

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

*It should be noted that Cadet applicants who receive a bona fide offer of employment, and are appointed to a Pennsylvania State Police Cadet class, must upon arrival meet the Applicant Standards of the Physical Readiness Tests. Failure to achieve these standards will result in the appointment being rescinded. The applicant will be eligible for appointment to the next scheduled Cadet class, and must upon arrival meet the Applicant Standards of the Physical Readiness Tests. A second failure will result in disqualification from the Cadet selection process. Applicants disqualified in this manner are eligible to reapply and must repeat the entire Cadet selection process.*

**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.

<b><u>Week/Activity</u></b>	<b><u>Distance</u></b>	<b><u>Time</u></b>	<b><u>Frequency</u></b>
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
<b>Successive Weeks</b>			
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.

<b><u>Week</u></b>	<b><u>Distance</u></b>	<b><u>Reps</u></b>	<b><u>Time</u></b>	<b><u>Rest Time</u></b>	<b><u>Frequency</u></b>
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.

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

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.**

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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.

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

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.**