Pennsylvania State Police

10 Week Academy Preparation Workout

This is a **voluntary** 10-week workout program intended to best prepare appointed Cadets for the physical rigors of the Academy. It is essential that applicants engage in a well-rounded physical fitness program to include aerobic fitness and strengthening exercises. If followed, this plan will help with the transition from civilian life to that of Pennsylvania State Police Cadet. The academy will still be physical demanding above and beyond these standards, however your body will be ready to meet these demands. Regular physical activity will reduce the risk of soft tissue injuries once at the academy.

Prior to the start of the academy Cadets should be able to complete the below listed exercises upon arrival. The P.E. Unit has reasonable expectations that Cadets are able to complete the exercises listed below upon arrival. The ability to complete these challenges will greatly assist the Cadet in successfully participating in the daily training program with the P.E. Unit.

1. Run four (4) miles continuously, without stopping at a pace between 7-10 minutes per mile.

2. Run up a hill/incline for 100 yards without stopping.

3. Complete 30 consecutive pushups, without stopping.

4. Complete 30 consecutive sit-ups, without stopping.

5. Complete 8 consecutive pull-ups, without stopping.

6. Bench press 85% of your body weight.

These exercises are intended to be completed without the need for additional equipment or a gym. If there are no available hills for the Hill Run use bleacher steps for a similar effect. Sit Ups should be completed with hands folded across the chest, knees bent and feet flat on the ground. Push Ups and Planks should be completed with the back and body on a straight line parallel with the ground. There is no camelback or swayback with Push Ups or Planks. The goal is to activate the abdominal region.

More information can be accessed through patrooper.com and your Pennsylvania State Police Recruiter.



**Week 1**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 1.5 Mile Run – 9-12 Min/Mile
* 10 Push Ups
* 20 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 10 Push Ups
* 10 Squats
* 20 Jumping Jacks
* 10 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 90-120 Sec
* 10 Push Ups
* 1 Hill Run (100yds) – 90-120 Sec
* 10 Push Ups
* 1.5 Mile Run – 9-12 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 30 Sec
* 30 Flutter Kicks (15 Each Leg)
* 20 Squats
* 10 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 1 Mile Run – 9-12 Min/Mile
* 10 Push Ups
* 20 Sit Ups
* Stretch
 |



**Week 2**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 1.5 Mile Run – 8-11 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 15 Push Ups
* 15 Squats
* 30 Jumping Jacks
* 20 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 1.5 Mile Run – 8-11 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 45 Sec
* 40 Flutter Kicks (20 Each Leg)
* 25 Sit Ups
* 15 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 1.5 Mile Run – 8-11 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |



**Week 3**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 2 Mile Run – 8-11 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 15 Push Ups
* 15 Squats
* 30 Jumping Jacks
* 20 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 2 Mile Run – 8-11 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 45 Sec
* 40 Flutter Kicks (20 Each Leg)
* 25 Sit Ups
* 15 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 2 Mile Run – 8-11 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |



**Week 4**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 2 Mile Run – 7-10 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 15 Push Ups
* 15 Squats
* 30 Jumping Jacks
* 20 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 1 Hill Run (100yds) – 80-110 Sec
* 15 Push Ups
* 2 Mile Run – 7-10 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 45 Sec
* 40 Flutter Kicks (20 Each Leg)
* 25 Sit Ups
* 15 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 2 Mile Run – 7-10 Min/Mile
* 15 Push Ups
* 25 Sit Ups
* Stretch
 |



**Week 5**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 3 Mile Run – 8-11 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 20 Push Ups
* 20 Squats
* 10 Elbow to Push Up Plank
* 40 Jumping Jacks
* 25 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 3 Mile Run – 8-11 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 30 Sit Ups
* 20 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 3 Mile Run – 8-11 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |



**Week 6**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 3 Mile Run – 8-11 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 20 Push Ups
* 20 Squats
* 10 Elbow to Push Up Plank
* 40 Jumping Jacks
* 25 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 3 Mile Run – 8-11 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 30 Sit Ups
* 20 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 3 Mile Run – 8-11 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |



**Week 7**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 3 Mile Run – 7-10 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 20 Push Ups
* 20 Squats
* 10 Elbow to Push Up Plank
* 40 Jumping Jacks
* 25 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 1 Hill Run (100yds) – 70-100 Sec
* 20 Push Ups
* 3 Mile Run – 7-10 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 30 Sit Ups
* 20 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 3 Mile Run – 7-10 Min/Mile
* 20 Push Ups
* 30 Sit Ups
* Stretch
 |



**Week 8**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 4 Mile Run – 8-11 Min/Mile
* 25 Push Ups
* 35 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 25 Push Ups
* 25 Squats
* 15 Elbow to Push Up Plank
* 40 Jumping Jacks
* 30 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 4 Mile Run – 8-11 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 35 Sit Ups
* 25 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 4 Mile Run – 8-11 Min/Mile
* 25 Push Ups
* 35 Sit Ups
* Stretch
 |



**Week 9**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 4 Mile Run – 7-10 Min/Mile
* 25 Push Ups
* 40 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 25 Push Ups
* 25 Squats
* 15 Elbow to Push Up Plank
* 40 Jumping Jacks
* 30 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 4 Mile Run – 7-10 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 40 Sit Ups
* 25 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 4 Mile Run – 7-10 Min/Mile
* 25 Push Ups
* 40 Sit Ups
* Stretch
 |



**Week 10**

|  |  |
| --- | --- |
| Day 1 (Sunday) | REST DAY |
| Day 2 (Monday) | * 4 Mile Run – 7-10 Min/Mile
* 25 Push Ups
* 40 Sit Ups
* Stretch
 |
| Day 3 (Tuesday) | 4x Through* 25 Push Ups
* 25 Squats
* 15 Elbow to Push Up Plank
* 40 Jumping Jacks
* 30 Mountain Climbers
 |
| Day 4 (Wednesday) | REST DAY |
| Day 5 (Thursday) | * 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 1 Hill Run (100yds) – 60-90 Sec
* 25 Push Ups
* 4 Mile Run – 7-10 Min/Mile
 |
| Day 6 (Friday) | 4x Through* 1 Plank – 60 Sec
* 50 Flutter Kicks (25 Each Leg)
* 40 Sit Ups
* 25 Squat Thrust Push Ups
 |
| Day 7 (Saturday) | * 4 Mile Run – 7-10 Min/Mile
* 25 Push Ups
* 40 Sit Ups
* Stretch
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