

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance 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 facilitate recruit officers' psychological rest, relaxation and biological regeneration as well as maintain an acceptable level of general physical preparation.

Learning Objectives:

- Recruit officers will complete the Academy Physical Fitness Quotient, scoring a 50% or higher overall score on the Academy PFQ Grading Scale.
- The students will complete the POST WSTB events for a score: **[32.V.A]**
 - Run a 99-yard obstacle course consisting of several sharp turns, curb-height obstacles, and a 34-inch high obstacle that must be vaulted **[32.V.A.1]**
 - Lift or drag a 165-pound lifelike dummy 32 feet **[32.V.A.2]**
 - Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards **[32.V.A.3]**
 - Run 5 yards to a 6-foot solid fence, climb over fence, continue running another 25 yards **[32.V.A.4]**
 - Run 500 yards **[32.V.A.5]**

Session Time: 15 hours (9 Sessions)

Resources:

- Mat room or PT field
- POST WSTB Obstacle Course
- Pull-up assist bands
- Weighted sand bags
- Kettlebells
- First aid kit/AED
- Patrol vehicle
- Transport van
- POST WSTB Score Sheets (1 per student)
- Academy PFQ Score Sheets

Session Summary: The peak performance phase consists of 9 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 peak performance phase workouts. The instructor may also choose from any of the foundational or conditioning 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”, “WSTB”, “PFQ #3”, “PFQ #4”, “Wall Climb in Uniform”, and “Pride Run”, the instructor will run the corresponding activity.

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Training Session – Peak Performance 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: Team competition. Break the class into teams of 3 students. Each team will complete the work listed below for time. Each individual student does not have to complete the work, the team as a whole must complete the work. The work may be split up any way that the group decides. Finally, the kettlebell can never touch the ground, including while running.

- Run 1 lap
- 150 pull-ups
- 250 push-ups
- 350 kettlebell swings (25lb)
- Run 1 lap

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
- 10-15 kettle bells (25lb)
- 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

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Training Session – Peak Performance 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: Team competition. Break the class into groups of 3. A round is complete when the group finishes all of the work below. Group members may not start a new round until all the work is completed. Each group must complete 4 rounds of the following:

- Run 1 lap; then do
- 9 rounds of:
 - 5 Pull ups
 - 10 Push ups
 - 15 Squats

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
- 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
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Training Session – Peak Performance 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: Class competition. Start a stopwatch. At the beginning of the first minute, complete 1 burpee. Rest until the minute is up. Add 1 burpee every minute (minute 1, 1 burpee; minute 2, 2 burpees; minute 3, 3 burpees, etc.).

When a student is no longer able complete the required # of burpees in the corresponding minute, they are to begin running laps around the track.

Continue until the last recruit remains.

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
- 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 – Peak Performance 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: Team competition. Break the class into teams of 3 students. Each team will complete the work listed below. Each individual student does not have to complete the work, the team as a whole must complete the work. The work may be split up any way that the group decides. Finally, the kettlebell can never touch the ground.

- 150 pull-ups
- 200 burpees
- 250 kettlebell swings (25lb)
- 300 push-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
- 10-15 kettle bells (25lb)
- 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

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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LD 32 – Lifetime Fitness
Training Session – Peak Performance 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 2.5-5.5 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 – Peak Performance Phase
LD 32 – Lifetime Fitness
Training Session – Peak Performance 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 touch 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. 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.

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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

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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 peak performance 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
- Flexibility/Stability/Mobility

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness

- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness

Evaluated Activity – Physical Fitness Quotient #3

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

- Push-ups **[32.VI.G.2]**
- Bent knee sit-ups **[32.VI.G.3]**
- 1.5 mile run **[32.VI.G.4]**

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: 2 hours

Stand Alone 4 – Lifetime Fitness
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Evaluated Activity – Physical Fitness Quotient #4

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

- Push-ups **[32.VI.G.2]**
- Bent knee sit-ups **[32.VI.G.3]**
- 1.5 mile run **[32.VI.G.4]**
- Body composition measurement **[32.VI.G.5]**

Description: Prior to the completion of the PFQ, the instructor will take a body composition measurement of the students.

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: 2 hours

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Evaluated Activity – Work Sample Test Battery (WSTB)

Purpose: To evaluate the recruit officers' physical fitness.

Description:

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

The students will complete the POST WSTB events for a score: **[32.V.A]**

- Run a 99-yard obstacle course consisting of several sharp turns, curb-height obstacles, and a 34-inch high obstacle that must be vaulted **[32.V.A.1]**
- Lift or drag a 165-pound lifelike dummy 32 feet **[32.V.A.2]**
- Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards **[32.V.A.3]**
- Run 5 yards to a 6-foot solid fence, climb over fence, continue running another 25 yards **[32.V.A.4]**
- Run 500 yards **[32.V.A.5]**

Students have the option of completing each of the events a second time for score if desired (except the 500-yard sprint).

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
- POST WSTB score sheets (1 per student)
- PT field
- First aid kit/AED

Learning Objectives:

- Students will complete the POST-developed Work Sample Test Battery (WSTB). **[32.V.A]**

Time required: 2 hours

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Learning Activity – Wall Climb in Uniform

Purpose: The student will participate in a learning activity which requires them to train in techniques to tactically climb over the solid 6-foot wall wearing assigned/appropriate duty gear (e.g., duty belt with safety equipment, ballistic vest, utility uniform, duty footwear, etc.) The learning activity will provide the student with multiple opportunities to complete the solid fence climb in a tactically safe manner. **[32.VI.H]**

Description: The students will wear their light blue recruit uniform with vest, boots and full duty gear for this activity.

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 complete each of the POST WSTB events below multiple times:

- Run a 99-yard obstacle course consisting of several sharp turns, curb-height obstacles, and a 34-inch high obstacle that must be vaulted
- 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

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
- First aid kit/AED

Key Learning Points:

- Be aware of your gear clearing the wall
- Make sure you retain your gear after landing
- Quick peek over the wall when feasible, prior to jumping
- Don't jump in the same spot as the suspect

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Peak Performance Phase
LD 32 – Lifetime Fitness
Training Session – Peak Performance Phase – Pride 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:

Pride run

Run 4.5 miles to the beach. 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 walk to the on the sand down to the water to take class photos.

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
- Transport van

Components of Fitness:

- Cardiovascular – Aerobic
- Muscular – Endurance

Time required: 60 minutes