

**PHYSICAL TRAINING**

| <b>First Week</b>   | <b>Second through twenty-seventh Week</b>  |
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| 2 Hour Orientation Session<br>1 hour classroom introduction<br>1 hour demonstration of exercise and workout<br><br>2 Hour Initial Workout<br>1. Stretching, calisthenics<br>2. 1.8 mile run | Monday - Wednesday - Friday<br>Stretching and floor calisthenics<br>Pull-ups and running |

**RUNNING**

Starting the second week and continuing through the Academy, cadets run with their company starting at 1.5 miles and building up to 5 miles by week 25, running 3 days per week. In addition, sprints or interval training will be introduced occasionally after the sixth week.

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|--|---|
| <b>SECOND WEEK</b><br>Complete Physical Fitness Test, including obstacle course, a timed 1.5 mile run and a 300 meter run.     | <b>FOURTEENTH WEEK</b><br>Complete CHP Physical Performance Program Test work tasks.  |
| <b>THIRTEENTH WEEK</b><br>Complete Physical Fitness Test, including obstacle course, a timed 1.5 mile run and a 300 meter run. | <b>TWENTIETH WEEK</b><br>Complete Physical Fitness Test, including obstacle course, a timed 1.5 mile run and a 300 meter run. |

*NOTE: Cadets work at their maximum training heart rate. Running at an excessively slow pace, or running short distances once or twice a week WILL NOT PREPARE YOU FOR THE ACADEMY! Two-and-one-half miles at an eight-minute pace upon entry should be adequate.*

**OPTIMUM PERFORMANCE**

Standards shown below are considered OPTIMUM performance by the Academy P.T. Staff

|                           | <b>Male</b>           | <b>Female</b>         |
|---------------------------|-----------------------|-----------------------|
| Push-ups                  | 88 per minute         | 55 per minute         |
| Sit-ups                   | 60 per minute         | 51 per minute         |
| 1.5 mile run              | 8 minutes, 30 seconds | 9 minutes, 45 seconds |
| 300 meter run             | 44 seconds            | 53 seconds            |
| Obstacle course completed | 36 seconds            | 38 seconds            |

**PROPER SHOES FOR CHP ACADEMY TRAINEES**

Upon reporting to the Academy you will be required to have two types of athletic shoes in your possession - court, aerobic or basketball shoes primarily white with non-marking soles for physical training and physical methods of arrest training, and a good pair of running shoes. Selecting the proper running shoe is of primary concern to avoid injuries during training. The following information is provided for consideration when selecting your running shoe.

For everyday running, a shoe should have a well padded sole to absorb road shock. Padding that is firm but gives a little is best. The shoe should be flexible, especially at the ball of the foot where it bends as you push off with each stride.

A stable heel is important. It should be wide enough to provide a good foundation when your feet land. The heel should fit firmly and be somewhat rigid.

Weight is not important, as a few ounces one way or the other are not going to make much difference.

Pay attention to fit. Running shoes should not pinch or cramp your toes and should not allow your toes to slide forward and jam against the front.

Good running shoes are made by all the major manufacturers: Asics, Brooks, Adidas, New Balance, Saucony, Nike, and so forth. Each is a little different, as are your feet. Shop around to find the one that suits your feet best.

Running shoes shall not be trail, cross training or barefoot running concept shoe like Vibram Five Fingers, Nike Free or Reebok Reflex.