

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 a certificate. The standards are as follows:

		COOPER INSTITUTE OF AEROBIC RESEARCH STANDARDS				
		30 <sup>th</sup> percentile				
AGE		20-29	30-39	40-49	50-59	60+
MEN	1.5 Run	13:16	13:46	14:34	15:58	17:38
	Sit-Ups (1 Minute)	35	32	27	21	17
	Push-Ups (1 Minute)	26	20	15	10	8
WOMEN	1.5 Run	15:52	16:38	17:22	18:59	
	Sit-Ups (1 Minute)	30	22	17	12	
	Push-Ups (1 Minute)	13	09	07	09*	

\*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