

Physical Fitness

Requirements and Preparation



INTRODUCTORY MESSAGE TO CANDIDATES

Candidates,

The Physical Fitness Test is designed to measure your current fitness capacity and readiness for the demands of law enforcement service. These standards assess muscular endurance, core strength, aerobic fitness, and overall physical preparedness.

Physical fitness is critical in this profession because it directly impacts your ability to:

- Respond quickly during emergencies
- Sustain effort during prolonged or high-stress incidents
- Perform physical control techniques safely
- Reduce injury risk to yourself and others
- Maintain long-term career durability

We often see candidates fall short during this phase — not because they lack potential, but because they lacked clear information or structured preparation. Success on testing day rarely comes down to effort alone; it comes from preparation, pacing, and understanding what is required.

This guide is designed to give you clarity and direction. Our goal is not only to help you pass the April test, but to help you build habits that support your success throughout the academy and your career.

Once your application has been submitted, we will extend opportunities for you to train with us and continue developing your fitness and readiness.

Prepare with purpose. Train with discipline. Arrive confident.

Test Components

Candidates must complete:

1-Minute Push-Up Test

Measures muscular endurance of the chest, shoulders, and triceps.

1-Minute Sit-Up Test

Measures muscular endurance of the abdominal and hip-flexor muscles.

1.5 Mile Run

Measures aerobic capacity and leg endurance.

- Conducted on a standard 400-meter track
- 6 full laps = 1.5 miles
- Must be completed without assistance
- Walking is authorized but strongly discouraged

Push-Ups (1 Minute) - 40th Percentile Minimum

Age Group	Male	Female
20-29	29	15
30-39	24	11
40-49	18	9
50-59	13	12*
60-65	10	5*

Sit-Ups (1 Minute) - 40th Percentile Minimum

Age Group	Male	Female
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60-65	19	6

1.5 Mile Run – Maximum Time Allowed (40th Percentile)

Age Group	Male	Female
20-29	12:51	15:26
30-39	13:36	15:57
40-49	14:29	16:58
50-59	15:26	17:54
60-65	16:43	18:44

Lap Split Targets (6 Laps)

Know your pace before test day!

Age Group	Gender	Total Time	Target Per Lap
20-29	Male	12:51	2:08
20-29	Female	15:26	2:34
30-39	Male	13:36	2:16
30-39	Female	15:57	2:40
40-49	Male	14:29	2:25
40-49	Female	16:58	2:50
50-59	Male	15:26	2:34
50-59	Female	17:54	2:59
60-65	Male	16:43	2:47
60-65	Female	18:44	3:07

Race Day Strategy

Night Before

- Balanced meal with moderate carbohydrates
 - Avoid fried foods
 - No alcohol
- Hydrate steadily
- 7-8 hours of sleep
- Rest rest rest! No work outs, no last minute “tests”, this is the time to REST

Morning of Test

- Eat light, familiar foods 1-2 hours before consisting of carbohydrates
 - Toast, bagel, oatmeal, banana, etc.
- Don't try anything new today! Stick with what you have trained with
- Hydration & Electrolytes
 - Sip water consistently but don't over do it
 - Electrolytes or salt tablets but make sure to have incorporated this prior to testing day

- Bring gels or snacks with you if you have trained with them prior
- Light stretching - we will complete a dynamic warm up prior to testing

Foundational Plan

For candidates building toward a *standard goal* at **4x / week**:

Day 1 - Full body

- Upper body / back: push up variations, curls, dips, pull-ups, extensions
- Lower body: squat variations, lunge variations, RDLs, step-ups, raises, bridges
- Core: planks, Russian twists, sit-ups weighted, v sit-ups, cradle holds, leg raises or knee ups

Day 2 - Intervals

- Pick your distance. If you're unable to run a full 1.5 miles then break your intervals into .25 intervals
 - .25 run
 - .25 walk
 - Repeat 4-6 times
- Each week you'll want to increase your mileage gradually. For example, week two:
 - .50 run
 - .25 jog
 - Repeat 4-6 times

Day 3 - Active Recovery

- Walk, yoga, biking

Day 4 - Run

- Since you only have a short time to prepare you should have one challenging run (minimally) a week either in distance, speed, or both.

Day 5 - Stretching and mobility

Day 6 - Cross training

- WODs (work out of the day) consisting of burpee variations, squats, lunges, box jumps, and so forth.
 - Example:
 - 4-5 rounds for time:
 - 10 squats
 - 10 lunges each leg
 - 10 box jumps
 - 10 burpees
- Swimming, row machine, assault bike

Day 7 - Rest

For candidates building towards a goal to *increase power and speed 5x / week*:

Day 1 - Lower body & Sprints

- Stretching and mobility targeting smaller muscle groups
- Strength training targeting bigger muscle groups
- Finish with sprint intervals 200 meter sprints with 30 second rest

Day 2 - Run

- 2 mile run (easy pace)

Day 3 - Active Recovery

Day 4 - Speed

- 200 meter jog
- 200 meter sprint
- Repeat for 2 miles

Day 5 - Upper body / Back

Day 6 - Cross Training + Core

Day 7 - Rest

Conclusion

The Physical Fitness Test is designed to assess **endurance** — not maximum strength. Your training must reflect that.

Lifting heavy should never cause you to miss your run workouts. Your program should build the capacity to perform both strength training and aerobic conditioning as you progress.

Train with balance. Train with purpose.

Do not wait to start training. Do not stop training.

You will be required to test again prior to attending the academy. While at the academy, you must successfully complete this test multiple times in order to graduate. Fitness is not a one-day requirement — it is an ongoing professional expectation.

Invest in proper equipment. Quality running shoes, moisture-wicking socks, and appropriate training gear make a measurable difference in both comfort and injury prevention.

If you are unsure about footwear, consider visiting:

Fleet Feet - Davenport

They can scan your feet and analyze your walking pattern to help you select appropriate running shoes. Proper footwear reduces injury risk and improves performance.

This profession demands physical readiness. The standard is clear. The timeline is defined.

The decision to prepare is yours.

We look forward to seeing candidates who arrive disciplined, confident, and ready to exceed the standard.