

Calisthenics / Strength

The Department's strength training is based on a calisthenics platform. Calisthenics develop the ability to squat, reach, twist, lunge, jump, land, push, and get up and down. These are the types of actions demanded of law enforcement officers during a routine patrol watch. Calisthenics build strength and promote endurance without the repetitive motion that often leads to overuse and injury. Finally, these exercises improve mobility by progressively taking the major joints through a full, controlled range of motion. Calisthenics also demand attention to detail that conveys physical readiness and discipline. You should try to do the 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.

- Deadlift
- Clean Squat
- Rope Climb
- Squats
- Pilates
- Bike, Run, Swim

High Intensity Interval Training (HIIT)

HIIT is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. Usual HIIT sessions vary from four (4) to 30 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. An example of this type of training would be alternating walking for 20 seconds then jogging for 20 seconds for a short period of time.

ACADEMY PHYSICAL TRAINING

The recruit physical fitness training follows a program similar to the one given below. The program is indicative of what is expected of recruits from the day they enter the APD Academy. Candidates should use this Pre-Academy Fitness Guide to be prepared for the physical demands of the academy.

After the warm up, recruits participate in a 2-5 mile run that starts at 10 minutes per mile and increases to 8 minutes per mile (end of academy).

Runs are up and down hills as well as on flat ground. The runs are progressive both in distance and pace. Recruits will also do sprint and track work to include **HIIT**.

WORKOUT

HITT

Can't find a full hour to work out, try this HIIT workout. *No excuses, it's only 12 minutes!*

- Warm up with a light jog - 4 minutes
- Sprint for 20 seconds then jog for 10 seconds (recovery) then sprint for 20 second etc.. – alternate this for 4 minutes.
- Light jog / walk cool down – 4 minutes.

Calisthenics

The workout concludes with a calisthenics session that lasts approximately one hour, during which the entire workout is performed twice. The following are included:

- Push-ups - 30 Repetitions
- Sprint One Lap
- Abdominal Curls - 30 Repetitions
- Sprint One Lap
- Abdominal Leg Lifts - 30 Repetitions
- Sprint One Lap
- Leg Lunges - 30 Repetitions
- Sprint One Lap
- Grass Drill - 30-Second Repetitions
- Two-Lap Recovery Jog.

WORKOUT PROGRAMS

1. P90x is a 90 day plan to gain push-up and pull-up strength. There is some cardio in this program, but we also recommend running or at least HIIT interval runs along with this program.
2. Insanity is a 60 day plan, again can be used to get better at push-ups. It's cardio, but it's not running cardio, we recommend running at least 1.5-2 miles and HIIT interval training *along with* this program.
3. Body-for-life incorporates weight lifting and HIIT intervals. This program does not specifically do push-ups or sit-ups, which you can include as an option for chest or abs, or you can do those separate, every other day.
4. Crossfit.com has a plethora of information on exercises including daily workouts. This is great for someone who wants to get in great overall shape, but again you need to specifically add running to your workout program.
5. Spartan workouts send out daily email list for workouts. They incorporate running and push-ups.
6. There are all kinds of plans on the internet to help you with push-ups:
<http://www.hundredpushups.com/>

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.

Stretching Tips

Move slowly when stretching. Take this time to relax and focus on your breathing. 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 or discomfort. If something hurts, stop immediately. Stretching should feel good. Hold the stretch for 10-15 seconds and release.

Stretch daily. This stretching routine can take as little as 7-10 minutes, or as long as you like. A few minutes every day can improve your performance, prevent injuries, and help you relax.

Stretching Program

Neck Rotation – Turn your head to the side, stretching your chin toward your shoulder. Turn 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 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. Repeat with the left arm.

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 the 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 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. Repeat on opposite side.

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 sides 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.

Iliotibial Band Stretch (IT Band): Cross one leg over the other leg and push on your knee, hold for 30 seconds. Another stretch: cross your right leg behind your left leg and lean towards the left. This stretch is best performed with arms over the head, creating a "bow" from ankle to hand.

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, 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 ½ feet from the 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 opposite leg.

Quadriceps 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, reach back to grasp your right ankle with your right hand and pull your foot toward your buttocks. Place your other hand on a wall or chair if you need balance support. Repeat with left leg.

WORKOUT EXAMPLE

On page 10 of this guide, we have given you an example that you can use for your four (4) month workout program. Applicant abilities will differ, so adjust your program accordingly with the information that we have provided you. If you feel that this particular program is not suitable for you, find one that is and start working out now!

REMEMBER WHAT IS REQUIRED OF YOU FOR THE ACADEMY:

The physical training in the Academy is designed to serve two purposes: to enable the recruit to pass the physical fitness examination and to prepare the recruit for police work. To measure progress, recruits must complete the physical fitness exam every evaluation period during the APD Academy. The physical fitness test is usually given **every five weeks** for laterals and **every six weeks** for basics. **Recruits will be physically tested at least three to six times during the academy.**

ACADEMY PHYSICAL REQUIREMENTS

To pass the physical fitness test with a *minimum score of 70%*, you must be able to do the following:

- 1 ½ mile run under 12:54 minutes
- 26 push-ups under one minute
- 35 sit-ups under one minute

This is pass/fail. Before getting discouraged, be aware that with proper preparation none of these events are overly difficult.

There is no easy way to prepare nor is this the best way, it takes work and determination. This is just a guide for you to get started and have you prepared for the physical portion of the academy. You do not have to follow this guide but you should make a plan that will help you succeed and exceed the minimum requirements. This will give you the ability to thrive.

Below is a 16 week sample regiment that could help you prepare for the academy.

If you have any questions or concerns please feel free to contact one of the Cheswold Police Department Recruiters, Sgt. John Mitchell at john.mitchell@cj.state.de.us or Lt. Susan Kline at susan.kline@cj.state.de.us.

PRE-ACADEMY FOUR MONTH FITNESS PROGRAM

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
1ST MONTH	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
	Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills
	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets	Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit-ups 20-25 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps - 2 sets
2ND MONTH	WEEK FIVE Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK SIX Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK SEVEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK EIGHT Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
	Run 1 1/2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 1 1/2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 2 miles 11 to 12 minutes per miles Shock absorbing surface One day of rest No Treadmills	Run 2 miles 11 to 12 miles per minutes Shock absorbing surface One day of rest No Treadmills
	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets	Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit-ups 25-30 reps - 2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps - 2 sets
3RD MONTH	WEEK NINE Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK TEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK ELEVEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK TWELVE Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
	Run 2 1/2 miles 10 to 11minutes per miles Terrain surface, One-day rest	Run 2 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 miles 10 to 11 minutes per miles Terrain surface, One day rest
	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets	Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit-ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets
4TH MONTH	WEEK THIRTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK FOURTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK FIFTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine	WEEK SIXTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine
	Run 3 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 3 1/2 miles 10 to 11 minutes per miles Terrain surface, One day rest	Run 4 miles 9 to 10 minutes per miles Terrain surface, One day rest	Run 4 miles 9 to 10 minutes per miles Terrain surface, One day rest
	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit-ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets

