

**Pennsylvania State Police Cadet Applicant
Physical Test Training Program**

It should be noted that successful Cadet Applicants, that are hired and granted entry to the Pennsylvania State Police Academy, are required to complete the Cadet Applicant Testing Standards during their initial reporting period to the Academy. Failure to pass these standards will result in dismissal. The applicant will be able to return to the next scheduled PRT to test again. A second failure will eliminate the applicant from the process. The applicant is eligible to reapply if eliminated.

AEROBIC POWER – 1.5 MILE RUN

Basic Program

The below listed program is designed as a progressive routine. If the individual can advance the schedule on a weekly basis, then proceed to the next level. If the individual can do the distance in less time, then do so.

<u>Week/Activity</u>	<u>Distance</u>	<u>Time</u>	<u>Frequency</u>
1 Walk	1 mile	17-20 min.	5/week
2 Walk	1.5 miles	25-29 min.	5/week
3 Walk	2 miles	32-35 min.	5/week
4 Walk	2 miles	28-30 min.	5/week
5 Walk/Jog	2 miles	27 min.	5/week
6 Walk/Jog	2 miles	26 min.	5/week
7 Walk/Jog	2 miles	25 min.	5/week
8 Walk/Jog	2 miles	24 min.	5/week
9 Jog	2 miles	23 min.	4/week
10 Jog	2 miles	22 min.	4/week
11 Jog	2 miles	21 min.	4/week
12 Jog	2 miles	20 min.	4/week
Successive Weeks			
Jog	2-3 miles	20-30 min.	3/week

At the completion of the program the individual should test him/herself on the 1.5 mile test. If they do not meet the standard, they should continue the last week (week 12) distance (2 miles), but reduce time by 15 seconds per week.

The Pennsylvania State Police Cadet Applicant Standard for the 1.5 mile run is 17 minutes, 48 seconds.

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ANAEROBIC POWER – 300 METER RUN

Basic Program

The first step is to have the individual time him/herself for an all out effort at 110 yards. This is called the initial time or IT.

The second step is to divide the IT by .80 to get a starting training time. Then proceed to follow the below listed schedule.

<u>Week</u>	<u>Distance</u>	<u>Reps</u>	<u>Time</u>	<u>Rest Time</u>	<u>Frequency</u>
1,2	110 yards	4	.80 into IT	2 min.	1/week
3,4	110 yards	5	.80 into IT (minus 2-3 sec.)	2 min.	1/week
5,6	110 yards	6	.80 into IT (minus 5-6 sec.)	2 min.	1/week
7,8	220 yards	4	.80 into IT (times 2)	2 min.	1/week
9,10	220 yards	4	.80 into IT (times 2 minus 4 sec.)	2 min.	2/week
Successive Weeks					
	220 yards	4	.80 into IT (times 2 minus 4 sec.)	2 min.	1/week

At the completion of the program the individual should test him/herself on the 300 meter run. If they do not meet the standard, they should continue the last week (week 10) distance (220 yards), but reduce time by 4 seconds per week.

The Pennsylvania State Police Cadet Applicant Standard for the 300 meter run is 77.0 seconds.

**Pennsylvania State Police Cadet Applicant
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**UPPER BODY MUSCULAR ENDURANCE
MAXIMUM PUSH UP TEST**

Basic Program

The first step is to see how many push-ups the individual can do in a minute. That will become the initial training repetition dose or **ITRD**.

REPS = the number of times the exercise is performed

SETS = the number of times the series of reps are performed.

<u>Week</u>	<u>Sets</u>	<u>Repetitions</u>	<u>Frequency</u>
1	1	ITRD	3/week
2	2	ITRD divided by $\frac{1}{2}$	3/week
3	3	ITRD divided by $\frac{1}{2}$	3/week
4	3	ITRD divided by $\frac{1}{2} + 2$	3/week
5	3	ITRD divided by $\frac{1}{2} + 4$	3/week
6	3	ITRD divided by $\frac{1}{2} + 6$	3/week
7	3	ITRD divided by $\frac{1}{2} + 8$	3/week
8	3	ITRD divided by $\frac{1}{2} + 10$	3/week
Successive Weeks			
	3	ITRD divided by $\frac{1}{2} + 10$ (adding 1-2 additional reps/week)	3/week

At the completion of the program the individual should test him/herself on the 1 minute push-up. If they do not meet the standard, they continue the successive week routine.

The Pennsylvania State Police Cadet Applicant Standard for the Push-Up Test is 13, with no time limit.

**Pennsylvania State Police Cadet Applicant
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LEG POWER – VERTICAL JUMP

Basic Program

The first step is to select **one jump, one bound, and one hop**, from the exercises listed below, for a total of three exercises.

The second step is to perform each exercise with 1 set of 10 repetitions, 3 days per week, without stopping.

The third step is to rest 3 minutes between each exercise.

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>	<u>Frequency</u>
Double Leg Vertical Jump	1	10	3 min.	3 times/week
Double Leg Tuck Jump				
In Depth Jump				
Alternate Leg Bound				
Double Leg Hop				
Single Leg Hop				
Double Leg Speed Hop				
Double “Zig Zag” Hop				

At the completion of the program the individual should retest him/herself on the Vertical Jump. If they do not meet the standard, they should add an additional jump or hop to their weekly routine.

The Pennsylvania State Police Cadet Applicant Standard for the Vertical Jump Test is 14 inches.