Physical Fitness Training

12 Week Preparation Program

OVERVIEW

To help prepare you for a career in law enforcement, the Recruitment Team of the Las Vegas Metropolitan Police Department has instituted a rigorous physical fitness training and education program. In order to prepare you for the physical fitness test and the Police or Corrections Officer academy, the LVMPD Recruitment Team has put together a suggested 90 day training and nutrition program for you to follow. This program is designed to help those individuals who are currently not participating in a consistent physical fitness training program, or those individuals who recently began training for the position of Police or Corrections Officer. As with any rigorous physical fitness training program you should consult a physician to ensure that you are medically able to participate in such a routine. If you pass the initial physical fitness test and think you are going to be able to come to the Academy to get into shape, you will fall behind and increase your chances of injury.

The 12 week preparation program will consist of many different types of physical activity. During a Police or Corrections Academy recruits will participate in stretching to increase flexibility, running to improve cardiovascular fitness and various calisthenics and weight training to increase upper and lower body strength. The following is an overview of all these activities and how you can use them to prepare yourself for the physical fitness test and the LVMPD Police or Corrections Officer Academy. The physical activities described below can be viewed on video on the www.lvmpd.com/Sections/ProtectTheCity website, by navigating to "speed & agility" or "strength & conditioning" under Physical Fitness Test Preparation.

STRETCHING

Stretching is important for many reasons and should be included in any physical fitness training program. Some of the benefits of stretching include but are not limited to:

- Increased range of motion
- Increased agility
- Decreased muscle soreness
- Improved posture
- Improved flexibility

Prior to starting any stretching or exercise program it is important to warm up your body and gradually increase your heart rate. A warm up could include a brisk walk or a light jog. This will start to distribute blood as needed to the working muscles. Warming up is how you are preparing your body for physical activity. After approximately 2-3 minutes of warming up it is safe to begin to stretch. Stretching should be performed using slow gradual movements, stretching the targeted area through range of motion, followed by holding a stretch for10-20 seconds. This should be repeated 3-4 times per muscle group. Once you have completed your exercise session you should spend time cooling down as well. You should avoid finishing an exercise session and completely stopping all activity. A cool down consists of the same type of activity as your warm up. The purpose of the cool down is to gradually lower your heart rate back to normal, and to redistribute the blood flow as needed throughout your body. Stretching upon completion of

exercise increases flexibility and decreases possible muscle soreness. Whether stretching during a warm up or cool down is important that you do not bounce or move through the range of motion at a high speed. Remember to move slowly and breathe as normally as possible during all stretches.

INJURIES

When participating in a physical fitness training regimen, if your body is not used to training it is important that you do everything possible to avoid injuries. An injury at any stage of the hiring process could not only slow your physical progress, it could have an adverse affect on your chances of becoming employed with the Las Vegas Metropolitan Police Department. **The best way to avoid injury is to not do too much too fast.** If you feel that the training outlined here is to rigorous to start out based on your own level of physical fitness, it is our suggestion that you use it as a guideline to set up a similar program for yourself. The most important thing to remember is that what we are showing you here is a suggested routine, meaning that it is only a suggested training program. If you are able to follow it you will show up for the physical fitness testing or the Police or Corrections Academy physically prepared. If at anytime you become injured during your training it is up to each individual to decide if he or she needs to seek treatment from a doctor or other qualified medical personnel. If during your training you experience simple muscle soreness etc. follow the concept of R.I.C.E., which stands for Rest, Ice, Compression and Elevation. Another common injury that occurs to individuals who run too much too fast is shin splints. Rest and ice are the best way to treat shin splints as well as stretching and strength training to build up shin and calf muscles. If you experience shin splints while running try running on a softer surface then the one you are currently using, or switch to another low impact aerobic activity such as cycling until your shins heal. Again if you feel significant pain that is obviously not just muscle soreness **CONSULT A PHYSICIAN**.

RUNNING

Police and Corrections Academy recruits will train with class runs that will cover a wide variety of distances. The distance runs begin at 1.5 miles and will gradually increase to between 5.0 and 6.0 miles. Other types of running performed in the academy include wind sprints, interval training and obstacle courses. The class runs are run at no slower than a 10:00 minute mile pace.

CALISTENICS

In order to increase upper and lower body strength a variety of Calisthenics exercises are utilized. These exercises are designed to enhance the cardiovascular level of the participant as well as build strength. The exercises include but are not limited to:

- Push – Ups
- Diamond Push - Ups
- Incline Push – Ups
- 8 Count Push – Ups
- Body Builders
- Mountain Climbers
- Jumping Jacks
- Crunches
- Incline Crunches
- Sit – Ups

- Flutter Kicks
- Squat Jumps
- Sprawl

It is very important with all Calisthenics and Weight training programs to maintain proper form. Such as going down all the way to achieve a 90 degree bend on your elbows while doing push – ups, or lifting your shoulder blades off the ground when doing crunches. Exercises done with proper form will target and strengthen the intended muscle group. If you do not perform the exercises correctly you not only risk injuring yourself by putting unnecessary stress on the joints and ligaments surrounding the muscle you are trying to work, the targeted muscle group will not get the benefit of the exercise.

SPEED AND AGILITY

After a run Police and Corrections recruits may perform a variety of speed and agility training. If you are unfamiliar with any of these exercises they are available for a video review on our www.lvmpd.com/Sections/ProtectTheCity website. Some of the training include but are not limited to:

LINE DRILLS
- Knee Highs
- Butt Kickers
- Bounding
- Power Skip
- Lateral Movement
- Carioca
- Ladders

AGILITY DRILLS
- Box Drills
- Shuttle Run
- Lateral Coach Drills

STRENGTH TRAINING

In order to build lean muscle mass and increase upper and lower body strength be sure to incorporate weight training into your exercise program. Again be sure that you complete a proper warm up and stretching prior to any physical fitness training program. Below are a list of common strength training exercises that can be done with minimal equipment such as a medicine ball and free weights. The exercises include but are not limited to:

MEDICINE BALL DRILLS
- Curl / Press / Extend
- Twist & Hand Off
- Sit – Ups
- Push – Ups
- One Arm Push – Ups

WEIGHT TRAINING

- Military Press
- Squat & Press
- Triceps Extension
- Bent Row
- Biceps Curl
- Lunges
- Squats

NUTRITION

While attending the LVMPD Police or Corrections Academy recruits are required to bring their own food for the day. Both Academies' have a NO JUNK FOOD POLICY. It is very important to eat and drink healthy throughout the day. Police and Correction recruits should consume a diet that includes complex **carbohydrates, proteins,** and **fats**. Nutrition is just as important as the actual physical training itself. What you take into your body will greatly influence how you are able to perform physically. Remember, what you are eating will be the fuel for the fire that carries your body and mind through the physical fitness training you will be doing. To improve your personal level of fitness, it is important that nutrition play just as an important role in your plan as exercise itself.

CARBOHYDRATES

Carbohydrates are very important for energy. A diet that does not include carbohydrates is not recommended for individuals training for a career in law enforcement. Contrary to many popular nutrition plans, the body needs 130 grams of dietary carbohydrates for normal daily brain function. The majority of the carbohydrates you intake should be complex carbohydrates. Complex carbohydrates include but are not limited to rice, pasta, whole grain breads, cereals, potatoes, and vegetables. Complex carbohydrates are also a good source of fiber. The current recommended fiber intake is 21-38 grams per day, depending on your age and sex. Simple carbohydrates should be avoided and are commonly referred to as "empty calorie" foods. Simple carbohydrates include honey, soda, sports drinks, cookies, candy, cake, syrup and molasses. These foods have a very low nutrient density and should not comprise a large portion of the Police or Corrections recruits' daily nutrition plan.

PROTEIN

Proteins are molecules made up of building blocks which are called amino acids. Protein may be broken down into two categories, complete and incomplete proteins. Complete proteins contain all of the essential amino acids. Complete proteins come from animal sources like milk, chesses, fish, meat and eggs. Incomplete proteins come from non-animal sources such as nuts, cereals, grains, etc. Most adults would require .26 grams of protein per pound of body weight. However, adults who are training vigorously daily may need as much as .45-.75 grams of protein a day per pound of body weight.

FATS

Fat is an important part of every nutritional plan. Fat is an essential nutrient with many important dietary functions. When taking part in a vigorous training program fats will play a major role as an energy source. There are different types of fat that you will need to be aware of:

Saturated fats: These are the fats that are solid at room temperature and come from primarily from animal sources (pork, beef, milk, cheese). Diets that are high in saturated fat can elevate the LDL cholesterol (that's the bad one), and will increase your risk of heart disease.

Monounsaturated fats: These are heart healthy fats, and are liquid at room temperature and come from vegetable sources. These fats lower LDL cholesterol and increase HDL cholesterol (That's the good one). Canola oil, avocados and nuts have a high content of monounsaturated fat.

Polyunsaturated fats: These are also liquid at room temperature and also come from vegetable sources. Polyunsaturated fats tend to lower LDL cholesterol. Oils that are high in polyunsaturated fats include corn oil, soybean oil and safflower oil.

Hydrogenated fats: Affects the body the same way as saturated fats and are also known as Trans fats. Some fast foods, butter, and baked goods such as donuts are high in hydrogenated fat. **Fast food should be eliminated from your diet immediately.**

The current recommended daily intake for each is as follows:
Carbohydrates 45-65% of daily calories
Protein 10-35% of daily calories
Fats 20-35% of daily calories

WATER

Water is the recommended beverage. When participating in a rigorous physical fitness training program it is important to stay properly hydrated and it is recommended that Police and Corrections recruits in the academy drink at least a gallon of water daily, especially during the warm weather months (May through October). Cool water should be used to replace the fluids lost during the physical fitness training sessions at the academy. While taking part in the physical fitness training it is possible to lose up to two courts of water per hour. Beverages like soda tend to be high in sugar and may have a high calorie content which could negatively affect individuals who are looking to lose weight.

WARM WEATHER TRAINING

If you are preparing for the physical fitness test or the Police or Corrections Academy during the warm weather months, there are a few things you need to keep in mind.

- It can take your body up to 14 days to adjust to training in the heat.
- Do not expect to perform at your best while training in the heat.
- You should wear light color clothes to reflect the heat.
- Make sure that you take in enough fluids to match fluid loss before, during and after exercise. A good guideline would be to take in approximately 6 – 12 ounces of water for every 15 – 20 minutes of exercise in the heat.

TRAINING PROGRAM

The following routine will help prepare you both physically and mentally for the physical fitness test and the rigorous physical fitness training you will receive while training at an academy. If you have already passed the initial physical fitness test this program should challenge you, but not overwhelm you physically. Remember, this program is designed for those individuals who need the most assistance. If you find the initial stages of this program not to be a physically challenging, feel free to increase it to meet your needs. If you have already passed a physical fitness assessment test during the hiring process you should be able to complete all of the workouts as you prepare for an academy. It is also recommended that you keep a training diary or a log to track you progress. You should keep a log of exactly what you do and how you felt physically before, during and after the training sessions. You could also expand the log to list what foods you ate and when, to see how they might have impacted your workouts. You should pre plan your workouts ahead of time, and set performance goals for yourself. Studies have shown that individuals who pre plan their workouts and nutrition in advance, stick to their plans more than individuals who do not. Remember to warm-up before exercise and cool down upon completing a training session. Also, after completing the run portion of your training day it is important that you do not just stop all motion suddenly, make sure you walk for about five minutes. During this time take in some water and then move onto the calisthenic or other exercises. Follow the video displayed on www.protectthecity.com to see a demonstration of all the listed exercises.

WEEK ONE Perform this workout 3 days during week one.

Warm Up: Warm up, stretching, at least ten minutes

Running: 1.5 Miles @ 10:00 per mile pace
Once you are done running, you should walk for five minutes, drink some water, and then move on to the other exercises.

Calisthenics:

	SETS - REPS
Push Ups	2 x 10
Crunches	2 x 10
Jumping Jacks	2 x 10

Medicine Ball:

	SETS - REPS
Curl / Press / Extend	2 x 10
Twist & Hand Off	2 x 10
Sit – Ups	2 x 10

All of the calisthenics should be performed as follows: Perform a set up push-ups, immediately followed by a set of crunches, immediately followed by a set of jumping jacks. **NO REST BETWEEN SETS**. Once you have performed those three exercises, rest for **30 seconds** and repeat the sequence. The medicine ball drills should be performed in the same manner.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK TWO Perform this workout 4 days during week two. Perform the calisthenics or the speed and agility training after the run.

Warm Up: Walking, stretching, at least ten minutes

Running: 1.8 Miles @ 10:00 min per mile pace.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS – REPS
Incline Push-ups	2 x 10
Mountain Climbers	2 x 10
Flutter Kicks	2 x 30 sec
Sit Ups	2 x 10
Bodybuilders	2 x 10
Squat Jumps	2 x 10

Perform the calisthenics in the same manner as week one.

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	2
Butt Kickers	2
Bounding	2
Power Skip	2
Lateral Movement	2
Carioca	2
Ladders	2

Take a 30 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK THREE This week you will begin to increase the pace slightly during your running portion of the workout. The purpose of increasing the pace now is to gradually increase your overall aerobic capacity. This week you should work out four days.

Warm up: Walking, stretching for at least ten minutes

Running:

Days 1 & 3:	Run 2.0 miles @ 9:50 per mile pace
Days 2 & 4:	Run 2.0 miles @ 10:00 per mile pace

Follow the usual post run protocol.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Incline Push-ups	2 x 10
Mountain Climbers	2 x 10
Flutter Kicks	2 x 30 sec
Sit Ups	2 x 10
Bodybuilders	2 x 10
Squat Jumps	2 x 10

The calisthenics should be performed in the same manner as the previous two weeks.

Weight Training: (Two days per week, Days 2 and 4)

	SETS – REPS
Military Press	2 x 10
Squat & Press	2 x 10
Triceps Extension	2 x 10
Bent Row	2 x 10
Biceps Curl	2 x 10
Lunges	2 x 10
Squats	2 x 10

Take a 30 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK FOUR Workout four days this week.

Warm up: Walking, stretching for at least ten minutes

Running: 2.2 miles @ 9:50 per mile pace

Follow the usual post run protocol.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push-ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 45 sec
Body Builders	3 x 15

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	2
Butt Kickers	2
Bounding	2
Power Skip	2
Lateral Movement	2
Carioca	2
Ladders	2
Box Drills	2
Shuttle Run	2
Lateral Coach Drills	2

Take a 30 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK FIVE Workout four days this week.

Warm up: Walking, stretching for at least ten minutes.

Running: 2.5 miles @ 9:50 per mile pace

Follow the usual post run protocol.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push-ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 45 sec
Body Builders	3 x 15
Squat Jumps	3 x 15
Sit – Ups	3 x 15

Weight Training: (Two days per week, Days 2 and 4)

	SETS – REPS
Military Press	2 x 10
Squat & Press	2 x 10
Triceps Extension	2 x 10
Bent Row	2 x 10
Biceps Curl	2 x 10
Lunges	2 x 10
Squats	2 x 10

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK SIX Workout four days this week.

Warm up: Walking, stretching for at least ten minutes.

Running: Days one & three: 2.5 miles @ 9:45 per mile
Days two & four: 2.5 miles @ 10:00 per mile

Follow the usual post run protocol.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push-ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 45 sec
Body Builders	3 x 15
Jumping Jacks	3 x 15
Squat Jumps	3 x 15

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	3
Butt Kickers	3
Bounding	3
Power Skip	3
Lateral Movement	3
Carioca	3
Ladders	3
Box Drills	3
Shuttle Run	3
Lateral Coach Drills	3

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK SEVEN Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: 2.8 miles @ 9:45 per mile

Follow the usual post run protocol.

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push-ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 45 sec
Body Builders	3 x 15
Jumping Jacks	3 x 15
Squat Jumps	3 x 15
8 Count Push Ups	3 x 15

Weight Training: (Two days per week, Days 2 and 4)

	SETS - REPS
Military Press	3 x 10
Squat & Press	3 x 10
Triceps Extension	3 x 10
Bent Row	3 x 10
Biceps Curl	3 x 10
Lunges	3 x 10
Squats	3 x 10

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK EIGHT Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: 2.8 miles @ 9:45 per mile

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push-ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 60 sec
Body Builders	3 x 15
Jumping Jacks	3 x 15
Squat Jumps	3 x 15

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	3
Butt Kickers	3
Bounding	3
Power Skip	3
Lateral Movement	3
Carioca	3
Ladders	3
Box Drills	3
Shuttle Run	3
Lateral Coach Drills	3

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK NINE Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: 3.0 miles @ 9:45 per mile

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 60 sec
Body Builders	3 x 15
Jumping Jacks	3 x 15
Squat Jumps	3 x 15

Medicine Ball:

	SETS - REPS
Curl / Press / Extend	3 x 15
Twist & Hand Off	3 x 15
Sit – Ups	3 x 15

Weight Training: (Two days per week, Days 2 and 4)

	SETS – REPS
Military Press	3 x 15
Squat & Press	3 x 15
Triceps Extension	3 x 15
Bent Row	3 x 15
Biceps Curl	3 x 15
Lunges	3 x 15
Squats	3 x 15

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK TEN Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: 3.2 miles @ 9:45 per mile

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push ups	3 x 15
Mountain Climbers	3 x 15
Flutter Kicks	3 x 60 sec
Body Builders	3 x 15
Jumping Jacks	3 x 15
Squat Jumps	3 x 15

Medicine Ball:

	SETS - REPS
Curl / Press / Extend	3 x 15
Twist & Hand Off	3 x 15
Sit – Ups	3 x 15

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	3
Butt Kickers	3
Bounding	3
Power Skip	3
Lateral Movement	3
Carioca	3
Ladders	3
Box Drills	3
Shuttle Run	3
Lateral Coach Drills	3

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK ELEVEN Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: Take one day this week and perform a 1.5 mile time trial to see how much you have improved in your time for the Physical Fitness Assessment Test. Make sure that you include a warm up and a cool down during the run session of this day's work out. During this one day, perform a maximum push up assessment as well as a one minute timed sit up to see how much you have improved in these areas as well.

For the rest of this week perform as follows:

3 days	3.2 miles @ 9:40 per mile

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push ups	3 x 20
Mountain Climbers	3 x 20
Flutter Kicks	3 x 60 sec
Body Builders	3 x 20
Jumping Jacks	3 x 20
Squat Jumps	3 x 20

Medicine Ball:

	SETS - REPS
Curl / Press / Extend	3 x 20
Twist & Hand Off	3 x 20
Sit – Ups	3 x 20

Weight Training: (Two days per week, Days 2 and 4)

	SETS – REPS
Military Press	3 x 20
Squat & Press	3 x 20
Triceps Extension	3 x 20
Bent Row	3 x 20
Biceps Curl	3 x 20
Lunges	3 x 20
Squats	3 x 20

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

WEEK TWELVE Workout four days this week

Warm up: Walking, stretching for at least ten minutes

Running: 3.5 miles @ 9:40 per mile

Calisthenics: (Two days per week, Days 1 and 3)

	SETS - REPS
Push ups	3 x 20
Mountain Climbers	3 x 20
Flutter Kicks	3 x 60 sec
Body Builders	3 x 20
Jumping Jacks	3 x 20
Squat Jumps	3 x 20

Medicine Ball:

	SETS - REPS
Curl / Press / Extend	3 x 20
Twist & Hand Off	3 x 20
Sit – Ups	3 x 20

Speed & Agility: (Two days per week, Days 2 and 4)

	SETS
Knee Highs	3
Butt Kickers	3
Bounding	3
Power Skip	3
Lateral Movement	3
Carioca	3
Ladders	3
Box Drills	3
Shuttle Run	3
Lateral Coach Drills	3

Take a 15 second break between each exercise.

Cool Down: Cool down, stretching, at least ten minutes.

FREQUENTLY ASKED QUESTIONS

Q: What if I prefer to lift weights instead of doing the calisthenic exercises described?

A: If you are already participating in a consistent weight training program and have had no problem meeting the physical fitness standards for hire, you should feel free to continue training with how you are comfortable. Our suggestion would be that you incorporate the calisthenic exercises into your current routine just to familiarize your body with the different movements of the calisthenic exercises, as well as the different type of stress these exercises will put on the targeted muscle groups. Remember to make running just as important as your weight / calisthenic training.

Q: What do I do if I can already run the distances and the recommended pace per miles described?

A: If you have already achieved a level of cardiovascular fitness that would allow you to run faster than the workouts call for, you should feel free to run farther and faster to prepare you even more for the challenges that you will face at the academy. Just remember not to do too much to fast; otherwise you risk injury and possibly overtraining. A good rule of thumb is not to increase your mileage total by any more than 10% per week.

Q: What if I want to interval training?

A: Unless you have been performing cardiovascular exercises for several weeks' interval training, also known as speed work is not recommended. If you have been participating in cardiovascular training for several weeks (at least 12 weeks) you may want to incorporate interval training into your routine. Limit the amount of interval training you do to no more than one session per week. You may also want to incorporate using hills into your interval training.

Q: What if I just feel really tired and want to skip a day of training?

A: Sometimes you just have to listen to your body and if you want to avoid overtraining by ensuring that you have enough rest. That is why we recommend to beginners not to train more than 4 days per week. If you feel like you absolutely need to take an extra day of rest then you should take it. Just be sure that you are taking a necessary break and not slacking in your training.