# **Physical Performance Test**

The Physical Performance Test is prepared to test candidates’ readiness for daily activities on duty as law enforcement professionals. This is important for on-duty performance, preparing candidates for the physical demands of the job.

Candidates will find an 8-week preparatory plan listed below designed to help prepare for the Physical Performance Test. Candidates can benefit from this plan at any current fitness level.

A few keys things to remember when getting started with an exercise program:

* **Self-Screening**. If you currently have existing injuries that may affect you performing the exercises within the program, consider consulting a physician before performing those tasks.
* **Nutrition**. No one can out-train poor sleep and nutritional routines. Proper sleep, hydration, and nutrition will aid in injury prevention and proper bodily functions while preparing for the job’s strenuous nature.
* **Warm-up**. Always perform a dynamic warm prior to exercise. Gone are the days of static stretching before performing exercise activities. You will find an example dynamic warm-up before each exercise in the first portion of the 8-week plan. Perform these throughout your program to prep your body for the movements you are about to perform.
* **Cool-down**. Equally important to the warm-up is a cool-down. Giving your body time to properly cool-down with ensure that heart rate and blood pressure levels return to normal gradually. This is also a good time to statically stretch muscles that are still warm from the workout. Perform these at the same consistency as the warm-ups

Good luck with your preparation for the Physical Performance Test and your journey into Law Enforcement.

*How you prepare in the present will determine how you perform in the future.*

# **8 Week Physical Performance Preparatory Program**

**PLAN OVERVIEW**

* **Frequency**: 4 days/week
* **Session Length**: 45-60minutes
* **Weekly Format**:
	+ **Day 1**: Sprit Mechanics + Agility + Core
	+ **Day 2**: Power & Strength
	+ **Day 3**: Running Endurance + Calisthenics Volume
	+ **Day 4**: Full PPT Simulation + Recovery
* **Duration**: 8 Weeks
* **Focus**:
	+ Weeks 1-2: Technique, volume tolerance, baseline testing
	+ Weeks 3-4: Controlled progression in speed, reps, and distances
	+ Weeks 5-6: Max effort sets, sprint refinement, agility efficiency
	+ Weeks 7-8: Simulations + taper + peak testing

**WEEKS 1-2 (Foundation Phase)**

**Day 1 – Sprint Volume + Illinois Agility Test**

* Warm-up/Sprint Drills
	+ A-skips, butt kicks, high knees
* Sprint Working Sets
	+ 6 x 50 meters @ 70-75% (60-90sec rest)
* Illinois Agility Test (walk-through + 2 sets effort pace)
* Core:
	+ Plank hold (3045sec)
	+ Sit-ups (2 x 20reps)
	+ Leg Raises (2 x 10reps)
* Cool-down: Static Stretching
	+ Lunge Stretch, Cobra Stretch, Hamstring/Quad Stretch

**Day 2 – Strength + Power**

* Warm-up: Dynamic movements
	+ Jumping Jacks, Arm circles, lateral shuffles, high knees, butt kicks, lunges
* Push-up Progression:
	+ Beginner: Incline push-ups x 3 sets (10reps)
	+ Intermediate: Regular push-ups 3 x 10-15reps
	+ Advanced: Tempo/Explosive push-ups (3-1 x tempo or clapping)
* Lower Body Strength (Bodyweight to weightbearing):
	+ Split squats or goblet squats 3 x 10
	+ Step-ups 3 x 8/leg
* Vertical Jump Practice:
	+ 4x max effort jumps
* Cool-down: Static Stretching
	+ Chest, Shoulders, Quads, Hamstrings, Calves

**Day 3: Endurance + Core**

* Warm-up: 5min jog
* Interval Run:
	+ 3 x 800m @ moderate pace (2min walking rest between sets)
* Push-ups: 2x max reps in 1min
* Sit-ups: 3 x 20 – 25 reps
* Finisher: 1 min mountain climber + 1 min plank (or best attempt)
* Cool-down: Static Stretching
	+ Dead Hang from bar, Cobra Stretch, Chest, Shoulders, Quads, Hamstrings

**Day 4: Light Simulation + Conditioning**

* Warm-up: Dynamic Movements
	+ Jumping Jacks, Inchworms, walking lunges, butt kicks
* Illinois Agility Test (timed trial)
* 300m sprint @ 80%
* 1-mile jog
* Core blast:
	+ Flutter kicks x 30sec
	+ Side planks x 30sec/side
	+ Reverse crunches x 15reps
* Cooldown: Static Stretching
	+ Hips, Quads, Hamstrings, Calves

**WEEKS 3-4 (Volume Build Phase)**

**Day 1: Sprint Volume + Illinois Agility Test**

* Warm-up/Sprint Drills: Dynamic Movement
	+ A-skips, high knees, butt kicks, bounding
* Sprint Sets: 4 x 100m @ 80-85%
* Illinois Agility Test x 3 (focus on cone control)
* Core Circuit x 2 rounds
	+ Plank holds 30-60secs
	+ V-ups: 15-20reps
	+ Russian Twists: 20 total

**Day 2: Strength + Vertical Jump Focus**

* Warm-up: Dynamic Movement
	+ Jumping Jacks, Arm circles, Inchworms, High knees, A-skips
* Push-ups: 3x max reps
* Bulgarian split squats: 3 x 8reps/leg
* Box jumps: 3 x 5reps
* Vertical Jump test x 3

**Day 3: Threshold Endurance**

* Run: 1 x 1 mile + 2 x 400m (negative splits)
* Sit-ups: 1 min test x 2
* Push-up: 1 min test x 2

**Day 4: PRT Elements Practice**

* 300m sprint x 2 (85-90%)
* Illinois Agility Test timed x 2
* 1.5-mile tempo run (goal pace + 15s buffer)

**WEEKS 5-6 (Performance Phase)**

**Day 1: Sprint Speed + Reactivity Agility**

* Warm-up: Dynamic Movements
* Sprint set: 3 x 150m @ 90%
* Illinois Agility Test: 3 Rounds (record best time)
* Core:
	+ Plank Variations
	+ V-ups
	+ Russian Twists

**Day 2: Strength to Power Transfer**

* Push-ups: 3 x 1min (match or exceed previous max reps)
* Weighted Squats: 3 x 6reps
* Depth jumps: 3 x 5reps
* Vertical jump practice (full rest between jumps)

**Day 3: Test-Paced Intervals**

* 1.5 mile break down: 800m + 400m + 300m + 200m (run at test pace; sufficient rest between sets)
* Sit-ups: 3 x max reps
* Push-ups: 3 x max reps

**Day 4: Mock Test Circuit**

* Full Illinois Agility Test + 300m Sprint + 1.5-mile run
* Record Times + practice recovery strategy

**WEEK 7-8 (Peak & Taper Phase)**

**Day 1: Fast Reaction + Efficiency**

* Sprint starts: 5 x 20m (focus on explosiveness off line)
* Sprint: 3 x 100m @ 95%
* Illinois Agility Test x 2 (short rest between sets)
* Core Finisher:
	+ Hollow hold (30sec-1min)
	+ Planks (30sec-1min)
	+ Flutter Kicks (30sec-1min)

**Day 2: Light Strength + Jump Testing**

* Push-ups (tapered sets): 2 x 20 moderate tempo
* Vertical Jump: Record the best of 3 jumps
* Bodyweight Squats: 2 x 15
* Mobility and Stretching

**Day 3: Final Test Simulation**

* Full 1.5-mile run (timed)
* Max Push-ups in 1min
* Max Sit-ups in 1min
* Illinois Agility Test (timed)
* 300m sprint

**Day 4: Recovery/Active Mobility**

* Walk or light jog
* Stretch: full body stretch
* Breathwork or guided mobility