

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

Preparing for the Police Agility Test

WHAT TEST STANDARDS MUST BE MET?

The test will be given in the following sequence. There will be rest periods between each event. Each test is scored separately and you must meet the standard on each and every test. The standards are as follows:

| <u>TEST</u> | <u>STANDARD</u> |
|----------------------|-------------------------|
| Minimum push ups | 27 no time frame |
| Minimum sit ups | 31 within in a minute |
| Illinois Agility Run | 19 seconds |
| 1Rep. bench press | 78% of your body weight |
| 300 meter run | 62 seconds |
| 1.5 mile run | 16 minutes 36 seconds |

HOW TO PREPARE FOR THE TEST?

Training will be required to meet the standards. Each test has a different training routine.

Maximum Pushup and Sit up Tests

To prepare for this test follow this routine.

The **first step** is to see how many pushups can be accomplished. That will become the initial training repetition dose or **ITRD**.

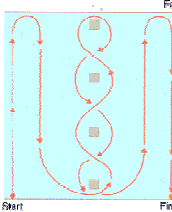
| <u>Week</u> | <u>Sets</u> | <u>Repetitions</u> | <u>Frequency</u> |
|-------------|-------------|------------------------------------|------------------|
| 1 | 1 | ITRD | 3/week |
| 2 | 2 | ITRD divided by 1/2 | 3/week |
| 3 | 3 | ITRD divided by 1/2 | 3/week |
| 4 | 3 | ITRD divided by 1/2 plus 2 | 3/week |
| 5 | 3 | ITRD divided by 1/2 plus 4 | 3/week |
| 6 | 3 | ITRD divided by 1/2 plus 6 | 3/week |
| 7 | 3 | ITRD divided by 1/2 plus 8 | 3/week |
| 8 | 3 | ITRD divided by 1/2 plus 10 | 3/week |

For each successful week keep adding 2 more repetitions per week.

If a regular push up can not be completed, at first, do the modified push up for several weeks following the same routine, then advance to the regular push up.

Illinois Agility Run To prepare for this test the participant will need to practice sprinting the distance of 40 feet around obstacles.

1. Set up a course.
 - The course should consist of three lanes.
 - The first lane is a straight sprint starting from the push-up position.
 - The second lane space four (4) obstacles (chairs, cardboard boxes etc.) 10 feet apart
 - The third lane is a straight sprint. (See diagram).



2. At least two days a week run through the course – two to four times non-stop.

1 RM Bench Press To prepare for this test the participant will need access to weights.

The **first step** is to determine the maximum weight the participant can push up one time.

The **second step** is to determine 60% of that weight. This will be a weight that can be done 8-10 REPS. Use the schedule below:

REPS = the number of times you do the exercise (number of lifts of the weight)

SETS = the number of times you do the series of reps.

| <u>Week</u> | <u>Weight</u> | <u>Sets</u> | <u>Reps</u> | <u>Frequency</u> |
|-------------|---------------------------|-------------|-------------|------------------|
| 1 | 60% of 1RM | 1 | 8-10 | 3/week |
| 2 | 60% of 1RM | 2 | 8-10 | 3/week |
| 3 | 60% of 1RM | 3 | 8-10 | 3/week |
| 4 | 60% of 1RM | 3 | 8-10 | 3/week |
| 5 | 60% of 1RM plus 5 lbs | 3 | 8-10 | 3/week |
| 6 | 60% of 1RM plus 5 lbs | 3 | 8-10 | 3/week |
| 7 | 60% of 1RM plus 10 lbs | 3 | 8-10 | 3/week |
| 8 | 60% of 1RM plus 10 lbs | 3 | 8-10 | 3/week |
| 9 | 60% of 1RM | 3 | 8-10 | 3/week |

| | | | | |
|----|------------------------------|---|------|--------|
| | plus 10-20 lbs | | | |
| 10 | 60% of 1RM plus 10-20 lbs | 3 | 8-10 | 3/week |

300 Meter Run

To prepare for this test the participant will need to do interval training.

The **first step** is to time one's self for an all out effort at 110 yards. This is called the initial time or **IT**.

The **second step** is to divide the **IT** by .80 to get the starting training time. Then follow the schedule below:

| period | | | Number of | Time for | Rest |
|------------------|-------------|-----------------|--------------------|-----------------------------------------------|------------------|
| sprints | | <u>Training</u> | Times you Sprint | the sprint | between |
| <u>Frequency</u> | <u>Week</u> | <u>Distance</u> | <u>Repetitions</u> | <u>Training Time</u> | <u>Rest Time</u> |
| 1/week | 1 & 2 | 110 yards | 4 | .80 into IT | 2 min. |
| 1/week | 3 & 4 | 110 yards | 5 | .80 into IT minus 2-3 sec. | 2 min. |
| 1/week | 5 & 6 | 110 yards | 6 | .80 into IT minus 5-6 sec. | 2 min. |
| 1/week | 7 & 8 | 220 yards | 4 | .80 into IT times 2 | 2 min. |
| 2/week | 9 & 10 | 220 yards | 4 | .80 into IT times 2 minus 4 sec. | 2 min. |

1.5 Mile Run

To prepare for this test, the participant needs to gradually increase running endurance. The schedule below is a proven progressive routine. If applicable the participant may advance the schedule on a weekly basis and then proceed to the next level. If the distance can be accomplished in less time, then do so.

| <u>WEEK</u> | <u>ACTIVITY</u> | <u>DISTANCE</u> | <u>TIME</u> | <u>FREQUENCY</u> |
|-------------|-----------------|-----------------|-------------|------------------|
| 1 | Walk | 1 mile | 17-20 min. | 5/week |
| 2 | Walk | 1.5 mile | 25-29 min. | 5/week |
| 3 | Walk | 2 miles | 32-35 min. | 5/week |
| 4 | Walk | 2 miles | 28-30 min. | 5/week |
| 5 | Walk/jog | 2 miles | 27 min. | 5/week |

| | | | | |
|----|----------|---------|---------|--------|
| 6 | Walk/jog | 2 miles | 26 min. | 5/week |
| 7 | Walk/jog | 2 miles | 25 min. | 5/week |
| 8 | Walk/jog | 2 miles | 24 min. | 5/week |
| 9 | Jog | 2 miles | 23 min. | 4/week |
| 10 | Jog | 2 miles | 22 min. | 4/week |
| 11 | Jog | 2 miles | 21 min. | 4/week |
| 12 | Jog | 2 miles | 20 min. | 4/week |
