



**Office of the Sheriff**  
Monroe County, New York  
**Sheriff Todd K. Baxter**  
**Undersheriff Korey K. Brown**

## **Police Academy Physical Fitness Preparatory Guide**

Dear Candidate,

This packet contains information designed to assist potential hires in preparing for the physical demands of academy training required to successfully become employed as a Deputy Sheriff–Police.

Throughout a recruit's academy training, they are physically evaluated through a variety of instructional blocks, including physical training, defensive tactics, and firearms training. It is essential that their physical fitness journey begins prior to the start of the academy to maximize the opportunity for success. Proper preparation for the physical stress associated with academy-level training also helps reduce the likelihood of injury.

Please review the educational materials and recommended physical training outlined in this packet. If you have any questions regarding the information provided, you may contact your assigned Backgrounds Investigator for further guidance.

Although participation in this program is voluntary, it is strongly encouraged that you engage in these activities, or similar training, to improve your physical fitness level prior to the academy start date.

Best Regards,

Monroe County Sheriff's Office  
Training & Recruitment Unit



## I. Academy Curriculum and Expectations

- A. The academy consists of eight-hour days with differing instruction blocks throughout.
- B. Throughout the academy recruits will receive a minimum of fifty hours of Physical Fitness Training, as well as physically demanding training during Defensive Tactics and Firearms instruction blocks.
- C. Recruit's physical fitness ability will be tested a minimum of three times throughout the course of the academy.
- D. Academy level testing will consist of a one-minute timed sit-up test, a one-minute timed push-up test, and a timed one-and-one-half (1.5) mile run.
- E. Candidates must pass the above listed testing at the 40<sup>th</sup> Percentile per the Cooper Institute Standards for their age and gender to become a Police Recruit Candidate. Recruits must pass the above listed testing as the 60<sup>th</sup> Percentile per the Cooper Institute Standards for their age and gender to successfully complete the academy's Physical Fitness program.

### Cooper Standards 40<sup>th</sup> Percentile

Male (Age)	Sit-Ups	Push-Ups	1.5 Mile Run	Female (Age)	Sit-Ups	Push-Ups	1.5 Mile Run
20-29	38	29	12:29	20-29	32	15	15:05
30-39	35	24	12:53	30-39	25	11	15:56
40-49	29	18	13:50	40-49	20	9	17:11



## Cooper Standards 60<sup>th</sup> Percentile

Male (Age)	Sit-Ups	Push-Ups	1.5 Mile Run	Female (Age)	Sit-Ups	Push-Ups	1.5 Mile Run
20-29	42	37	11:27	20-29	38	21	13:25
30-39	39	30	11:49	30-39	29	15	14:33
40-49	34	24	12:25	40-49	24	13	15:17

F. Academy physical training workouts will include, but are not limited to:

- i. Calisthenics,
- ii. Varied running techniques,
- iii. Obstacle navigation.

G. Recruits will be expected to complete workout sessions ranging from one to four hours in duration, with rest periods provided at the discretion of the instructors.

H. Weekly training expectations will include extensive calisthenics and cardiovascular activity totaling approximately five to fifteen miles.

## II. **Nutrition and Recovery**

A. A proper diet is key to maintaining energy levels and preserving health throughout the academy. Although, consistency is crucial for progress.

B. A balanced diet should involve consuming nutrient-dense foods (fruits, vegetables, lean proteins, and whole grains) while managing caloric intake and maintaining proper hydration.

- i. Nutrient-Dense Foods



- a) Leafy greens, broccoli, cauliflower, kale, and brussels sprouts are all extremely nutrient dense vegetables.
- b) Strawberries, blackberries, blueberries, bananas, and kiwi are all extremely nutrient dense fruits.
- c) Lean meats such as chicken breast, turkey breast, salmon, and tuna are phenomenal for increasing protein intake. Also consider eggs as they act as nature's multi-vitamin.
- d) Whole grains options such as oatmeal, quinoa, rice, and popcorn offer productive carbohydrates for fiber, antioxidants, and energy supplies.
- e) Choosing healthy snacks is imperative to any diet. Consider popcorn, healthy nuts, Greek yogurt, and hummus.

ii. Caloric Intake

- a) Monitor caloric intake in order to optimize weight management.
- b) Smart Phone applications can assist.
- c) Caloric needs are not one size fits all.
- d) Basic caloric intake for weight maintenance equal roughly 15 times your current weight.

iii. Proper Hydration

- a) Average daily needs, based on average activity levels, are 2.7 Liters (11.5 cups) for women and 3.7 (15.5 cups) Liters for men.
- b) Avoid sugary drinks and monitor fluid loss from sweating.



### III. Sample Workouts

- A. Some of the attached workouts are mirrored throughout the academy and as such will prepare for the physical demands of the academy. You should consider implementing workouts as these, or similar to your current exercise routine.
- B. The attached workouts alone will not guarantee a physical fitness ability level sufficient for academy level training. Physical fitness is just one component of overall health, you must also focus on a nutritious diet and healthy overall lifestyle (mental, emotional, and social well-being).

#### **Example Workout #1**

Complete the following workout in the order listed and in the fastest time ability time.

100 Push-Ups  
100 Air Squats  
100 4-Count Flutter Kicks

\*Every time you take a break in your repetitions is  $\frac{1}{4}$  Mile Sprint.

#### **Example Workout #2**

Complete the following workout in the order listed and in the fastest time ability time.

20 Push-Ups  
20 Air Squats  
20 4-Count Flutter Kicks  
 $\frac{1}{4}$  Mile Sprint

Complete this cycle five (5) times.



### **Example Workout #3**

Using a deck of cards, you will perform the following:

Hearts: Burpees  
Diamonds: Push-Ups  
Spades: Air Squats  
Clubs: Mountain Climbers

Remove any Joker cards. Perform the number of repetitions each card calls for, then turn over the card and repeat until the deck is finished. All face cards and aces are either 5 or 10 repetitions, depending on your ability level.

### **Example Workout #4**

The following workout will be completed in the form of Every Minute on The Minute for 15 minutes. Regardless if repetitions are not completed, the recruit will restart the workout at the beginning of each minute. Making up for missed repetitions at the completion of the workout.

10 Push-Ups  
7 Sit-Ups  
5 Burpees  
**Or**  
7 Push-Ups  
7 Sit-Ups  
7 Air Squats  
**Or**  
3 Burpees  
6 Push-Ups  
9 Mountain Climbers



## **Example Workout #5**

Complete the following workout in the order listed and in the form of As Many Repetitions as Possible.

40 Seconds of Push-Ups  
20 Second Rest  
40 Seconds of Air Squats  
20 Second Rest  
40 Second Flutter Kicks  
20 Second Rest

Repeat 4 times for a 12 Minute Workout.