with your forearms and toes. Your back and legs should be as straight as possible. Clasp your hands if it helps you balance.

# FITNESS GUIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
<b>RUN TIME</b>	<b>RUN TIME</b>	<b>RUN TIME</b>	<b>RUN TIME</b>	<b>RUN TIME</b>	<b>RUN TIME</b>	<b>RUN TIME</b>
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:
<b>PUSH UPS</b>	<b>PUSH UPS</b>	<b>PUSH UPS</b>	<b>PUSH UPS</b>	<b>PUSH UPS</b>	<b>PUSH UPS</b>	<b>PUSH UPS</b>
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<b>SIT-UPS</b>	<b>SIT-UPS</b>	<b>SIT-UPS</b>	<b>SIT-UPS</b>	<b>SIT-UPS</b>	<b>SIT-UPS</b>	<b>SIT-UPS</b>
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<b>SUPERMANS</b>	<b>SUPERMANS</b>	<b>SUPERMANS</b>	<b>SUPERMANS</b>	<b>SUPERMANS</b>	<b>SUPERMANS</b>	<b>SUPERMANS</b>
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RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME
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