
CARROLL COUNTY SHERIFF'S OFFICE PRE-ACADEMY FITNESS GUIDE



THIS LAYOUT ENSURES A STRUCTURED AND EASY-TO-READ PAMPHLET WITH ESSENTIAL DETAILS, GOALS, AND FITNESS PROGRAM GUIDANCE.

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Disclaimer: You should be medically cleared and have a doctor's approval before beginning any exercise program.

PREPARING FOR THE ACADEMY

This guide is designed to help you meet the physical requirements of the Carroll County Sheriff's Office Police Academy. Starting now will improve your ability to handle the physical challenges of the academy.

ACADEMY GOALS

1. Become physically fit to pass the Carroll County Sheriff's Office obstacle course time requirement (3:10 or less) or your agency's physical fitness standard, yearly.
2. Build physical readiness for police work.
3. Cultivate a long-term commitment to fitness.
4. Develop mental resilience through challenging workouts.

OBSTACLE COURSE

Complete in 3:10 or less.

COOPER'S TEST

Includes push-ups, sit-ups, sit-and-reach, vertical jump, 1.5-mile run, and 300-meter sprint. Tested 4-6 times during the academy. The purpose of this test is to measure your progress.

SUGGESTED FITNESS STANDARDS (NOT REQUIRED)

- 1.5-mile run in under 15 minutes
- 26 pushups in under 1 minute
- 3" "dead-hang" pull-ups
- 35 sit-ups in under 1 minute
- 300-meter dash in under 70 seconds

With proper preparation, all the above standards are achievable.

HYDRATION & NUTRITION

HYDRATION:

Drink plenty of water, especially during hot days. You are required to bring a water bottle. You may also want to consider bringing sports drinks like Gatorade for electrolytes.



Nutrition:

Eat lean meats, vegetables, fruits, whole grains, and healthy fats. Avoid processed foods, sugary drinks, and high-caffeine supplements. Consider packing protein/energy bars to snack on and/or quickly consumer after a workout to help replenish depleted stores.



WARM-UP, STRETCHING & EXERCISE TECHNIQUES

DYNAMIC WARM-UP

Warm-up with walking, jogging, high knees, or jumping jacks for 5-10 minutes.

STRETCHING

Take 10 minutes to stretch your neck, shoulders, forearms, chest, back, hips, legs, and calves before workouts.

EXERCISES

Expect to perform a lot of push-ups and pull-ups. Use negatives for pull-ups if you struggle with them.

Negatives: Using a pull-up bar, jump or use a chair to get your chin over the bar and hold that position as long as possible, slowly lowering yourself to the ground. Repeat 5-8 times, trying to increase your time over the bar.

Running: Start slow if you're inexperienced. Build up to jogging/running for 30 minutes continuously. Running shoes are recommended.

High-Intensity Interval Training (HIIT): HIIT will be a major part of the academy training. This involves short bursts of intense activity followed by rest periods.

PRE-ACADEMY FITNESS PROGRAM

Warm-up and stretch for 10 minutes each day before and after your workout to enhance performance, prevent injuries, and support muscle recovery.

WEEK 1

Monday: Run 1 mile, Pushups (2x20), Sit-Ups (2x20), Air Squats (2x15)

Tuesday: Run ½ mile, walk ¼ mile, run another ½ mile, walk ¼ mile. Pull-ups ladder to 3 (For Example: Start at 1. Rest 30 seconds. Then do 2. Rest 30 seconds. Then do 3. Rest 30 seconds. Then do 2. Rest 30 seconds. Then do 1. OR 5-7 negatives).

Wednesday: Run 1.25 miles and 4x100 meter sprints; Push-ups (2x20), Sit-Ups (2x20), Lunges (2x20).

Thursday: Run 1 mile; Pull- Ups (2x3 or 5-7 negatives)

Friday: run 1.25 miles; Pushups (2x20), Sit-Ups (2x25), Air Squats (2x20)

Saturday and Sunday: Rest

WEEK 2

Monday: 10 x 100-meter sprints; Pushups (2x25), Sit-Ups (2x25), Air Squats (2x20)

Tuesday: Run 1.5 mile; Pullups ladder to 3 (or 5-7 negatives)

Wednesday: Run 1.5 miles; Pushups (2x25), Sit-ups (2x25), Lunges (2x20)

Thursday: Run 1 mile, walk ½ mile, run 1 mile; Pull-ups (2x4) (or 6-8 negatives)

Friday: Run 1.75 miles; Pushups (2x25), Sit-ups (2x25), Air squats (2x25)

Saturday and Sunday: Rest

PRE-ACADEMY FITNESS PROGRAM

CONTINUED

WEEK 3

Monday: 10x50-yard hill sprints/bleacher sprints; Pushups (3x20), Sit-ups (3x25), Air squats (3x20)

Tuesday: Run 2 miles; Pullups ladder to 4 (or 7-9 negatives)

Wednesday: Run 10x100 meter sprints; Pushups (3x25), Sit-ups (3x25), Lunges (3x20)

Thursday: Run 1.25 miles, walk ½ mile, run 1.25 mile; Pull-ups (3x4)

Friday: 10x50-yard hill sprints/ bleacher sprints; Pushups (3x20), Sit-ups (3x25), Air squats (3x20)

Saturday and Sunday: Rest

WEEK 4

Monday: Run 2.25 miles; Burpees (5x10), Four Count Flutter kicks (5x10)

Tuesday: Run 1.5 mile; 4x100-meter sprints; Pullups ladder to 4 (or 8-10 negatives)

Wednesday: Run 2 miles; Burpees (5x10), Four Count Flutter kicks (5x10)

Thursday: Run 2.25 miles; Pull-ups (2x5) (or 8-10 negatives)

Friday: Run 2.5 miles; Burpees (5x10), Four Count Flutter kicks (5x10)

Saturday and Sunday: Rest

START NOW. PHYSICAL TRAINING BEGINS DAY 1. PREPARE YOURSELF.

CONTACT US



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