



## **Training Guidance for the Casper Police Department**

### **Annual Physical Training Assessment**

The content in this package provides a detailed approach on how to train and complete each physical fitness test the Police Department conducts on an annual basis. Your performance on each test will determine how many hours of Paid Time Off you will earn. If you need more guidance on any of the tests, please contact Mary Facciani at x514 or [mfacciani@cityofcasperwy.com](mailto:mfacciani@cityofcasperwy.com).

All tests are in the order that you will be tested.

***Good luck!***

#### **Incentive requirement scores:**

- Earn 8 hours of Paid Time Off by completing the standard for each test
- Earn 12 hours of Paid Time Off by completing the standard for each test plus an extra 6 points
- Earn 16 hours of Paid Time Off by completing the standard for each test plus an extra 13 points  
*(The more points you earn for each test, the more likely you will earn 16 hours of Paid Time Off)*

#### **Disclaimer:**

It is strongly recommended that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in each exercise test in this packet. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you choose to participate in this exercise assessment, you agree that you do so at your own risk, are voluntarily participating in these activities, and assuming all risk of injury to yourself.

## Vertical Jump



ACTIVITY		MALES				FEMALES			
ORDER	AGE GROUP	20-29	30-39	40-49	50 +	20-29	30-39	40-49	50 +
1	Vertical Jump	Standard = 15.5 inches							
	3 (extra points)	21	19	18	17.5	19	18.5	18	17
	2 (extra points)	19	18	17.5	17	18.5	18	17.5	16.5
	1 (extra point)	18	17.5	17	16.5	18	17.5	17	16

This test measures the difference between your jump height and reach height, and determines your short term, power generating capabilities.

### 3 different ways you can train for the vertical jump

- Box jumps. With your feet shoulder-width apart, jump on a box positioned in front of you. Concentrate on form. Begin by lowering into a squat. Jump onto the box, swinging your arms for momentum. Balance on top of the box before stepping down, repeat. Begin with a lower box first, i.e. basic step height, and then increase your box height as you gain strength. Repeat 5-10 times.
- Stand with one foot on the box and the other on the ground behind it. Lower yourself into a lunge position. Press against the box with your front foot and raise yourself up, jumping and alternating feet so you land on the ground with the leg that was on the box and the leg that was on the ground is now on the box. Repeat for one repetition work your way up to 8 reps.
- Practice jumping on a mini-trampoline or a regular trampoline. Jumping on a trampoline improves vertical leaping ability without adding stress to the joints.

Guideline: the score is your best jump out of 3 tries.

## Maximum Bench Press (Ratio or Raw) - 1 rep max test



ACTIVITY		MALES				FEMALES			
ORDER	AGE GROUP	20-29	30-39	40-49	50 +	20-29	30-39	40-49	50 +
2	<b>*1RM Bench Ratio Score</b>	<b>Standard = .72 (weight lifted/body weight)</b>							
	3 (extra points)	1.1	0.96	0.86	0.78	0.81	0.79	0.77	0.75
	2 (extra points)	1.06	0.93	0.84	0.76	0.8	0.78	0.76	0.74
	1 (extra point)	1.03	0.9	0.82	0.74	0.79	0.77	0.75	0.73
2	<b>*1RM Bench Raw Score</b>	<b>Standard = 115 lbs.</b>							
	3 (extra points)	210	190	170	150	145	140	135	130
	2 (extra points)	200	180	160	140	140	135	130	125
	1 (extra point)	190	170	150	130	135	130	125	120

**\*You have the option of doing *either* the 1RM Bench Ratio Score (calculation with your body weight) *or* 1RM Bench Raw Score.**

This test measures upper body strength. Muscular strength is your ability to exert maximal force (using maximum or near maximum resistance) during limited repetitions. When focusing on strength improvements, you are generally working to increase your power and muscle mass, with gains in muscular endurance being secondary.

- Try some of these exercises to improve your max bench press; flat dumb bell bench press, regular bench press (as shown in the picture).

Guidelines: perform an adequate warm up., i.e. 5-10 reps of a light-to-moderate weight, then after a minute rest perform two heavier warm-up sets of 2-5 reps, with a two-minute rest between sets. After this, rest two to four minutes, then perform the one-rep-max attempt with proper technique (use a spotter for safety purposes). If the lift is successful, rest for another two to four minutes and increase the load 5-10%, and attempt another lift. If you fail to perform the lift with correct technique, rest two to four minutes and attempt a weight 2.5-5% lower. Keep increasing and decreasing the weight until a maximum lift is performed. Selection of the starting weight is crucial so that the maximum lift is completed within approximately five attempts after the warm-up sets. Lift the bar until your arms are fully extended without locking them out.

## 300 Meter Run



ACTIVITY		MALES				FEMALES			
ORDER	AGE GROUP	20-29	30-39	40-49	50 +	20-29	30-39	40-49	50 +
3	300 Meter Run	Standard = 72 seconds							
	3 (extra points)	52	57	63	65	63	65	67	69
	2 (extra points)	54	59	64	66	64	66	68	70
	1 (extra point)	56	61	65	67	65	67	69	71

The 300m run is a long sprint test, and a test of anaerobic capacity, which is important for performing short intense bursts of effort.

- The equipment you will need when training for this activity includes, a flat running track, and stopwatch. It also helps to have a marker cone, old T-Shirt or shoe to use as the finish line.

Guidelines: The goal of this test is to complete 300 meters in the quickest possible time. Ensure that a good warm up is conducted before the test, including a jog, stretches and some short sprints. To start, line up behind the starting line. On the command ‘go,’ the clock will start, and begin running.

When training for this activity, it is recommended that you try an all-out sprint only one to two times a week to prevent burn-out and injury.

*\*If you are running on a track, most tracks are 400 meters. Thus, 300 meters would be about 3/4 of the way around; 300 meters also comes out to about .19 of a mile, thus it’s almost a quarter of a mile.*

## Push-Up Test

ACTIVITY		MALES				FEMALES			
ORDER	AGE GROUP	20-29	30-39	40-49	50 +	20-29	30-39	40-49	50 +
<b>4</b>	<b>Push Up</b>	<b>Standard = 20 repetitions</b>							
	3 (extra points)	44	36	31	28	29	27	25	23
	2 (extra points)	41	34	29	25	28	26	24	22
	1 (extra point)	39	31	26	24	27	25	23	21

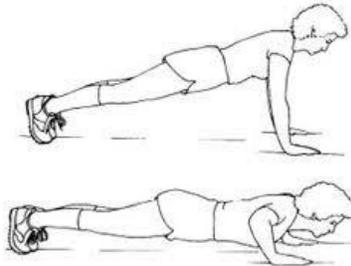
This test measures muscular endurance. Muscular endurance is your ability to exert sub-maximal force (using less than maximum resistance) during repeated repetitions. When focusing on endurance improvements, you are generally working to increase your muscle's ability to work over a period of time, with gains in power and muscle mass being secondary.

- Try to do as many push-ups as you can for as long as you can, without pausing (2-3 times per week)

Guidelines: This test is not timed, but you cannot pause. Requirements of the test include; military style for men, and military or modified for women:

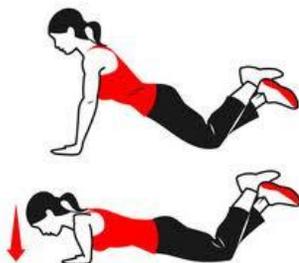
### Male subject:

#### Military



### Female subject:

#### Modified



#### Military



OR

## 1.5 Mile Run



ACTIVITY		MALES				FEMALES			
ORDER	AGE GROUP	20-29	30-39	40-49	50 +	20-29	30-39	40-49	50 +
5	1.5 Mile Run	Standard = 17:44 minutes							
	3 (extra points)	11:4	12:3	13:2	14:40	14:35	15:20	16:12	17:14
	2 (extra points)	12:1	12:5	13:5	14:55	14:55	15:26	16:27	17:24
	1 (extra point)	12:5	13:2	14:0	15:18	15:10	15:47	16:34	17:29

This test measures cardiovascular (or aerobic) fitness and leg muscle endurance.

- The equipment you will need when training for this activity includes, a flat running track, and stopwatch. It also helps to have a marker cone, old T-Shirt or shoe to use as the finish line.

**Guidelines:** The goal of this test is to complete the 1.5 mile course in the shortest possible time. To start, line up behind the starting line. On the command ‘go,’ the clock will start, and begin running at your own pace. A cool down walk should be performed at the completion of the test.

**\*Alert! Do not try to take this test unless you have run at least 20 minutes continuously, for 2-3 months, and 2-3 days a week. If you do not do any type of physical activity (walking, swimming, bicycling) DO NOT try to take this test.**

When training for this activity, it is recommended that you try an all-out sprint only one to two times a week to prevent burn-out and injury.

*\*If you are running on a track, most tracks are 400 meters. Thus 1.5 miles would be 6 times around the track.*