

Cuyahoga Community College
Public Safety Training Center
Law Enforcement Division
Police Agility Program

Preparing for the Police Physical Agility Exam

WHAT TEST STANDARDS MUST BE MET?

There are three events that must be successfully completed to receive a Cuyahoga Community College Certificate of Completion. Each event is scored separately and the participant must meet the standard on each and every event to receive a certificate. The standards are as follows:

		COOPER INSTITUTE OF AEROBIC RESEARCH STANDARDS				
		15 th percentile				
AGE		20-29	30-39	40-49	50-59	60+
MEN	1.5 Run	14:34	15:13	15:58	17:38	20:12
	Sit-Ups (1 Minute)	32	28	22	17	13
	Push-Ups (1 Minute)	19	15	10	07	05
WOMEN	1.5 Run	17:49	18:37	19:32	21:31	23:32
	Sit-Ups (1 Minute)	23	18	13	07	02
	Push-Ups (1 Minute)	9	07	05	04*	01*

*Modified push-ups.

HOW TO PREPARE FOR THE TEST?

PHYSICAL FITNESS ASSESSMENT PREP / TRAINING ROUTINES						
WEEK	MAX PUSHUPS & SIT-UPS 3X/WEEK Determine your max push-up/sit-ups; this will be the initial training repetition dose (ITRD). Add 2 repetitions for each successful week.		1.5 MILE RUN The progressive routine below is proven to gradually increase your running endurance. If applicable, you may advance the schedule on a weekly basis and then proceed to the next level.			
	SETS	REPS	ACTIVITY	DISTANCE	MAX TIME	FREQUENCY
1	1	ITRD	Walk	1 mile	17-20 min	5x/week
2	2	ITRD+2	Walk	1.5 miles	25-29 min	5x/week
3	3	ITRD+4	Walk	2 miles	32-35 min	5x/week
4	3	ITRD+6	Walk	2 miles	28-30 min	5x/week
5	3	ITRD+8	Walk / Jog	2 miles	27 min	5x/week
6	3	ITRD+10	Walk / Jog	2 miles	26 min	5x/week
7	3	ITRD+12	Walk / Jog	2 miles	25 min	5x/week
8	3	ITRD+14	Walk / Jog	2 miles	24 min	5x/week
9	3	ITRD+16	Jog	2 miles	23 min	4x/week
10	3	ITRD+18	Jog	2 miles	22 min	4x/week