

COUNTY OF SANTA CLARA

Office of the Sheriff

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Physical Fitness Workout

Deputy Sheriffs and Sheriff's Correctional Deputies are often placed in situations which place great demands on them physically. In these instances, physical fitness is often the difference between success and failure and sometimes even life and death.

It is important for applicants to train physically to prepare themselves for the rigorous demands of the academy and the physical agility test. Physical training is conducted on an almost daily basis during the entire academy. Physical training usually consists of anaerobic exercises with alternating days of aerobic exercises. Defensive tactics training also places strenuous physical demands on cadets in the academy. During this phase of training, cadets are required to demonstrate and perform a variety of defensive tactics techniques which can be very demanding physically.

The academy is physically demanding and cadets are expected to be in good physical shape prior to starting the academy in order to get the maximum benefit from the academy. The academy's physical training program is beneficial, but cannot overcome years of physical inactivity and atrophy. Applicants who are not in good physical condition should begin a physical fitness program immediately.

Below is a pre-academy physical fitness program that can be used to prepare for the physical demands of the academy. Do not wait until initial application to start a physical fitness workout program.

Prior to the start of the workout, perform a suitable warm-up and remember to stay hydrated. All exercises should be performed in a controlled manner using good technique. The running exercises should be performed 3-5 times a week making sure to use rest days in between to recover.

Do not wait until initial application to start a physical fitness workout program. The physical agility test is only a fraction of the physical fitness demands the academy requires.

8 Weeks Before the Start of the Academy

- Run 1-2 miles at an 11-12 minute mile pace. If not possible, run until fatigued, walk to recover, and then run again. Try to decrease walking time until continuously running.
- Push-ups: 2 sets or 10-20 repetitions
- Sit-ups: 2 sets of 20-30 repetitions
- Pull-ups: 2 sets of 1-3 repetitions
- Squats: 2 sets of 20-30 repetitions
- Lunges: 2 sets of 15-20 repetitions
- Plank: 2 sets of 20-30 seconds

6 Weeks Before

- Run 2-3 miles at a 9-11 minute mile pace.
- Push-ups: 2 sets or 15-25 repetitions
- Sit-ups: 2 sets of 30-40 repetitions
- Pull-ups: 2 sets of 3-5 repetitions
- Squats: 2 sets of 30-40 repetitions
- Lunges: 2 sets of 20-25 repetitions
- Plank: 2 sets of 30-40 seconds
- Jump Squats: 2 sets of 5-10 repetitions

4 Weeks Before

- Run 3-3.5 miles at a 9-10 minute mile pace.
- Push-ups: 3 sets or 20-30 repetitions
- Sit-ups: 3 sets of 35-45 repetitions
- Pull-ups: 3 sets of 5-10 repetitions
- Squats: 3 sets of 35-45 repetitions
- Lunges: 3 sets of 25-30 repetitions
- Plank: 3 sets of 40-50 seconds
- Jump Squats: 2 sets of 10-15 repetitions

2 Weeks Before

- Run 3.5-4 miles at an 8-10 minute mile pace.
- Push-ups: 3 sets or 35-45 repetitions
- Sit-ups: 3 sets of 40-50 repetitions
- Pull-ups: 3 sets of 8-12 repetitions
- Squats: 3 sets of 40-50 repetitions
- Lunges: 3 sets of 30-40 repetitions
- Plank: 3 sets of 50-60 seconds
- Jump Squats: 3 sets of 10-20 repetitions