

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

The training below will assist you in meeting the Pennsylvania State Police Physical Readiness Test (PRT) standards. To get the most out of your training, you should practice all three PRT events consecutively, in the same order with approximately a 5-minute rest between events.

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.

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

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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.

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

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 should continue the successive week routine.

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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.

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