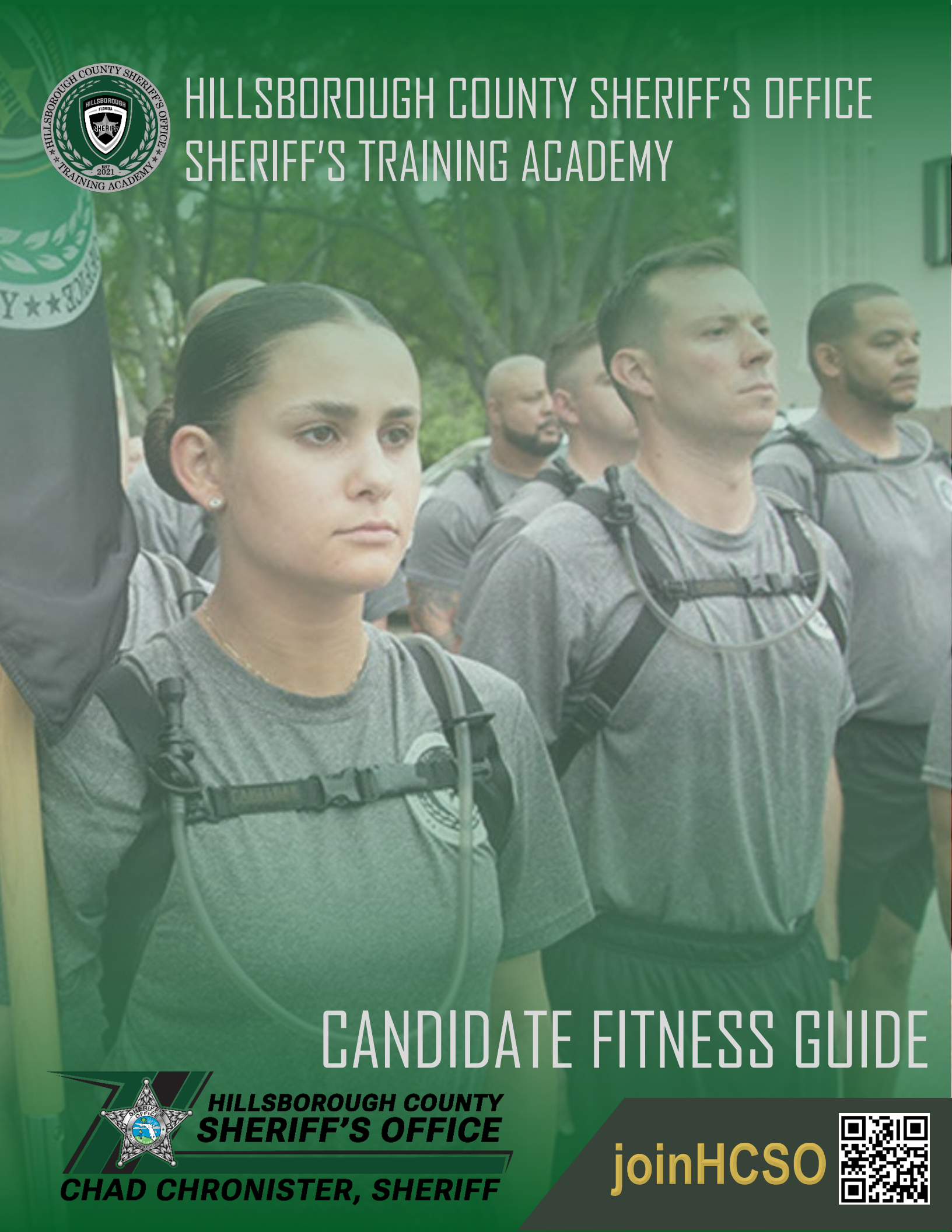
# HILLSBOROUGH COUNTY SHERIFF'S OFFICE
# SHERIFF'S TRAINING ACADEMY



# CANDIDATE FITNESS GUIDE

HILLSBOROUGH COUNTY
SHERIFF'S OFFICE
CHAD CHRONISTER, SHERIFF

joinHCSO

Dear Candidate,

I am pleased to extend my greetings and provide valuable guidance as you prepare to embark on your journey with our esteemed law enforcement agency.

At our academy, we take great pride in training exceptional law enforcement professionals. Over the course of your four to five months of training, you will engage in physical fitness training to ensure that you meet our stringent standards, as well as those set by the Florida Criminal Justice Standards & Training Commission.

This endeavor requires unwavering dedication and is best approached with pre-academy physical fitness training. Enclosed, you will find a comprehensive three-month workout plan designed to accommodate individuals who already incorporate exercise into their weekly routine, as well as those who may be returning to fitness after a period of inactivity. Additionally, I have included a fitness log to help you track your progress along the way.

Thank you for your interest in the Hillsborough County Sheriff's Office. With commitment and determination, I have no doubt that you will find success in becoming a Hillsborough County Sheriff's Deputy.

Damon Plonczynski
Academy Director
Hillsborough County Sheriff's Office

# THE THREE-MONTH PRE-ACADEMY FITNESS PROGRAM

## PHYSICAL PREPARATION

THE THREE-MONTH PRE-ACADEMY FITNESS PROGRAM was designed to provide a structured workout plan for candidates to use on their own. Candidates will develop strength and fitness levels that will help them succeed in the academy. The physical training in the academy includes flexibility and strength training, endurance runs, calisthenics exercises, an obstacle course, and defensive tactics techniques. It is a fact that candidates who enter the academy lacking physical conditioning are prone to injuries that can result in removal from the academy.

It is very important to consult a medical professional before starting any physical activity program. It is recommended that each candidate set goals and adjust the level of this program according to their capabilities.

## PHYSICAL REQUIREMENTS

The State of Florida and the Criminal Justice Standards Training Commission (CJSTC) requires cadets to fully participate in and successfully complete 100% of all physical conditioning classes to include a Cooper's Physical Assessment within the first and last week of the academy. The physical training in the academy is designed to serve two purposes: to fulfill the CJSTC requirement and to prepare the cadet for the physical aspect of their career. To measure progress, cadets must complete the Cooper's Physical Assessment twice during academy training and complete an agency Physical Abilities Assessment (PAA) prior to being sworn in as a deputy.

The Cooper's Physical Assessment consists of five events. Each event is scored and serves as a benchmark for future progress:

- Push-ups
- Sit-ups
- Vertical jump
- 1 1/2-mile run
- 300-meter run

The agency PAA is a timed obstacle course and is required to be completed annually.

## WARM-UP / STRETCHING

No matter your level of fitness, you should always begin an exercise session with an appropriate amount of time allocated for warming up. A warm-up prior to exercise stimulates the cardiovascular system and various muscle groups, which increases performance and reduces your risk of injury.

Warm-up should be gradual and strenuous enough to increase your core temperature and muscle temperature without causing fatigue or excess stress on the body. This could be walking, cycling, stair stepping, etc.; begin at a slow pace and then gradually increase the intensity. The duration of the warm-up will depend on the primary activity, the intensity of the activity, your age and level of fitness. However, as a general rule, five to ten minutes will be sufficient. After you have warmed-up, stretch all major body parts; it is important that you do not stretch until you are warmed up.

## RUNNING

The running component of THE THREE-MONTH PRE-ACADEMY FITNESS PROGRAM is designed to meet the minimal running standards at the Sheriff's Training Academy. It will increase your endurance and speed and is a great way to improve your cardiovascular capacity. There is nothing easier than putting on a pair of running shoes and heading out the door for fresh air, sunshine, and exercise. However, while it is easy to start, if you have never run before, you'll quickly realize how strenuous it can be. It takes time to build up the endurance to run for even a short period of time.

The goal of the running portion of this program is to build up your endurance to a two-mile run at a 12-minute mile pace. If you are new to running, you should ease into the program. If you are unable to run at a slow pace continuously for 24 minutes you should begin your program with a walk/run routine, alternating four minutes of fast walking with four minutes of running. Gradually build up so that you can complete a 24 minute self-paced run without having to incorporate walking intervals. Always complete your workout with a five-minute slow-paced cool-down and stretching of the calves, hamstrings, hip flexors, and back.

It is very important that you have a good pair of running shoes. Unlike cross trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg and causing injuries. They are also made to fit your foot comfortably, which reduces the slipping and sliding that can lead to blisters.

Running should be conducted outdoors to better adapt to the running conditions that a cadet will experience during the academy training program.

While you are building up your running stamina, practice good running form:

- Run tall with good posture. Your trunk will lean forward from the hips slightly, but try to lengthen your body, lift your chest, and hold in your abdominal muscles.
- Let your arms swing at a 90-degree angle between the chest and hipbone, not crossing them over your body. Your arm swing should complement your stride. Relax your wrists and hands. Do not clench your fists.
- Power your stride from your thighs, hips, and buttocks muscles.
- Stay relaxed and control your breathing to prevent cramps and early exhaustion.
- Your foot should hit the ground underneath your hip and not in front of your torso. Use the ground to push through your stride.

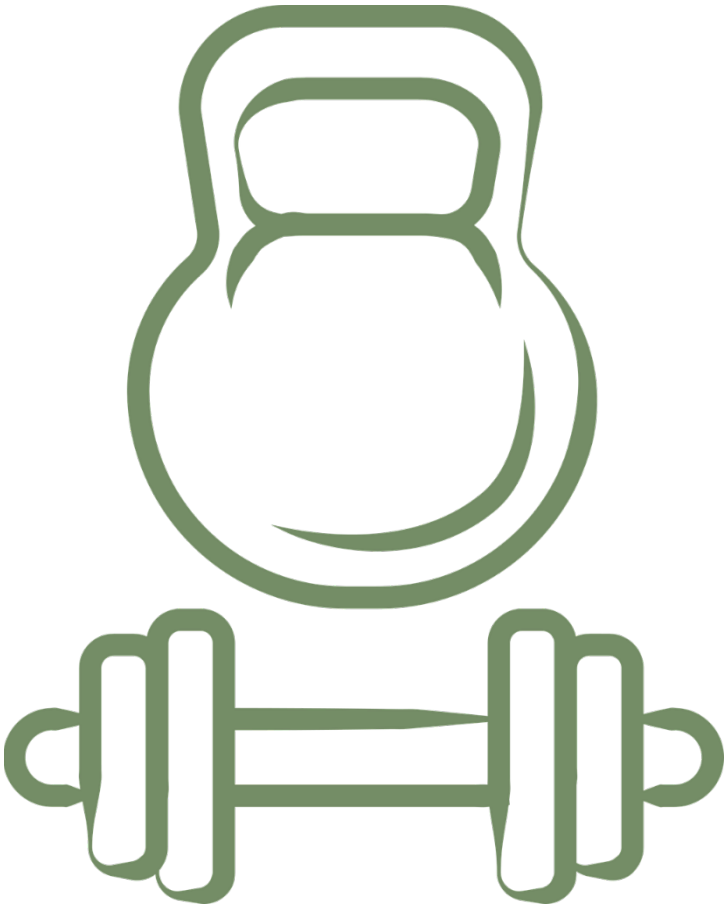
# STRETCHING ROUTINE

Stretching Tips:

- Always warm up for 5-10 minutes prior to stretching.
  - Suggestions - stationary bike, running in place, stair machine, or treadmill.
- Move slowly when stretching.
  - Take this time to relax and focus on your breathing.
- Depending on what you choose, music can help energize or relax you.
- When lying on your back, move your legs one at a time.
  - Sudden movements with both legs can strain the muscles of the lower back.
- Stretch to the point of gentle tension. If something hurts, stop immediately. Stretching should feel good.
  - Hold each stretch for 30 seconds.
- Stretch daily. This workout can take as little as 7-10 minutes, or as long as you'd like. A few minutes every day can improve your performance, prevent injuries, and help you relax.

## ACADEMY PHYSICAL TRAINING PROGRAM

The cadet physical fitness training during the academy follows a program similar to the one included in the following chart. The program is indicative of what is expected of cadets from the day they enter the academy. Candidates should start THE THREE-MONTH PRE-ACADEMY FITNESS PROGRAM on their own to be better prepared for the physical demands of the academy. Candidates should perform the program two - four times a week.



# PRE-ACADEMY THREE MONTH FITNESS PROGRAM

## To be performed two to four times per week

| Week One | Week Two | Week Three |
|---|---|---|
| **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** |
| Run .75 Miles @ 12:00 pace<br>Walk 1.25 Miles @ brisk pace | Run 1 Mile @ 12:00 pace<br>Walk 1 Mile @ brisk pace | Run 1.25 Mile @ 12:00 mile pace<br>Walk .75 Mile @ brisk pace |
| **Strength (2 Sets)**<br><br>Push-ups 10-20 (2 sets)<br>Sit-ups 10-20 (2 sets)<br>Supermans 10-20 (2 sets)<br>Planks 30 seconds (2 sets) | **Strength (2 Sets)**<br><br>Push-ups 15-25 (2 sets)<br>Sit-ups 15-25 (2 sets)<br>Supermans 15-25 (2 sets)<br>Planks 35 seconds (2 sets) | **Strength (2 Sets)**<br><br>Push-ups 20-30 (2 sets)<br>Sit-ups 20-30 (2 sets)<br>Supermans 20-30 (2 sets)<br>Planks 40 seconds (2 sets) |
| **Week Four** | **Week Five** | **Week Six** |
| **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** |
| Run 1 Mile @ 12:00 pace<br>Walk 1 Mile @ brisk pace | Run 1.25 Mile @ 12:00 pace<br>Walk .75 Mile @ brisk pace | Run 1.5 Mile @ 12:00 mile pace<br>Walk .5 Mile @ brisk pace |
| **Strength (2 Sets)**<br><br>Push-ups 15-25 (2 sets)<br>Sit-ups 15-25 (2 sets)<br>Supermans 15-25 (2 sets)<br>Planks 35 seconds (2 sets) | **Strength (2 Sets)**<br><br>Push-ups 20-30 (2 sets)<br>Sit-ups 20-30 (2 sets)<br>Supermans 20-30 (2 sets)<br>Planks 40 seconds (2 sets) | **Strength (2 Sets)**<br><br>Push-ups 25-35 (2 sets)<br>Sit-ups 25-35 (2 sets)<br>Supermans 25-35 (2 sets)<br>Planks 45 seconds (2 sets) |
| **Week Seven** | **Week Eight** | **Week Nine** |
| **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** |
| Run 1.25 Mile @ 12:00 pace<br>Walk .75 Mile @ brisk pace | Run 1.5 Mile @ 12:00 pace<br>Walk .5 Mile @ brisk pace | Run 1.75 Mile @ 12:00 mile pace<br>Walk .25 Mile @ brisk pace |
| **Strength (3 sets)**<br><br>Push-ups 15-25 (3 sets)<br>Sit-ups 15-25 (3 sets)<br>Supermans 15-25 (3 sets)<br>Planks 30 seconds (3 sets) | **Strength (3 sets)**<br><br>Push-ups 20-30 (3 sets)<br>Sit-ups 20-30 (3 sets)<br>Supermans 20-30 (3 sets)<br>Planks 35 seconds (3 sets) | **Strength (3 sets)**<br>*AMRAP on the Last Set*<br>Push-ups 25-35 (3 sets)<br>Sit-ups 25-35 (3 sets)<br>Supermans 25-35 (3 sets)<br>Planks 40 seconds (3 sets) |
| **Week Ten** | **Week Eleven** | **Week Twelve** |
| **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** | **Warm-Up 5-10 mins** |
| Run 1.5 Mile @ 12:00 pace<br>Walk .5 Mile @ brisk pace | Run 1.75 Mile @ 12:00 pace<br>Walk .25 Mile @ brisk pace | Run 2 Miles @ 12:00 mile pace |
| **Strength (3 sets)**<br>*AMRAP on the Last Set*<br>Push-ups 20-30 (3 sets)<br>Sit-ups 20-30 (3 sets)<br>Supermans 20-30 (3 sets)<br>Planks 35 seconds (3 sets) | **Strength (3 sets)**<br>*AMRAP on the Last Set*<br>Push-ups 25-35 (3 sets)<br>Sit-ups 25-35 (3 sets)<br>Supermans 25-35 (3 sets)<br>Planks 40 seconds (3 sets) | **Strength (3 sets)**<br>*AMRAP on the Last Set*<br>Push-ups 30-40 (3 sets)<br>Sit-ups 30-40 (3 sets)<br>Supermans 30-40 (3 sets)<br>Planks 45 seconds (3 sets) |

*AMRAP – As many reps as possible

.75 Miles @ 12:00 pace = .75 miles at 12-minute pace

# CALISTHENICS / STRENGTH

The academy strength training is based on a calisthenics platform. Calisthenics develops the ability to squat, reach, twist, lunge, jump, land, push, and get up and down. These are the types of actions demanded of a Sheriff's deputy. Calisthenics build strength and promote endurance without the repetitive motion that often leads to overuse injuries. Finally, these exercises improve mobility by progressively taking the major joints through a full, controlled range of motion. Calisthenics also demands the attention to detail that conveys physical readiness and discipline. You should do calisthenic exercises every day. It is important that you adjust the level of activity according to your individual fitness level and gradually progress at your own pace with every workout.

# COOL DOWN

The cool-down is just as important as the warm-up. Abrupt cessation of vigorous activity leads to pooling of the blood and sluggish circulation. It may also contribute to cramping, soreness, or more serious problems. It is recommended that you complete your workout with a five-minute slow-paced cool- down and stretch for ten minutes following your workouts. It is important to remember to stretch while your muscles are still warm.

# HYDRATION

Most people do not drink enough water; water is essential to survival. Every function and movement of a Deputy’s body requires water. During hot weather or strenuous exercise, a larger amount of water is eliminated through perspiration to regulate body temperature. Therefore, it is critical to drink more water during hot weather or while exercising. It is recommended that you have consumed an adequate amount of water and are properly hydrated before exercising. If the exercise is prolonged or vigorous, you should drink small quantities of water every 10 to 15 minutes during the activity. A guideline for consumption of water is 64 ounces of water per day.

# STRETCHING PROGRAM

**NECK ROTATION:** Turn your head to the side, stretching your chin toward your shoulder. Turn head back to center and repeat to the other side.

**SHOULDER STRETCH:** Stand with feet shoulder width apart. Raise one arm overhead and stretch as far as you can without bending the torso. Repeat with the opposite arm.

## FOREARM STRETCH:

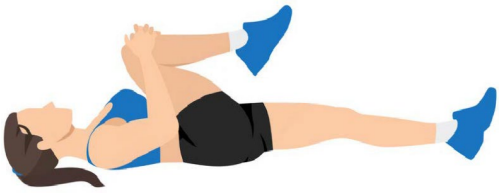
Extend your right arm straight out in front of you, palm downward. With the left hand, grasp the fingers of the right hand and pull back gently, stretching the wrist and forearm. Repeat with the left arm.

**TRICEPS STRETCH:** Raise one arm straight up, so your upper arm is near your ear. Bend at the elbow and let your hand fall to the back of your neck. With the other arm, reach behind your head and place your hand on top of the bent elbow. Gently pull down and back on the elbow. Repeat with the other arm.

**TRUNK STRETCH:** Stand with your feet a little more than shoulder width apart. Reach your left arm overhead and bend to the right at the waist. Repeat on opposite side.

**TORSO TWIST:** Stand at arm's length from the wall, with the wall at your side. Reach one arm out and place your hand on the wall. Reach the other arm around the body, stretching the hand to the wall. Repeat on opposite side.

**CHEST STRETCH:** Stand with your feet shoulder width apart. Clasp your hands behind your back and gently press your arms upward, keeping your arms straight.



**BACK STRETCH:** Lie on your back and bring one knee to your chest. Hold the knee with both hands and gently pull in. Alternate knees and repeat.

**HIP ROLL:** Lie on your back and bend your knees, feet flat on the floor. Let your knees fall to the right while reaching both arms across your body to the left. Hold the stretch, then roll the hips over to the left, stretch arms to the right and repeat the stretch.

**LOWER BACK REACH:** Sit on the floor with your legs straight out in front of you. Reach forward toward your toes, keeping your chin up and lower back slightly arched. Try not to round the back or tuck the chin in - this decreases the effectiveness of the stretch.

**BUTTERFLY STRETCH:** Sit on the floor, bend your knees out to the sides and bring the soles of your feet together. Place your hands on your knees and gently press the knees toward the floor. Keep your back straight.

**LATERAL HIP STRETCH:** Sit on the floor with both legs straight in front of you. Bend your left leg and place the left foot over the right knee. Place your right hand on the outside of the left knee and gently pull the knee toward your right shoulder, twisting the torso to the left, until you feel the stretch in your left hip. Repeat with the opposite side.

**HAMSTRING STRETCH:** Stand with legs shoulder width apart and the left leg slightly in front of the right. Shift your weight to the back leg (the right) and bend the knee, turning the knee and toe to the right. Extend the left leg and place the heel on the floor, toes in the air. Keep the back straight and bend forward at the hips until you feel the stretch in the hamstring of the left leg. Repeat with the opposite leg.

**STANDING HAMSTRING REACH:** Stand with one foot crossed over the other. Bend at the hips, reaching toward the floor and keeping the knees slightly bent. Repeat with the opposite foot crossed in front.

**V-STRETCH:** Sit on the floor with your legs extended to either side so they form a “V”. Bend forward, grasp your toes or ankles, and stretch your chest toward the floor. Try to go a little lower each time you perform the stretch.

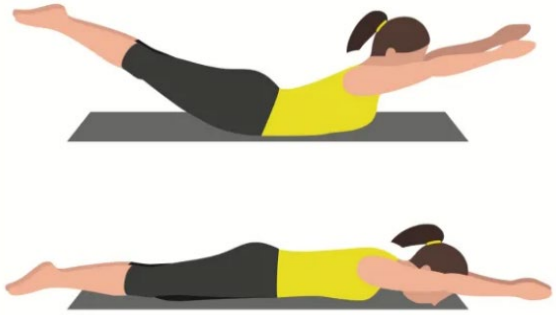
**LEANING CALF STRETCH:** Stand about 2 1/2 feet from a wall. Place your hands on the wall and lean in, gently pushing your hips forward. Keep your legs straight and heels flat on the floor.

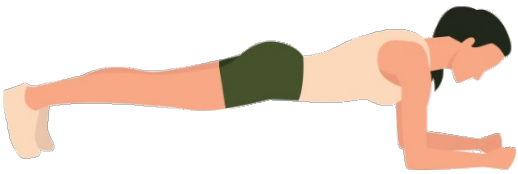
**Standing Calf Stretch:** Stand with your feet together. Extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch in the calf. Repeat with opposite leg.

**Quadriceps Stretch:** Lie face down and reach back with your right arm to grasp your right ankle. Pull your foot toward your buttocks. Be sure to keep your hips and pelvis on the floor. Repeat with left leg.

**STANDING QUAD STRETCH:** From a standing position, reach back to grasp your right ankle with your right hand. And pull your foot toward your buttocks. Place your other hand on a wall or chair if you need balance support. Repeat with left leg.

**SUPERMAN:** Start face down on the floor, with your arms extended in front of you. Raise your head, arms, and legs about five inches off the floor. Try not to raise your shoulders too much. Hold for a count of three, then lower.





**PLANK:** Hold yourself up on the ground with your forearms and toes. Your back and legs should be as straight as possible. Clasp your hands if it helps you balance.

# HCSO FITNESS GUIDE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ |
| RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PLANK | PLANK | PLANK | PLANK | PLANK | PLANK | PLANK |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |

Notes:

# HCSO FITNESS GUIDE

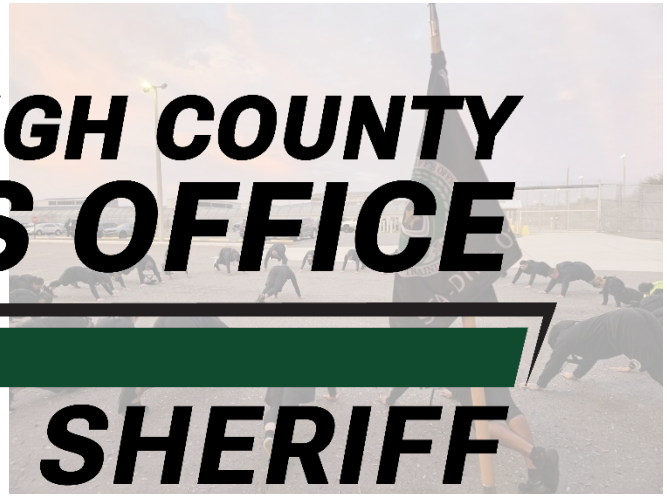
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ |
| RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PLANK | PLANK | PLANK | PLANK | PLANK | PLANK | PLANK |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |

Notes:

# HCSO FITNESS GUIDE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ | Date:_____ |
| RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME | RUN TIME |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS | PUSH-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS | SIT-UPS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS | SUPERMANS |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |
| PLANK | PLANK | PLANK | PLANK | PLANK | PLANK | PLANK |
| Notes: | Notes: | Notes: | Notes: | Notes: | Notes: | Notes: |

Notes:



# HILLSBOROUGH COUNTY SHERIFF'S OFFICE

## CHAD CHRONISTER, SHERIFF