



NEVADA DPS PHYSICAL FITNESS READINESS



Nevada Administrative Code Section 289.200 sets the physical fitness standards required for all peace officers to successfully graduate from a law enforcement academy. These same standards apply to certified peace officers transferring to a Nevada agency from out of state. There are no exceptions or waivers to this requirement, the POST Physical Fitness Test (PPFT) must be passed in its' entirety and in accordance with the standard procedures as taught in the PPFT Administrator course. The below current standard applies to all category I peace officers.

Being physically fit does not happen overnight; rather it is the result of ongoing physical conditioning. If you know you are going to be required to meet a certain physical standard, you must condition yourself before taking the test. Listed below is the Department's hiring fitness standards; you will find that the entrance standards are lower than the exit standards. You MUST achieve the exit standards prior to the end of the academy as a requirement for graduation and certification as a category I peace officer. So, do what you must to prepare yourself physically to be able to meet or exceed these standards prior to entering the academy. This will alleviate additional stress during the academy and allow you to focus on other challenges.

The Nevada POST Commission approved the below standards for the Category I peace officers PPFT which are:

Pre-Hire/Entrance Exam Standards

- Complete a vertical jump of not less than 11.5 inches
- Complete the agility run in not more than 23.4 seconds
- Complete not less than 24 sit-ups in 1 minute
- Complete not less than 18 push-ups no time limit
- Run 300 meters in not more than 82 seconds
- Walk or run 1.5 miles in not more than 20 minutes and 20 seconds

Certification/Exit Standards

- Complete a vertical jump of not less than 14 inches
- Complete the agility run in not more than 19.5 seconds
- Complete not less than 30 sit-ups in 1 minute
- Complete not less than 23 push-ups no time limit
- Run 300 meters in not more than 68 seconds
- Walk or run 1.5 miles in not more than 16 minutes and 57 seconds

There are seven fitness improvement programs listed. With any of the programs you decide to utilize please take a day of rest in between the days. For example, it will have a day 1, day 2 and day 3 workout listed. This does not mean to work out three days in a row, but to workout day 1, then rest, workout day 2 then rest, and finally work out day 3 and then rest until the next weeks workouts. Before beginning any fitness improvement program, listed here or on your own, consult with your physician to ensure there are no medical reasons for not engaging in an increase to your physical activity. The first step after being medically cleared is to do an assessment of your current fitness level. The easiest way is to take the PPFT administered by a POST certified PPFT administrator. Other assessments can be through a personal trainer at a local fitness center, from an on-line source or even having a friend assist in administering the tests.

Once you have your assessment, pick the fitness improvement program that best fits your needs:

- A. Push-up Improvement
- B. Sit-up Improvement
- C. Agility Run Improvement
- D. 300 Meter Sprint Improvement
- E. 1.5 Mile Run Improvement
- F. PPFT Improvement Program
- G. Fitness Improvement Program

A. PUSH-UP IMPROVEMENT PROGRAM

Note: X = number of maximum pushups

Form for push-ups includes starting in the upright position with your back and buttocks straight and level. Your arms should be no more than shoulder's width apart. You may choose to have your hands flat or in a fist. Your feet should be no more than up to twelve inches apart. Once you begin, lower yourself down until you have a 90-degree bend in your elbows. You may touch the ground with your chest, but no resting or bouncing is allowed. Once you achieve your 90-degree bend, push yourself back up into the upright position with your arms straight and soft locked (slight bend in your elbows). Only rest in the up position, you may reposition your hands and feet as needed.

Week 1

Day 1

Set of ½ X pushups, hands shoulder width apart

30 seconds of rest

Set of ½ X pushups, hands more than shoulder width apart

30 seconds of rest

Set of ½ X pushups, hands close together

30 seconds of rest

Set of ½ X pushups, hands shoulder width apart
30 seconds of rest
Set of ½ X negative pushups
If necessary, go to knees to finish each set

Day 2

Pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Pushups for 20 seconds, hands more than shoulder width apart
30 seconds of rest
Pushups for 20 seconds, hands close together
30 seconds of rest
Pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Set of ½ X negative pushups
If necessary, go to knees to finish each set.

Day 3

Set of ½ X pushups, hands shoulder width apart
30 seconds of rest
Set of ½ X pushups, hands more than shoulder width apart
30 seconds of rest
Set of ½ X pushups, hands close together
30 seconds of rest
Set of ½ X pushups, hands shoulder width apart
30 seconds of rest
Set of ½ X negative pushups
If necessary, go to knees to finish each set

Week 2

Day 1

Set of 1/2 X + 2 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 2 pushups, hands more than shoulder width apart
30 seconds of rest
Set of 1/2 X + 2 pushups, hands close together
30 seconds of rest
Set of 1/2 X + 2 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 2 negative pushups
If necessary, go to knees to finish each set

Day 2

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands more than shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands close together

30 seconds of rest

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 2$ negative pushups

If necessary, go to knees to finish each set

Day 3

Set of $1/2 X + 2$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 2$ pushups, hands more than shoulder width apart

30 seconds of rest

Set of $1/2 X + 2$ pushups, hands close together

30 seconds of rest

Set of $1/2 X + 2$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 2$ negative pushups

If necessary, go to knees to finish each set

Week 3

Day 1

Set of $1/2 X + 3$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 3$ pushups, hands more than shoulder width apart

30 seconds of rest

Set of $1/2 X + 3$ pushups, hands close together

30 seconds of rest

Set of $1/2 X + 3$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 3$ negative pushups

If necessary, go to knees to finish each set

Day 2

Pushups for 20 seconds, hands shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands more than shoulder width apart

30 seconds of rest

Pushups for 20 seconds, hands close together

30 seconds of rest

Pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 3 negative pushups
If necessary, go to knees to finish each set

Day 3

Set of 1/2 X + 3 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 3 pushups, hands more than shoulder width apart
30 seconds of rest
Set of 1/2 X + 3 pushups, hands close together
30 seconds of rest
Set of 1/2 X + 3 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 3 negative pushups
If necessary, go to knees to finish each set

Week 4

Day 1

Set of 1/2 X + 4 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 4 pushups, hands more than shoulder width apart
30 seconds of rest
Set of 1/2 X + 4 pushups, hands close together
30 seconds of rest
Set of 1/2 X + 4 pushups, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 4 negative pushups
If necessary, go to knees to finish each set

Day 2

Pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Pushups for 20 seconds, hands more than shoulder width apart
30 seconds of rest
Pushups for 20 seconds, hands close together
30 seconds of rest
Pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Set of 1/2 X + 2 negative pushups
If necessary, go to knees to finish each set

Day 3

Set of $1/2 X + 4$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 4$ pushups, hands more than shoulder width apart

30 seconds of rest

Set of $1/2 X + 4$ pushups, hands close together

30 seconds of rest

Set of $1/2 X + 4$ pushups, hands shoulder width apart

30 seconds of rest

Set of $1/2 X + 4$ negative pushups

If necessary, go to knees to finish each set

Day 6

Max push up effort

Notes:

This is a startup plan, subject to change. Warm up as necessary before each session.

Each workout should take about 5-10 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise.

B. SIT-UP IMPROVEMENT PROGRAM

Note: X = number of maximum sit-ups

Form for sit-ups should be with your knees bent at 90 degrees and your hands with either right behind your ears or you can interlock your fingers together behind your head.

Ensure that your hands remain in the position that you choose during the entire workout.

When you come up, your elbows should touch your knees. Only rest in the up position with your elbows NOT touching your knees. After you touch your knees, lower your body

back down until your shoulder blades touch the ground. Continue this form throughout the entire workout. If you need, have someone hold your feet by pressing firmly on the

tops of your feet with their hands. Do not have them use any other body part to hold your feet. If you do not have someone available to hold your feet, you can cross your

ankles, use weights, or a sit-up bar for stability.

Week 1

Day 1

Set of $1/2 X$ sit-ups

30 seconds of rest

Set of $1/2 X$ three count flutter kicks

30 seconds of rest

Set of $1/2 X$ two count bicycle crunches

30 seconds of rest

Set of ½ X leg lifts with hip lift
30 seconds of rest
Set of ½ X four count sit-ups
If necessary, do crunches to complete sets

Day 2

Sit-ups for 20 seconds
30 seconds of rest
Flutter kicks for 20 seconds
30 seconds of rest
Bicycle crunches for 20 seconds
30 seconds of rest
Leg lifts with hip lift 20 seconds
30 seconds of rest
Set of ½ X four count sit-ups
If necessary, do crunches to complete sets

Day 3

Set of ½ X sit-ups
30 seconds of rest
Set of ½ X three count flutter kicks
30 seconds of rest
Set of ½ X two count bicycle crunches
30 seconds of rest
Set of ½ X leg lifts with hip lift
30 seconds of rest
Set of ½ X four count sit-ups
If necessary, do crunches to complete sets

Week 2

Day 1

Set of 1/2 X + 2 sit-ups
30 seconds of rest
Set of 1/2 X + 2 three count flutter kicks
30 seconds of rest
Set of 1/2 X + 2 two count bicycle crunches
30 seconds of rest
Set of 1/2 X + 2 leg lifts with hip lift
30 seconds of rest
Set of 1/2 X + 2 four count sit-ups

If necessary, do crunches to complete sets

Day 2

Sit-ups for 20 seconds

30 seconds of rest

Flutter kicks for 20 seconds

30 seconds of rest

Bicycle crunches for 20 seconds

30 seconds of rest

Leg lifts with hip lift for 20 seconds

30 seconds of rest

Set of 1/2 X + 2 four count sit-ups

If necessary, do crunches to complete sets

Day 3

Set of 1/2 X + 2 sit-ups

30 seconds of rest

Set of 1/2 X + 2 three count flutter kicks

30 seconds of rest

Set of 1/2 X + 2 two count bicycle crunches

30 seconds of rest

Set of 1/2 X + 2 leg lifts with hip lift

30 seconds of rest

Set of 1/2 X + 2 four count sit-ups

If necessary, do crunches to complete sets

Week 3

Day 1

Set of 1/2 X + 3 sit-ups

30 seconds of rest

Set of 1/2 X + 3 three count flutter kicks

30 seconds of rest

Set of 1/2 X + 3 two count bicycle crunches

30 seconds of rest

Set of 1/2 X + 3 leg lifts with hip lift

30 seconds of rest

Set of 1/2 X + 3 four count sit-ups

If necessary, do crunches to complete sets

Day 2

Sit-ups for 20 seconds

30 seconds of rest

Flutter kicks for 20 seconds

30 seconds of rest
Bicycle crunches for 20 seconds
30 seconds of rest
Leg lifts with hip lift for 20 seconds
30 seconds of rest
Set of 1/2 X + 3 four count sit-ups
If necessary, do crunches to complete sets

Day 3

Set of 1/2 X + 3 sit-ups
30 seconds of rest
Set of 1/2 X + 3 three count flutter kicks
30 seconds of rest
Set of 1/2 X + 3 two count bicycle crunches
30 seconds of rest
Set of 1/2 X + 3 leg lifts with hip lift
30 seconds of rest
Set of 1/2 X + 3 four count sit-ups
If necessary, do crunches to complete sets

Week 4

Day 1

Set of 1/2 X + 4 sit-ups
30 seconds of rest
Set of 1/2 X + 4 three count flutter kicks
30 seconds of rest
Set of 1/2 X + 4 two count bicycle crunches
30 seconds of rest
Set of 1/2 X + 4 leg lifts with hip lift
30 seconds of rest
Set of 1/2 X + 4 four count sit-ups
If necessary, do crunches to complete sets

Day 2

Sit-ups for 20 seconds
30 seconds of rest
Flutter kicks for 20 seconds
30 seconds of rest
Bicycle crunches for 20 seconds
30 seconds of rest
Leg lifts with hip lift for 20 seconds
30 seconds of rest

Set of 1/2 X + 2 four count sit-ups
If necessary, do crunches to complete sets

Day 3

Set of 1/2 X + 4 sit-ups
30 seconds of rest
Set of 1/2 X + 4 three count flutter kicks
30 seconds of rest
Set of 1/2 X + 4 two count bicycle crunches
30 seconds of rest
Set of 1/2 X + 4 leg lifts with hip lift
30 seconds of rest
Set of 1/2 X + 4 four count sit-ups
If necessary, do crunches to complete sets

Day 6

Max sit-up effort

Notes:

This is a startup plan, subject to change. Warm up as necessary before each session. Each workout should take about 5-10 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise.

C. AGILITY RUN IMPROVEMENT PROGRAM

The agility run should be broken down into three stages:

1. Take-off - will include pushups and mountain climbers to improve on the dynamic take off.
2. Weaving around Cones - you will need 4 cones; one set up at 0 feet, the other three will be set out in a straight line 10 feet apart.
3. Sprint - at the starting cone you will lay on your stomach with your body straight out, your hands will be by your chest with your elbows facing the sky. You will jump into a mountain climber stance to set you up to lunge into an explosive take off, then run to the furthest cone making sure your foot passes the cone as you turn and run back through the start.

Week 1

Day 1

1. Complete pushups for 15 seconds, hands shoulder width apart
30 seconds of rest

Complete mountain climbers for 15 seconds

30 seconds of rest

Repeat 3x

If necessary, go to knees to finish each set

2. Set up 4 cones in a straight line 10 feet apart.

Weave through the cones and back as quickly as possible

90 seconds of rest

Repeat 3x

3. Start in prone position behind the first cone, sprint from the first cone to the end cone

90 seconds of rest

Repeat 3x

Day 2

1. Complete pushups for 15 seconds, hands shoulder width apart

30 seconds of rest

Complete mountain climbers for 15 seconds

30 seconds of rest

Repeat 3x

If necessary, go to knees to finish each set

2. Set up 4 cones in a straight line 10 feet apart.

Weave through the cones and back as quickly as possible

90 seconds of rest

Repeat 3x

3. Start in prone position behind the first cone, sprint from the first cone to the end cone

90 seconds of rest

Repeat 3x

Day 3

1. Complete pushups for 15 seconds, hands shoulder width apart

30 seconds of rest

Complete mountain climbers for 15 seconds

30 seconds of rest

Repeat 3x

If necessary, go to knees to finish each set

2. Set up 4 cones in a straight line 10 feet apart.

Weave through the cones and back as quickly as possible

90 seconds of rest

Repeat 3x

3. Start in prone position behind the first cone, sprint from the first cone to the end cone

90 seconds of rest
Repeat 3x

Week 2

Day 1

1. Complete pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 20 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
80 seconds of rest
Repeat 4x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
80 seconds of rest
Repeat 4x

Day 2

1. Complete pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 20 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
80 seconds of rest
Repeat 4x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
80 seconds of rest
Repeat 4x

Day 3

1. Complete pushups for 20 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 20 seconds
30 seconds of rest
Repeat 3x

- If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
90 seconds of rest
Repeat 4x
 3. Start in prone position behind the first cone, sprint from the first cone to the end cone
90 seconds of rest
Repeat 4x

Week 3

Day 1

1. Complete pushups for 25 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 25 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
70 seconds of rest
Repeat 5x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
70 seconds of rest
Repeat 5x

Day 2

1. Complete pushups for 25 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 25 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
70 seconds of rest
Repeat 5x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
70 seconds of rest
Repeat 5x

Day 3

1. Complete pushups for 25 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 25 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
70 seconds of rest
Repeat 5x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
70 seconds of rest
Repeat 5x

Week 4

Day 1

1. Complete pushups for 30 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 30 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.
Weave through the cones and back as quickly as possible
60 seconds of rest
Repeat 6x
3. Start in prone position behind the first cone, sprint from the first cone to the end cone
60 seconds of rest
Repeat 6x

Day 2

1. Complete pushups for 30 seconds, hands shoulder width apart
30 seconds of rest
Complete mountain climbers for 30 seconds
30 seconds of rest
Repeat 3x
If necessary, go to knees to finish each set
2. Set up 4 cones in a straight line 10 feet apart.

Weave through the cones and back as quickly as possible

60 seconds of rest

Repeat 6x

3. Start in prone position behind the first cone, sprint from the first cone to the end cone

60 seconds of rest

Repeat 6x

Day 3

1. Complete pushups for 30 seconds, hands shoulder width apart

30 seconds of rest

Complete mountain climbers for 30 seconds

30 seconds of rest

Repeat 3x

If necessary, go to knees to finish each set

2. Set up 4 cones in a straight line 10 feet apart.

Weave through the cones and back as quickly as possible

60 seconds of rest

Repeat 6x

3. Start in prone position behind the first cone, sprint from the first cone to the end cone

60 seconds of rest

Repeat 6x

Day 6

Max effort Agility Run

5 minutes of rest

Repeat 1x

Notes:

This is a startup plan, subject to change. Warm up as necessary before each session. Each workout should take about 14-20 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise.

D. 300 METER RUN IMPROVEMENT PROGRAM

One of the main factors for speed is form. The movement patterns of running and sprinting are similar in that you still need to put one foot in front of the other, but different in that sprinting is a much more dynamic version of running—more explosive. The harder you run, the more vital it is to warm up your muscles. Walk and easy run for a minimum of five to 10 minutes and include dynamic exercises or drills such as high knees, butt kickers, and skipping to further prepare your body to run fast. Keep your

torso upright, shoulders relaxed and away from your ears, and engage your core. Train yourself to think like a cyclist and move your feet in a circular motion, raising your thighs up until they are parallel to the ground, and driving your knees up and down. Land on your forefoot and focus on pushing off from your toes to propel yourself forward and keeping your feet flexed upward toward your shins. Running softer and landing quieter may help reduce injury. Hold your arms in a bent position at 90 degrees and drive your elbows straight backward to create momentum. Short, super quick strides will help you run faster and more efficiently. As you push off from your forefoot and toes, bring your heels up all the way up toward your buttocks before pulling your knee forward, swinging your leg out, and landing again. Doing so will help engage more muscles in your legs and glutes for a more powerful stride. Relaxing into the running pattern and syncing your breath to the rhythm of your feet will reduce wasted energy from muscle tension.

Week 1

Note: When sprinting, you need to ensure that you are giving maximum effort every time.

Day 1

Sprint for 20 seconds, walk for 40 seconds. Repeat 8 times

Day 2

Sprint for 20 seconds, walk for 40 seconds. Repeat 8 times

Day 3

Sprint for 20 seconds, walk for 40 seconds. Repeat 8 times

Week 2

Day 1

Sprint for 25 seconds, walk for 30 seconds. Repeat 8 times

Day 2

Sprint for 25 seconds, walk for 30 seconds. Repeat 8 times

Day 3

Sprint for 25 seconds, walk for 30 seconds. Repeat 8 times

Week 3

Day 1

Sprint for 30 seconds, walk for 20 seconds. Repeat 8 times

Day 2

Sprint for 30 seconds, walk for 20 seconds. Repeat 8 times

Day 3

Sprint for 30 seconds, walk for 20 seconds. Repeat 8 times

Week 4

Day 1

Sprint for 35 seconds, walk for 10 seconds. Repeat 8 times

Day 2

Sprint for 35 seconds, walk for 10 seconds. Repeat 8 times

Day 3

Sprint for 35 seconds, walk for 10 seconds. Repeat 8 times

Day 6

Max effort 300 Meter Sprint

Notes:

This is a startup plan, subject to change. Warm up as necessary before each session. Each workout should take about 8 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise. The speed should be extremely challenging but set to allow for proper running form to be maintained. Keep the incline around 2 percent if running on a treadmill.

E. 1.5 MILE RUN IMPROVEMENT PROGRAM

Week 1

Day 1

Run-walk-jog

Pick a 2 to 3-mile course

Begin with a nice five-minute jog

30 seconds of sprinting, 30 seconds of walking, and 60 seconds of jogging (repeat 5x)

Finish with a five-minute jog.

Day 2

Distance Jog

Jog for 2 miles at a pace that you can remain jogging the entire time without walking. The easiest way to track your distance is using your

phone or workout watch that has distance tracking capabilities. (if you must rest, quickly get right back to jogging)

Day 3

Track sprint workouts

400m (quarter mile = one loop)

Four repetitions of 400m

Pick a pace which is a little faster than your goal. For example, if you want to run 16:54 minutes on the PT test, that is six quarter miles at two minutes forty-nine seconds each. Try to run each loop in 2:34.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is one loop)

800m (half mile = two loops)

For the 800m workouts, it's the same concept.

Pick a pace which is a little faster than your goal. For example, if you want to run 16:54 minutes on the PT test, that is six quarter miles at two minutes forty-nine seconds each. Try to run a half loop in 2:34.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is half a loop)

Week 2

Day 1

Run-walk-jog

Pick a 2 to 3-mile course

Begin with a nice five-minute jog

30 seconds of sprinting, 30 seconds of walking, and 60 seconds of jogging (repeat 6x)

Finish with a five-minute jog.

Day 2

Distance Jog

Jog for 2.5 miles at a pace that you can remain jogging the entire time without walking. The easiest way to track your distance is using your phone or workout watch that has distance tracking capabilities. (if you must rest, quickly get right back to jogging)

800m (half mile = two loops)

For the 800m workouts, it's the same concept.

Pick a pace which is a little faster than your goal. For example, if you want to run 16:48 minutes on the PT test, that is six quarter miles at two minutes forty-eight seconds each. Try to run a half loop in 2:33.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is half a loop)

Day 3

Track sprint workouts

400m (quarter mile = one loop)

Five repetitions of 400m

Pick a pace which is a little faster than your goal. For example, if you want to run 16:48 minutes on the PT test, that is six quarter miles at two minutes forty-eight seconds each. Try to run each loop in 2:33.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is one loop)

800m (half mile = two loops)

For the 800m workouts, it's the same concept.

Pick a pace which is a little faster than your goal. For example, if you want to run 16:48 minutes on the PT test, that is six quarter miles at two minutes forty-eight seconds each. Try to run a half loop in 2:33.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is half a loop)

Week 3

Day 1

Run-walk-jog

Pick a 2 to 3-mile course

Begin with a nice five-minute jog

45 seconds of sprinting, 15 seconds of walking, and 60 seconds of jogging (repeat 5x)

Finish with a five-minute jog.

Day 2

Distance Jog

Jog for 2.75 miles at a pace that you can remain jogging the entire time without walking. The easiest way to track your distance is using your phone or workout watch that has distance tracking capabilities. (if you must rest, quickly get right back to jogging)

Day 3

Track sprint workouts

400m (quarter mile = one loop)

Six repetitions of 400m

Pick a pace which is a little faster than your goal. For example, if you want to run 16:42 minutes on the PT test, that is six quarter miles at two minutes forty-seven seconds each. Try to run each loop in 2:32. Rest in between sprints, walk 200m, and then lightly jog 200m (this is one loop)

800m (half mile = two loops)

For the 800m workouts, it's the same concept.

Pick a pace which is a little faster than your goal. For example, if you want to run 16:42 minutes on the PT test, that is six quarter miles at two minutes forty-seven seconds each. Try to run a half loop in 2:32. Rest in between sprints, walk 200m, and then lightly jog 200m (this is half a loop)

Week 4

Day 1

Run-walk-jog

Pick a 2 to 3-mile course

Begin with a nice five-minute jog

45 seconds of sprinting, 15 seconds of walking, and 60 seconds of jogging (repeat 6x)

Finish with a five-minute jog.

Day 2

Distance Jog

Jog for 3 miles at a pace that you can remain jogging the entire time without walking. The easiest way to track your distance is using your phone or workout watch that has distance tracking capabilities. (if you must rest, quickly get right back to jogging)

Day 3

Track sprint workouts

400m (quarter mile = one loop)

Eight repetitions of 400m

Pick a pace which is a little faster than your goal. For example, if you want to run 16:36 minutes on the PT test, that is six quarter miles at two minutes forty-six seconds each. Try to run each loop in 2:31.

Rest in between sprints, walk 200m, and then lightly jog 200m (this is one loop)

800m (half mile = two loops)

For the 800m workouts, it's the same concept.

Pick a pace which is a little faster than your goal. For example, if you want to run 16:36 minutes on the PT test, that is six quarter miles at two minutes forty-six seconds each. Try to run a half loop in 2:31. Rest in between sprints, walk 200m, and then lightly jog 200m (this is half a loop)

Day 6

Max 1.5 mile run effort

Notes:

This is a startup plan, subject to change. Warm up as necessary before each session. Each workout should take about 10-30 minutes. If these workouts are too strenuous, alter the rest period, not the duration of exercise.

On the day of the test, do not start the run without adequately warming up, do not tire your muscles; just do enough to loosen up. And then get in a good stretch. When the 1.5 mile run starts, you should know what pace you want to run. Break the run into six quarter miles and speed up or slow down accordingly. Having a running watch is good but having a GPS watch makes this even easier. If you feel really good with a half mile to go, start picking it up, then give it everything you have on the last quarter mile.

There are many other variables which will contribute to reducing your 1.5 mile run time which will not be mentioned here. Proper diet, sleep, hydration, weightlifting, etc. all measure in to improving your fitness and reducing your run time. These are just a few pointers that runners implement in their training to reduce their run times. Good luck and keep on running!

E. TRAIN TO IMPROVE YOUR POST PHYSICAL FITNESS TEST SCORES

The training program below is adopted from a military physical fitness test improvement program. It has been validated and found, if followed correctly, will significantly improve test scores. As with any fitness program, you get out of this what you put into it. If your goal is to improve your fitness level, while preparing for the POST Physical Fitness Test (PPFT), this program will work. Consult with your physician prior to starting this exercise program or any exercise program. To prevent injury always warm-up 5-7 minutes before exercising by walking, slow jogging and stretching. After exercising, cool down by doing the same. If you have questions about any of the exercises, contact the DPS Training Division at: 775-687-2401.

1. Self-Assessment

- a. Do as many correct (form is important) push-ups in one minute.
- b. Do as many correct (form is important) sit-ups in one minute.

- c. Run as fast as you can for ½ mile and record your time.
- d. Multiply the number of push-ups by 1.25, record this number.
- e. Multiply the number of sit-ups by 1.25, record this number.
- f. Multiply the ½ mile time by 4.
- g. For example:

12 sit-ups in 1 minute	X 1.25	= 15
9 push-ups in 1 minute	X 1.25	= 11.25
½ mile run in 6 minutes	X 4	= 24

2. The Program

- a. Consult your doctor prior to using this exercise program or any exercise program. This program is to be conducted 3 times a week for 20-25 minutes not including the run. This program should bring you to muscle failure and therefore should be done every other day as your muscles need from 24 to 48 hours to recover from hard usage. The self-assessment is the starting point for your individual program.
- b. Each exercise is described in detail following the charts. Proper form is as important as the number of repetitions. Establish a routine that can become a habit and make the program a priority. After one month conduct another self-assessment. Significant improvement should take place after three months.
- c. Using the charts on the next page find the number on the top line of the chart that is closest to your performance. Follow the number down the row to give you the number of repetitions for each exercise you're to begin with for your individual program. If your number is not on the chart start with the lowest number for sit-ups and push-ups and the highest number for the run.
- d. Use the following charts to determine your starting point.

Sit-ups

Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Sit-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Crunches	4	5	6	7	8	8	9	9	10	10	11	12	13	14	15	16
Flutter Kick	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30
Leg Spreader	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

Push-ups

Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Push-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34

Triceps	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Wide arm	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Body Twist	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

Running

Minutes	+12	+13	+14	+15	+16	+17	+18	+19
Sprint Day ¹ / ₈ mile (220yds)	----	----	----	----	----	:48	:51	:55
¹ / ₄ mile (440 yds)	1:07	1:15	1:23	1:30	1:37	1:45	1:52	2:00
¹ / ₂ mile (880 yds)	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30
Fast Run	2mile 11:30	2mile 12:30	1mile 6:30	1mile 7:00	1mile 7:30	1mile 8:00	1mile 8:30	1mile 9:00
	2.5mile 14:30	2.5mile 15:30	2mile 13:30	2mile 14:30	2mile 15:30	2mile 16:30	2mile 17:30	1 1/2mile 13:30
Long and Slow Run	35min+	35min	35min	30min	30min	25min	25min	20min

3. Exercises

a. Sit-up Improvement.

1. Sit-ups. Complete three sets of regular sit-ups with one-minute rest between sets. If you can't do all the sit-ups properly, lower the angle of your legs until they're almost parallel to the ground. After three workouts, add three sit-ups to each set. (Example: you start with 12 sit-ups on Monday, the next Monday you go to 15 sit-ups)
2. Crunches. Starting position is lying on your back, arms crossed over your chest, hands grasping shoulders. Do the prescribed number of repetitions for each crunch; try not to rest between sets.
 - 1) Legs bent at 90°, knees together.
 - 2) Legs bent at 90°, knees apart.
 - 3) Legs bent at 90°, feet in air, knees together.
 - 4) Legs bent at 90°, feet in air, knees apart.

- 5) One leg bent at 90°, foot on ground, one leg straight and six inches off the ground.
 - 6) Same as 5) but reverse leg positions.
 - 7) One leg bent at 90°, foot off the ground with lower leg parallel to the ground, one leg straight and off the ground 6 inches.
 - 8) Same as 7) but reverse leg positions.
3. Flutter Kicks. Start on your back with your hands under your buttocks, supporting your lower back. Lift your feet six to eight inches off the ground to start. Begin by lifting legs in sequence six to 18 inches. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two flutter kicks after every three workouts.
 4. Leg Spreader. Start on your back with your hands under your buttocks, supporting your lower back. Lift your feet six to eight inches off the ground to start. Begin by spreading legs 18 to 30 inches, and then back together. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two leg spreaders after every three workouts.

b. Push-up Improvement.

1. Push-ups. Complete three sets of regular push-ups with one-minute rest between sets. Form is important. If you can't do the push-ups correctly, go to your knees and continue until you've finished the sets. After three workouts, add three push-ups to each set. (Example: If you start with 14 on Monday, the next Monday go to 17 push-ups).
2. Tri-ceps Push-ups. Align your hands under your shoulders, fingers pointing forward. Perform the push-up by lowering your body while keeping your elbows close to your sides. Go to your knees if necessary. Add one push-up after every three workouts.
3. Wide Arm Push-ups. Place hands as far apart as possible. Perform the push-ups. Go to your knees if necessary. Add one wide arm push-up every three workouts.
4. Body Twist. Standing with a comfortable stance, hold arms away from your side and parallel to the ground with palms facing up. The exercise is an eight-count movement at a slow cadence. Pivot slowly at the waist to the right for four counts and then to the left for four counts. Add two body twists after every three workouts.

- c. **Running Improvement.** This program is designed for you to run every other day, although there is no harm in running more than three times per week. Alternate between sprints, fast runs and long slow runs.
1. Sprint Day. Enter the sprint portion of the chart at your self-assessment run time. Do four sprints each of the two distances, alternating your sprints between the distances. Begin with the lower distance for your speed. Attempt to beat the time listed. Rest one minute before you run the longer sprint. Rest two minutes between the longer and shorter sprints. If you feel that you are not being properly stressed, and as you develop you wind, decrease the amount of rest time between sprints. For those with run times of +17 and higher, when the 220 yds sprint goal is met move up to the 440 yds and 880 yds runs.
 2. Fast Run Day. Begin with the lower distance for your speed. When you beat the time for the distance, move to a longer distance within the same row. When you surpass the time for the distance at the bottom of the row, move to the left, one row, maintaining the same distance. When you move one row to the left on the fast run, move your sprint goals to the same row.
 3. Long and Slow Run. Run at least 20 minutes for a good cardiovascular workout, running for time during this session not distance. You may keep track of your distance to measure your improvement.

F. FITNESS IMPROVEMENT PROGRAM

WEEK 1

WARM UP

Walk	2 minutes
Skip	30 seconds
Walk	30 seconds
Jog	90 seconds
Jump rope	30 seconds
Walk	1 minute
Stretch	4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Regular	10	50

Wide hands	10	50
Close hands	10	50
Regular	10	50
Regular	15	End

*It is important to complete the time allotted for each set. If you can't continue with the type of push up noted, lower the resistance by going to your knees, doing negatives, elevating your hands, or using the wall. Remember to continue the movement through the complete range of motion for the entire time period.

Total time: 4:20

VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 10, walk/jog/sprint 30 seconds between sets
 Bend and jump 3 sets of 10, walk/jog/sprint 30 seconds between sets

Total time: 4:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
 Stand and run 60 feet around cones
 Lie on back and do 10 sit ups (positive or negative)
 Walk /jog 2 minutes
 Repeat 4 times

Total time: 12:00

COOL DOWN

Walk/jog/sprint 2 minutes
 Stretch 3 minutes

Total time: 5:00

Total time: 35:20

WEEK 2

WARM UP

Walk 2 minutes
 Skip 30 seconds
 Walk 30 seconds
 Jog 90 seconds
 Jump rope 30 seconds
 Walk 1 minute
 Stretch 4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	12	48
Wide hands	12	48
Close hands	12	48
Regular	12	48
Regular	20	End

Total time: 4:30

VERTICAL JUMP IMPROVEMENT

Ankle hops	2 sets of 12, walk/jog/sprint 30 seconds between sets
Double-leg hops	2 sets of 12, walk/jog/sprint 30 seconds between sets
Bend and jump	2 sets of 12, walk/jog/sprint 30 seconds between sets

Total time: 4:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
Stand and run 60 feet around cones
Lie on back and do 12 sit ups (positive or negative)
Walk /jog 2 minutes
Repeat 4 times

Total time: 12:00

COOL DOWN

Walk/jog/sprint 2 minutes
Stretch 3 minutes

Total time: 5:00

Total time: 35:30

WEEK 3

WARM UP

Walk 2 minutes
Skip 30 seconds
Walk 30 seconds
Jog 90 seconds
Jump rope 30 seconds
Walk 1 minute

Stretch 4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Regular	15	60
Wide hands	15	60
Close hands	15	60
Regular	15	60
Regular	20	End

Total time: 6:20

VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets

Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets

Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets

Total time: 5:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 15 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

Total time: 12:00

COOL DOWN

Walk/jog/sprint 2 minutes

Stretch 3 minutes

Total time: 5:00

Total time: 38:20

WEEK 4

WARM UP

Walk 2 minutes

Skip 30 seconds

Walk 30 seconds

Jog 90 seconds

Jump rope 30 seconds

Walk 1 minute
Stretch 4 minutes
Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	20	45
Wide hands	20	45
Close hands	20	45
Regular	20	45
Regular	30	End

Total time: 5:20

VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 15, walk/jog/sprint 30 seconds between sets
Double-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets
Bend and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets
Step back and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets
Total time: 6:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
Stand and run 60 feet around cones
Lie on back and do 18 sit ups (positive or negative)
Walk /jog 2 minutes
Repeat 4 times
Total time: 13:00

COOL DOWN

Walk/jog/sprint 2 minutes
Stretch 3 minutes
Total time: 5:00

Total time: 39:20

WEEK 5

WARM UP

Walk 2 minutes
Skip 30 seconds

Walk 30 seconds
 Jog 90 seconds
 Jump rope 30 seconds
 Walk 1 minute
 Stretch 4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Feet elevated	25	30
Close hands	25	30
Wide hands	25	30
Regular	25	30
Close hands	25	30
Regular	25	End

Total time: 5:10

VERTICAL JUMP IMPROVEMENT

Ankle hops 2 sets of 15, walk/jog/sprint 30 seconds between sets
 Double-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets
 Single-leg hops 2 sets of 15, walk/jog/sprint 30 seconds between sets
 Bend and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets
 Step back and jump 2 sets of 15, walk/jog/sprint 30 seconds between sets

Total time: 6:30

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
 Stand and run 60 feet around cones
 Lie on back and do 20 sit ups (positive or negative)
 Walk /jog 2 minutes
 Repeat 4 times

Total time: 13:00

COOL DOWN

Walk/jog/sprint 2 minutes
 Stretch 3 minutes

Total time: 5:00

Total time: 39:40

WEEK 6

WARM UP

Walk	2 minutes
Skip	30 seconds
Walk	30 seconds
Jog	90 seconds
Jump rope	30 seconds
Walk	1 minute
Stretch	4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	25	20
Feet elevated Wide hands	25	20
Feet elevated	25	20
Regular	30	20
Regular	25	20
Regular	25	End

Total time: 5:10

VERTICAL JUMP IMPROVEMENT

Ankle hops	2 sets of 15, walk/jog/sprint 30 seconds between sets
Double-leg hops	2 sets of 15, walk/jog/sprint 30 seconds between sets
Single-leg hops	2 sets of 15, walk/jog/sprint 30 seconds between sets
Bend and jump	2 sets of 15, walk/jog/sprint 30 seconds between sets
Step back and jump	2 sets of 15, walk/jog/sprint 30 seconds between sets
Jump and reach	2 sets of 15, walk/jog/sprint 30 seconds between sets

Total time: 7:30

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
Stand and run 60 feet around cones
Lie on back and do 20 sit ups (positive or negative)
Walk /jog 2 minutes
Repeat 5 times

Total time: 14:00

COOL DOWN

Walk/jog/sprint 2 minutes
Stretch 3 minutes

Total time: 5:00

Total time: 41:40

WEEK 7

WARM UP

Walk 2 minutes
Skip 30 seconds
Walk 30 seconds
Jog 90 seconds
Jump rope 30 seconds
Walk 1 minute
Stretch 4 minutes

Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	30	15
Feet elevated Wide hands	30	15
Feet elevated	30	15
Regular	15	10
Regular	15	10
Regular	15	End

Total time: 3:20

VERTICAL JUMP IMPROVEMENT

Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
Single-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets
Step back and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets
Jump and reach 3 sets of 12, walk/jog/sprint 30 seconds between sets

Total time: 10:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position
Stand and run 60 feet around cones
Lie on back and do 20 sit ups (positive or negative)
Walk /jog 2 minutes
Repeat 5 times
Total time: 14:00

COOL DOWN

Walk/jog/sprint 2 minutes
Stretch 3 minutes
Total time: 5:00

Total time: 42:20

WEEK 8

WARM UP

Walk 2 minutes
Skip 30 seconds
Walk 30 seconds
Jog 90 seconds
Jump rope 30 seconds
Walk 1 minute
Stretch 4 minutes
Total time: 10:00

PUSH UP IMPROVEMENT

Type:	Time (secs)	Rest interval (secs)
Partner resisted	40	15
Regular	30	15
Close hands	30	15
Wide hands	30	15
Regular	30	15
Regular	15	End

Total time: 4:25

VERTICAL JUMP IMPROVEMENT

- Ankle hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
- Double-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
- Single-leg hops 3 sets of 12, walk/jog/sprint 30 seconds between sets
- Bend and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets
- Step back and jump 3 sets of 12, walk/jog/sprint 30 seconds between sets
- Jump and reach 3 sets of 12, walk/jog/sprint 30 seconds between sets

Total time: 10:00

AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

- Start in prone position
- Stand and run 60 feet around cones
- Lie on back and do 20 sit ups (positive or negative)
- Walk /jog 2 minutes
- Repeat 4 times

Total time: 12:00

COOL DOWN

- Walk/jog/sprint 2 minutes
- Stretch 3 minutes

Total time: 5:00

Total time: 39:20

*One week before the test, avoid very hard workouts. You can still push yourself a little, but you should taper down. Two days before the test, do not push yourself at all. Do a light jog each day, then get in a good stretch and even some short 50m sprints. But do not do anything that will tire your muscles.