

Stand Alone 4 – Lifetime Fitness

Session – Conditioning Phase

LD 32 – Lifetime Fitness

Date Revised: 11/06/19

Course Goal: To develop recruit officers' physical fitness and to teach them to apply the principles of lifetime fitness.

Session Goal: To develop recruit officers' intensity in physical conditioning.

Learning Objectives:

- The student will participate in a physical conditioning program designed to achieve proficiency in the following seven components.
 - Cardiovascular [32.VI.B1]
 - Aerobic [32.VI.B1a]
 - Anaerobic [32.VI.B1b]
 - Muscular [32.VI.B2]
 - Strength [32.VI.B2a]
 - Power [32.VI.B2b]
 - Endurance [32.VI.B2c]
 - Flexibility/stability/mobility [32.VI.B3]
 - Core [32.VI.B4]
 - Acceleration and agility [32.VI.B5]
 - Body composition vs performance [32.VI.B6]
 - Recovery [32.VI.B7]
- Recruit officers will complete the Academy Physical Fitness Quotient, scoring a 50% or higher overall score on the Academy PFQ Grading Scale.

Session Time: 20 hours (19 Sessions)

Resources:

- Mat room or PT field
- Kettlebells
- Fitness ropes
- First aid kit/AED
- Clipboards and pencils (4 each)
- Academy PFQ score sheets

Session Summary: The conditioning phase consists of 19 training sessions. There is no content being taught.

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Instructor Notes

For each training session, the instructor will choose one of the attached conditioning phase workouts. The instructor may also choose from any of the foundational phase workouts. There is no content being taught, the entire module is a series of various training sessions. For the sessions labeled “Run”, “WSTB Practice”, and “PFQ #2”, the instructor will run the corresponding activity.

Stand Alone 4 – Lifetime Fitness
Session – Conditioning Phase
LD 32 – Lifetime Fitness
Training Session – Conditioning Phase – Run

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the track and/or a variety of dynamic stretches and agility drills. Alternatively, the instructor may slow jog the first ¼-½ mile of the run as a warm up.

Training Session:

Road run

Run 2.5-4.5 miles

The instructor should adjust the mileage and pace of the run as necessary based on the fitness level of the class. The instructor may choose to use pick-ups or hills to challenge the fittest recruit officers. If at any point there are some recruit officers that are unable to keep pace with the class, the instructor may choose to circle and wait for them.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Water jug
- First aid kit/AED
- Patrol vehicle

Components of Fitness:

- Cardiovascular – Aerobic
- Muscular – Endurance

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Conditioning Phase
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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Complete as many rounds as possible in 20 minutes of:

- 10 push Ups
- 10 squats
- 10 burpees
- 10 kettlebell swings

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room or PT field
- Kettlebells (1 per student)
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description: Warm Up: The class will complete a warm up consisting of laps around the mat room. Next, the class will complete a variety of preparation drills such as shrimp drill, bridging and rolling, break falls, and other dynamic warm ups.

Training Session: The instructor will set up several stations, each of which will be a different exercise. The instructor will choose the number of stations depending on the resources available and the number of students in the class. The students will be broken up into groups so that each group starts at a different station. At half of these stations the students will be doing a physical training exercise such as push-ups, sit-ups, pull-ups, squats, burpees, or kettlebell swings. At the other half of the stations the students will be doing a high intensity arrest and control technique, such as a takedown, side control, mount control, or other technique. The instructor will set a clock with work and rest periods. For example, the instructor could set a 30 second work period with a 15 second rest. The instructor will adjust the work and rest period based on the needs of the class. After each work period the students will rotate to the next station and begin when the rest period is over. Depending on the size of the class, number of stations, and exercises chosen, the instructor will run the training period for anywhere from 20-45 minutes.

Cool down: Class will complete a variation of either cool down laps around the mat room, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength/Power/Endurance
- Flexibility/Stability/Mobility
- Core

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Conditioning Phase
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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Complete as many rounds as possible in 8 minutes of:

- 12 kettlebell swings
- 9 goblet squats
- 6 hand release push-ups
- Sprint across field or tarmac

Rest for 2 minutes and then complete a second 8-minute set.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field
- Kettlebells (1 per student)
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Students will have 1 minute to complete the maximum number of repetitions for each exercise. Once all 5 exercises are completed, rest for one minute. Complete 4 rounds.

- Goblet squats
- Mountain climbers
- Push-ups
- Kettlebell swings
- Leg lifts

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Kettlebells (1 per student)
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Complete as many rounds as possible in 20 minutes of:

- One arm kettlebell swings – 10 reps per side
- One arm kettlebell row – 10 reps per side
- 20 pushups
- One arm kettlebell snatch – 10 reps per side
- 20 leg lifts

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room
- Kettlebells (1 per student)
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Break the class into 3 groups. Each group will start with a different exercise. Complete 3 rounds of:

- 1 lap around the track
- 21 kettlebell swings
- 12 pull-ups

For time.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field
- Kettlebells (1 per group)
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Students will complete max repetitions in 1 minute, for each exercise. Rest for 15 seconds between exercises. At the completion of one round, rest for 1 minute and repeat. Complete 4 rounds.

- Goblet squats
- Kettlebell thrusters (30 seconds per arm)
- Kettlebell swings
- Sumo deadlift high pull

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room
- Kettlebells (1 per student)
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Each squad will start with a different exercise. Complete max repetitions for 1 minute. After each round (completion of all 4 exercises), rest for 1 minute. 5 rounds.

- Rope swings
- Goblet squats
- Push-ups
- Kettlebell thrusters (30 seconds each arm)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room or PT field
- Kettlebells (1 per student)
- Fitness ropes
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Each squad will start with a different exercise. Complete as many rounds as possible in 20 minutes of:

- 5 burpees
- 10 pull-ups
- 15 goblet squats
- 20 kettlebell swings

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room or PT field
- Kettlebells (10-15)
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness

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Training Session – Conditioning Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Break the class into 6 even groups. Each group will start with a different exercise. One round is complete when each student has completed the exercises.

Complete as many rounds as possible in 30 minutes of:

- Sand bag carry (across PT field or twice across mat room)
- 15 push-ups
- 15 kettlebell swings (on tarmac)
- Lunges (across the tarmac or mat room)
- 5 pull-ups
- Run back to sandbags

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Kettlebells (10-15)
- Sand bags (10-15)
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic/Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility/Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness

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Training Session – Conditioning Phase

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Complete the following exercises as directed:

1. Burpees Over Bar
 - a. Recruit starts facing low bar. Recruit performs 1 burpee (including push up, chest must hit the ground, and jump at the end). Recruit then jumps over the bar, turns and faces the bar. Recruit then performs another burpee and jumps back over the bar. Each burpee is counted as 1 repetition. This is repeated for as many repetitions as the recruit can complete in 1-minute.
 - b. Recruits will pair-up for this exercise. The waiting recruit will count for the recruit performing the exercise.
2. Leg Raises
 - a. Recruit starts on back with legs straight, resting on the ground. Recruit is grasping the heels of their partner who is standing at their head. The partner will extend their arms straight out in front of them. The recruit performing the exercise will raise their legs so that their toes touch their partner's extended arms and will then lower their legs until the heels touch the ground. The recruit must keep their legs straight. This motion is repeated for as many repetitions as the recruit can complete in 2-minutes.
 - b. Recruits will pair-up for this exercise. The waiting recruit will count for the recruit performing the exercise.
3. Medicine Ball Throw
 - a. Recruit will throw a 25-lb. medicine ball backwards over their head for distance. The recruit will be allowed two attempts. The furthest throw will be scored.
4. 1-Mile Run
 - a. Recruit will run a mile for time.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Stand Alone 4 – Lifetime Fitness

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Resources needed:

- PT field
- PVC Pipes (25) and Kettle Bells (50)
- Medicine Balls, 25-lb. (10)
- Score sheets
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness

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Training Session – Work Sample Test Battery (WSTB) Practice

Purpose: The student will participate in a learning activity which requires them to take part in a physical fitness assessment during the foundational phase which shall minimally include: Performance of the WSTB [32.VI.G.1].

Description: Warm up: The class will complete a warm up consisting of laps around the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

The students will practice the POST WSTB events:

- Run a 99-yard obstacle course consisting of several sharp turns, curb-height obstacles, and a 34-inch high obstacle that must be vaulted
- Lift or drag a 165-pound lifelike dummy 32 feet
- Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards
- Run 5 yards to a 6-foot solid fence, climb over fence, continue running another 25 yards
- Run 500 yards

During the performance of the WSTB the instructors will visually assess the students and identify areas of concern, specifically the inability of a student to climb the wall expediently or lift the dummy. Once all the students have practiced each event one time, the instructor will lead the class in a high intensity calisthenics training session that incorporates the WSTB events as part of the session. The instructor may choose which exercises to complete, if they meet the standards for the components of physical fitness listed below in the components of fitness. Students who struggled with one of the events may spend extra repetitions practicing that event if they are still doing enough work to meet the standards for the components of physical fitness.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

Resources needed:

- POST WSTB Obstacle Course
- PT field
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance

Stand Alone 4 – Lifetime Fitness

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- Flexibility/Stability/Mobility

Time Required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Conditioning Phase
LD 32 – Lifetime Fitness
Evaluated Activity – Physical Fitness Quotient #2

Purpose: To evaluate the recruit officers' physical fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class will stretch individually.

PFQ testing procedures (events must be evaluated in the following order):

- Sit ups (1 squad at a time, with a partner holding feet)
 - Max repetitions in 60 seconds
 - Partner counts the repetitions
- 300 run for time (1 squad at a time)
- Push ups
 - Max repetitions in 60 seconds
 - Partner counts the repetitions
- 1.5 mile run (entire class, around the track)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

Resources needed:

- PT field
- Clipboards and pencils (4 each)
- Stopwatch
- Video camera
- Large digital timer
- Academy PFQ grading sheets
- First aid kit/AED

Learning objective:

- Recruit officers will complete the Academy Physical Fitness Quotient, scoring a 50% or higher overall score on the Academy PFQ Grading Scale.

Time required: 90 minutes