



Philadelphia Police Department Physical Fitness Pre-Examination Preparation Training Regimen

Philadelphia Police Department
Recruitment Unit
22nd & Hunting Park Avenue
Philadelphia, PA 19140
215.685-3026, 27, 28 :: www.ppdonline.org

There are four distinct physical performance standards that motivated candidates should physically prepare for if they are to be admitted into the Police Academy as a Police Recruit. They are: 300 Meter Run, Bench Press, Sit-Ups and the 1.5 Mile Run.

Our training academy's fitness instructors have developed a 12-week training regimen that motivated candidates can employ to successfully prepare for this examination. In addition to this document, candidates are also encouraged to view a video on our website at www.ppdonline.org/career that depicts an overview of these performance measures.

MALE STANDARDS					
AGE	20-29 YRS	30-39 YRS	40-49 YRS	50-59 YRS	60+ YRS
1 1/2 Mile Run	13:08	13:48	14:33	16:16	18:39
Sit-Ups in 1-min.	35	32	27	21	17
Bench Press	93%	83%	76%	68%	63%
300 Meter Run	62.1	63.0	77.0	87.0	

FEMALE STANDARDS					
AGE	20-29 YRS	30-39 YRS	40-49 YRS	50-59 YRS	60+ YRS
1 1/2 Mile Run	15:56	16:46	18:26	20:17	22:34
Sit-Ups in 1-min.	30	22	17	12	4
Bench Press	56%	51%	47%	42%	40%
300 Meter Run	75.0	82.0	106.7		

NOTES	300 METER RUN
	<p>After a proper warm-up and stretch:</p> <ul style="list-style-type: none"> ▫ Week 1 - 50-meter sprint 6 times with short breaks in between. ▫ Week 2 - 75-meter sprint 6 times with short breaks in between. ▫ Week 3 - 100-meter sprint 6 times with short breaks in between. ▫ Week 4 - 150-meter sprint 6 times with short breaks in between. ▫ Week 5 - 200-meter sprint 6 times with short breaks in between. <p>During weeks 1 thru 5 don't time your sprints. These sprint sessions should be used to acclimate your body to this type of training. Breaks between sprints should be long enough to just catch your breath but not so long that your muscles begin to cool down.</p> <ul style="list-style-type: none"> ▫ Week 6 - 250-meter sprint 4 times with breaks in between. These sprints should be timed. ▫ Week 7 - 300-meter sprints should be done 2 times with a break in between. These sprints should be timed. <p>Sprint training should be done 2 - 3 times a week. On off days, strengthen the legs by running up and down hills, by using weight machines and/or light jogging with high leg lifts.</p>

NOTES	ONE REPETITION MAXIMUM BENCH PRESS
	<p>The weight that you must press is determined by your age and weight; therefore, the following are generic guidelines that will help you develop upper body strength.</p> <p>If you have access to weights, determine the maximum amount that you can bench press one time. (whenever you use free weights, make sure you have a spotter).</p> <p>Now take 50% of that weight, this will be your training weight. You should be able to do 8-10 repetitions of that weight, for three sets, (this will be a total of 24-30 repetitions). You should then increase your weight in increments of 2 ½ - 5 pounds weekly.</p> <p>If you do not have access to weights, it is possible to increase your upper body strength by doing multiple sets of 3 sets of push-ups 3 - 4 times a week. Start your training by doing sets of 10 push-ups per set, or as many as you can do until you can do 10 push-ups, per set.</p>

NOTES	SIT-UP TEST
	<p>The sit-up test is designed to measure one's muscular endurance. It is recommended that when starting a new fitness program that you start your training slowly. When starting a sit-up program, you should try to do as many sit-ups as you can in one minute to establish a benchmark. After establishing where you are, you will be able to develop a program based on the following guidelines:</p> <ul style="list-style-type: none"> ▫ Week 1 - 2 sets of 10 sit-ups four times a week. ▫ Week 2 - 3 sets of 10 sit-ups four times a week. ▫ Week 3 - 4 sets of 10 sit-ups four times a week. ▫ Week 4 - 3 sets of 12 sit-ups four times a week. ▫ Week 5 - 3 sets of 15 sit-ups four times a week. <p>After week 5, you should now start to time your sit-ups and see how many you can do in 60 seconds. During subsequent weeks, you should try to add one or two sit-ups to your sets every week.</p>

NOTES	1.5 MILE RUN
	<p>The following schedule is designed to assist the novice runner in developing running skills.</p> <ul style="list-style-type: none"> ▫ Week 1. Brisk walk, 20 minutes out, 20 minutes back, 5 times per week. ▫ Week 2. Brisk walk, 25 minutes out, 25 minutes back, 5 times per week. ▫ Week 3. Aerobic walk, 25 minutes out, 25 minutes back, 3 times per week. ▫ Week 4. Aerobic walk, ½ mile (45 minutes) 3 times per week. ▫ Week 5. Aerobic walk/jog, ½ mile (40 minutes), 3 times per week. ▫ Week 6. Jog 1 mile (35 minutes), 3 times per week. ▫ Week 7. Jog/run, 1.5 miles (30 minutes), 3 times per week. ▫ Week 8. Run, 1.5 miles (25 minutes), 3 times per week. ▫ Week 9. Jog/run, 2 miles (20 minutes), 3 times per week. ▫ Week 10. Jog/run, 2.5 miles (30 minutes), 3 times per week. ▫ Week 11. Jog/run, 3 miles (35 minutes), 3 times per week. ▫ Week 12. Run, 1.5 miles (<15 minutes), 3 times per week. <p>These are guidelines to improve your running. Each applicant may increase the intensity of this training to achieve their required time.</p>