A SUGGESTED WORKOUT SCHEDULE FOR TREDYFFRIN TOWNSHIP POLICE DEPARTMENT PHYSICAL PERFORMANCE ASSESSMENT

The Tredyffrin Township Police Department takes physical fitness very seriously. It is our belief that police work can be inherently dangerous and that one way to improve an officer's chance for survival is that he/she is in the best physical condition possible.

Before starting a physical fitness regimen candidates should consult with their personal physician.

The following is a suggested workout schedule and fitness tips that may assist candidates in achieving at least the minimum standards of the Tredyffrin Township Police Physical Performance Assessment. This workout schedule should assist the candidate with all running events, improving both aerobic and anaerobic conditioning.

WEEK ONE	**Distance (miles)**	**Intensity**							
Monday	2	medium							
Tuesday	3	easy/medium							
Wednesday	1	hard							
Thursday	off	off							
Friday	1	hard							
Saturday	3	medium							
Sunday	4	easy							
WEEK TWO	**Distance (miles)**	**Intensity**							
Monday	3	medium							
Tuesday	4	easy/medium							
Wednesday	2	hard							
Thursday	off	off							
Friday	2	hard							
Saturday	4	medium							
Sunday	5	easy							
WEEK THREE	**Distance (miles)**	**Intensity**							
Monday	2	medium							
Tuesday	track workout - 6 one lap (400 meters) intervals at medium to fast pace; rest 4 minutes between each								
Wednesday	3	easy							
Thursday	track workout - 6 one lap (400 meters) intervals at medium to fast pace; rest 4 minutes between each								
Friday	2	very easy							
Saturday	3	medium							
Sunday	4	easy							

WEEK FOUR	Distance (miles)	Intensity							
Monday	2	medium							
Tuesday	track workout - 6 one lap (400 meters) intervals at medium to fast pace; rest 3.5 minutes between each								
Wednesday	1	hard							
Thursday	track workout - 6 one lap (400 meters) intervals at medium to fast pace; rest 3.5 minutes between each								
Friday	off	off							
Saturday	4	easy							
Sunday	2	medium/easy							
WEEK FIVE	**Distance (miles)**	**Intensity**							
Monday	2	medium							
Tuesday	track workout - 3 one lap (400 meters) intervals at medium to fast pace; rest 3.0 minutes between each. 7 half lap (200 meters) intervals at fast pace; 3.0 minutes rest between each.								
Wednesday	1	hard							
Thursday	track workout - 4 one lap (400 meters) intervals at medium to fast pace; rest 3.0 minutes between each. 6 half lap (200 meters) intervals at fast pace; 3.0 minutes rest between each.								
Friday	off	off							
Saturday	4	easy							
Sunday	2	medium/easy							
WEEK SIX	**Distance (miles)**	**Intensity**							
Monday	2	medium							
Tuesday	track workout - 8 half lap (200 meters) intervals at fast pace; rest 3.0 minutes between each.								
Wednesday	1	hard							
Thursday	track workout - 8 half lap (200 meters) intervals at medium to fast pace; rest 3.0 minutes between each.								
Friday	off	off							
Saturday	4	easy							
Sunday	2	medium/easy							

Test yourself; see how many push-ups you can do in two minutes.

The push-up is a measure of muscular endurance, which is the repeating of the same movement over and over again. The primary muscles used while doing a push-up are the pectoralis muscles of the chest, the triceps muscle located in the back of the arm, and a multitude of stabilizing muscles.

A proper push-up is done from the prone position, hands placed on both sides of the body, palms down in order to create a stable surface for pushing up. The body is kept rigid in a horizontal line with the weight of the body on the balls of the feet and the palms of the hands being the only surfaces of the body touching the ground. By keeping the muscles of the abdomen and back tight throughout the movement may make the push-up easier for candidate.

The candidate will be required to lower his/her body to approximately three inches from the floor and then push the body back until arms are fully extended, while being careful not to hyperextend the elbow. The only rest position acceptable is both feet and either one or both hands on the ground with the body remaining horizontal in the up position.

When doing a push-up, as with any exercise breathing, is an important factor. One should exhale while pushing up and inhale on the negative aspect or down part of the movement. The breathing process may be aided by looking up as opposed to down at the ground.

In order to increase the amount of correct push-ups that the candidate can do, we will use the overload principle where we will require more repetitions with less rest or increase the weight being pushed by changing the angle of the body.

Weeks one and two: One hundred push-ups daily.

During this period the candidate will, on one day, do 100 push-ups daily in any set combination necessary, taking only enough of a rest period to allow you to continue the workout. On the next or second day, the candidate will do 100 push-ups but this day they may be spread throughout the day.

One key to complete muscular fitness is variety. There are many different body type configurations that may be used in order to improve the body's ability to do push-ups.

Wide push-ups- Arms extended as far as possible at shoulder height, elbows going out to the side as the body moves up and down.

Close grip- Arms are close to the body, palms of hands planted on the ground as close to the body as possible.

Explosive push-up- Push ups where the entire body is lifted off the ground, coming back down having the body absorb the impact of landing and then going right into the push-up.

Triceps push up- Palms placed flat on the ground, thumbs and forefinger of each hand touching, forming a diamond shape on the ground. Raise and lower the body by pushing up and lower the body until the face can touch the diamond formed by the hand placement on the ground.

Raised leg push-ups- From a prone position, place palms of the hands on the ground in a push-up position and place the balls of the feet on an object that raises the feet higher than the shoulders when the body is horizontal and the arms are extended to the up position of the push-up. Push up and lower body down as if doing a regular push-up.

Weeks three and four:

The candidate will do a maximum effort set of push-ups before and at the end of each run. During this phase of training if the candidate must take a rest during the maximum effort set of push-ups, the only rest position is the front leaning rest position. The front leaning rest position is when the body is held in the horizontal position and no part of the body touches the ground except the palms of the hands or the balls of the feet in any combination the candidate wishes.

Weeks five and six:

During this period, the candidate will do push-ups before and after the run. However this time, two minutes time is allowed for the maximum effort amount of push-ups.

Test yourself: See how many sit-ups you can do in one minute.

Sit-ups- The sit-up measures the muscular endurance of the abdominal muscles. Strengthening the abdominal muscles may improve posture and help prevent back injuries.

The proper sit-up is done lying with the back flat on the ground and the hands placed behind the head with fingers interlocked. The candidate must give due care not to pull with the hands which may cause neck strain. The knees are bent at a forty-five degree angle and the feet as close to being flat on the ground as possible. The trunk is raised toward the knees utilizing the abdominal and hip flexor muscles. During the up motion of the sit-up, the trunk is raised up until the elbows break the plane of the knees which are in the bent position. During the assessment, there will be a subject holding each candidate's feet while the sit-ups are being timed.

Practice sit-ups without anything or anyone holding the feet or legs. The workout for the sit-up will mirror the push-up workout. As the candidate gets stronger, sit-ups may be done during the rest period of the push-up workout.

As time comes close, time yourself first to do twenty-one sit-ups in thirty seconds. If the candidate can do twenty-one sit-ups in less than thirty seconds, he/she is well on the way of completing forty-two sit-ups in one minute.

Vertical Jump- There are several exercises that may be utilized for vertical jump improvement. The vertical jump is done from a standing position without the benefit of a step in order to gain momentum. The knees are bent and the candidate will thrust himself/herself in a vertical line straight into the air.

Exercises that improve the vertical jump are (but not limited to) climbing stairs, jumping rope, toe raises, stomach crunches and lastly, after proper warm-up, jumping.

The candidate must keep in mind that the fitness assessment is a battery of tests, each draining the body of energy in some form or fashion. Therefore, the candidate should by the end of the six week training cycle put all the events together in order: 1.5 mile run, 300 meter run, 36 push-ups in 2 minutes, 42 sit-ups in 1 minute, and the vertical jump (15.5 inches).