



Pre-Academy 2-Month Training Calendar

Introduction

This training guide is intended to assist individuals preparing for the physical demands of the Tucson Police Department and Southern Arizona Law Enforcement Training Center (SALETC) pre-academy phase.

Prospective recruits frequently ask how best to prepare for the physical challenges they will encounter. While there are many effective approaches to building the necessary fitness, candidates should expect to arrive with a baseline level of conditioning that includes sustained cardiovascular capacity, fundamental strength, and the ability to perform load-bearing movement such as rucking.

This program is one structured option designed to help develop those capabilities. It is not mandatory, nor is it the only effective method of preparation. Candidates are encouraged to follow any training approach that safely prepares them to meet or exceed expected physical standards.

The training outlined here reflects widely accepted law enforcement and tactical fitness principles, including progressive overload, functional movement, and durability under stress. It is provided as a resource for those seeking structure and guidance leading into the pre-academy phase.

Important Notice Regarding Voluntary Participation

- Participation in this conditioning program is entirely voluntary.
- This guide is provided for informational purposes only and does not constitute medical advice, individualized coaching, or a requirement of employment.
- Participation is not required for hiring consideration, academy admission, or continued participation in any recruitment process.
- Individuals are solely responsible for determining whether participation is appropriate based on their own fitness level, experience, health status, and abilities.
- Participants are encouraged to consult a physician or qualified healthcare provider before beginning any exercise program.
- Use of this guide is at the participant's own risk.

Key Recommendations

- Train 2–3 times per week, approximately 1 hour per session
- Use appropriate footwear for both rucking and running (see guidance below)
- Maintain proper hydration and nutrition

- Use a backpack or ruck if a ruck sack is not available

Footwear Guidance

Rucking: Use well-fitted, broken-in hiking or tactical boots that provide stability and support under load. Avoid new or unbroken footwear to reduce the risk of blisters and injury.

Running: Use quality running shoes appropriate for your foot type and gait. Proper footwear will reduce impact stress and improve performance during interval and distance running.

WEEK 1: Build the Baseline

Day 1: Ruck + Calisthenics

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 2 miles at brisk walk pace wearing broken-in boots and 10-15 lb. pack
- Calisthenics Circuit (3 rounds):
 - 15 pushups
 - 40 air squats
 - 30 second plank
 - 20 flutter kicks
 - 10 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching, focus on legs and shoulders

Notes: Focus on form and maintaining steady pace. This is your baseline week.

Day 2: Rest or Light Recovery

- Light walking (15-20 minutes)
- Mobility work and stretching
- Hydration and nutrition focus

Day 3: Ruck + Calisthenics (Repeat Day 1)

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 2 miles at brisk walk pace wearing broken-in boots and 10-15 lb. pack
- Calisthenics Circuit (3 rounds):
 - 15 pushups
 - 40 air squats
 - 30 second plank
 - 20 flutter kicks
 - 10 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching

WEEK 2: Introduce Interval Running

Day 1: Ruck + Calisthenics

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 2 miles at brisk walk pace wearing broken-in boots and 10-15 lb. pack
- Calisthenics Circuit (3 rounds):
 - 15 pushups
 - 40 air squats
 - 30 second plank
 - 20 flutter kicks
 - 10 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching
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Day 2: Interval Run + Calisthenics

Warm-up (5-10 minutes)

- Light jogging and dynamic stretches

Main Workout:

- Interval Run: 4 rounds of (1 minute jog / 1 minute walk recovery) – approximately half mile total
- Calisthenics Circuit (3 rounds):
 - 15 pushups
 - 40 air squats
 - 30 second plank
 - 20 flutter kicks
 - 10 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Walking and stretching
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Day 3: Rest or Ruck + Calisthenics

Option A: Rest Day

- Light activity only (walking, stretching)

Option B: Ruck + Calisthenics (Repeat Day 1)

- If feeling strong, repeat the ruck and circuit workout
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WEEK 3: Increase Rucking Load

Day 1: Ruck + Calisthenics (Increased Weight)

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 2.5 miles at brisk walk pace wearing broken-in boots and 15-20 lb. pack
- Calisthenics Circuit (3 rounds):

- 20 pushups
- 50 air squats
- 45 second plank
- 30 flutter kicks
- 15 burpees
- Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching

Notes: You are now carrying more weight. Maintain proper posture and pace.

Day 2: Interval Run + Calisthenics

Warm-up (5-10 minutes)

- Light jogging and dynamic stretches

Main Workout:

- Interval Run: 6 rounds of (1 minute jog / 1 minute walk recovery)
- Calisthenics Circuit (3 rounds):
 - 20 pushups
 - 50 air squats
 - 45 second plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Walking and stretching
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Day 3: Rest or Light Recovery

- Light walking (15-20 minutes)
 - Mobility work and stretching
 - Nutrition focus
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WEEK 4: Build Consistency

Day 1: Ruck + Calisthenics

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 2.5 miles at brisk walk pace wearing broken-in boots and 15-20 lb. pack
- Calisthenics Circuit (3 rounds):
 - 20 pushups
 - 50 air squats
 - 45 second plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching
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Day 2: Calisthenics Focus (Perfect Your Form)

Warm-up (5-10 minutes)

- Light cardio and dynamic stretches

Main Workout:

- Calisthenics Circuit (4 rounds):
 - 20 pushups (focus on full range of motion)
 - 50 air squats (proper depth and control)
 - 45 second plank (maintain rigid body alignment)
 - 30 flutter kicks (consistent tempo)
 - 15 burpees (explosive but controlled)
 - Rest 2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching and mobility work
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Day 3: Ruck or Interval Run + Light Circuit

Option A: Ruck

- Ruck: 2 miles at steady pace, 15-20 lb. pack
- Light Circuit (2 rounds):
 - 15 pushups
 - 35 air squats
 - 30 second plank
 - 15 flutter kicks
 - 10 burpees

Option B: Interval Run

- Interval Run: 5 rounds of (1 minute jog / 1 minute walk)
 - Light Circuit (2 rounds):
 - 15 pushups
 - 35 air squats
 - 30 second plank
 - 15 flutter kicks
 - 10 burpees
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WEEK 5: Build Endurance

Day 1: Ruck + Calisthenics (Increased Volume)

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 3 miles at steady pace wearing broken-in boots and 20-25 lb. pack
- Calisthenics Circuit (4 rounds):
 - 20 pushups
 - 60 air squats
 - 1 minute plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching

Notes: You are now at 3 miles. This is significant progress.

Day 2: Interval Run + Calisthenics

Warm-up (5-10 minutes)

- Light jogging and dynamic stretches

Main Workout:

- Interval Run: 1 mile total at alternating fast and recovery pace
 - Format: 1-minute fast pace / 1 minute recovery walk, repeat 5-6 times
- Calisthenics Circuit (4 rounds):
 - 20 pushups
 - 60 air squats
 - 1 minute plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Walking and full body stretching
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Day 3: Rest or Light Recovery

- Light walking (20 minutes)
 - Mobility work and stretching
 - Nutrition and hydration focus
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WEEK 6: Sustained Intensity

Day 1: Calisthenics with Increased Reps

Warm-up (5-10 minutes)

- Light cardio and dynamic stretches

Main Workout:

- Calisthenics Circuit (4 rounds):
 - 20 pushups
 - 60 air squats
 - 1 minute plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching
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Day 2: Ruck 3 Miles + Short Run

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 3 miles at steady pace wearing broken-in boots and 20-25 lb. pack
- Short Interval Run: 3 rounds of (1-minute fast jog / 1 minute walk)
- Light Circuit (2 rounds):
 - 15 pushups
 - 40 air squats
 - 45 second plank

- 20 flutter kicks
- 10 burpees

Cool-down (5 minutes)

- Walking and stretching

Notes: This is a demanding workout. Pace yourself and stay hydrated.

Day 3: Interval Run

Warm-up (5-10 minutes)

- Light jogging and dynamic stretches

Main Workout:

- Interval Run: 8 rounds of (1-minute fast jog / 1 minute walk recovery) — approximately 1 mile
- Calisthenics Circuit (3 rounds):
 - 20 pushups
 - 60 air squats
 - 1 minute plank
 - 30 flutter kicks
 - 15 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Walking and full body stretching
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WEEK 7: Peak Intensity

Day 1: Ruck Heavy Load + Calisthenics

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 3 miles at steady pace wearing broken-in boots and 25-30 lb. pack (heavy load)
- Calisthenics Circuit (4 rounds):
 - 25 pushups
 - 75 air squats
 - 1 minute plank
 - 40 flutter kicks
 - 20 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching and mobility work

Notes: This is your peak rucking week. You are now carrying significant weight over significant distance.

Day 2: Calisthenics Maximal Effort

Warm-up (5-10 minutes)

- Light cardio and dynamic stretches

Main Workout:

- Calisthenics Circuit (4 rounds):
 - 25 pushups
 - 75 air squats
 - 1 minute plank
 - 40 flutter kicks

- 20 burpees
- Rest 2 minutes between rounds

Cool-down (5 minutes)

- Full body stretching

Notes: Focus on completing all reps with proper form. This is maximal effort.

Day 3: Interval Run

Warm-up (5-10 minutes)

- Light jogging and dynamic stretches

Main Workout:

- Interval Run: 5 rounds of (90 seconds fast run / 1 minute walk recovery)
- Calisthenics Circuit (3 rounds):
 - 25 pushups
 - 75 air squats
 - 1 minute plank
 - 40 flutter kicks
 - 20 burpees
 - Rest 1-2 minutes between rounds

Cool-down (5 minutes)

- Walking and full body stretching
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WEEK 8: Final Preparation

Day 1: Ruck Maximum Load + Final Circuit

Warm-up (5 minutes)

- Light stretching
- Arm circles and leg swings

Main Workout:

- Ruck: 3 miles at steady pace wearing broken-in boots and 30-35 lb. pack (maximum load)
- Final Calisthenics Circuit (4 rounds):
 - 25 pushups
 - 75 air squats
 - 1 minute plank
 - 40 flutter kicks
 - 20 burpees
 - Rest 1-2 minutes between rounds

Cool-down (10 minutes)

- Full body stretching and recovery focus

Notes: You have reached peak physical conditioning. Maintain intensity while managing fatigue.

Day 2: Rest or Light Activity

- Light walking only (15-20 minutes)
 - Mobility work and stretching
 - Focus on recovery and nutrition
 - Rest well before final training
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Day 3: Final Training + Optional Light Ruck

Option A: Calisthenics Focus

- Calisthenics Circuit (4 rounds):

- 25 pushups
- 75 air squats
- 1 minute plank
- 40 flutter kicks
- 20 burpees
- Rest 1-2 minutes between rounds

Option B: Light Ruck

- Ruck: 2 miles at easy pace wearing broken-in boots and light pack (10-15 lbs.)
- Optional short circuit if feeling strong

Cool-down (10 minutes)

- Full body stretching and recovery work

Notes: You are now ready for the pre-academy phase. You have built solid conditioning and mental toughness.

General Guidelines

Nutrition

- Eat protein-rich meals (chicken, fish, eggs, beans) to support muscle recovery
- Include complex carbohydrates (oats, brown rice, sweet potatoes) for energy
- Stay hydrated throughout the day and especially during workouts
- Aim for 1-2 grams of protein per pound of body weight daily

Recovery

- Get 7-9 hours of sleep per night
- Stretch for at least 10 minutes after every workout
- Consider foam rolling on rest days to aid recovery
- Listen to your body; rest when needed to prevent injury

Equipment

- Boots: Break in your hiking or tactical boots well before week 1. Wear them on all ruck and run days
- Socks: Use quality merino wool socks to prevent blisters and manage moisture
- Pack: Use a rucksack with good hip belt support. Gradually add weight as prescribed
- Hydration: Bring water on all workouts, especially rucks over 2 miles

Injury Prevention

- Maintain proper form on all exercises, especially under fatigue
- Warm up properly before every session
- Progress gradually; do not attempt to skip weeks or add excessive weight
- If you experience joint pain, reduce intensity or take an extra rest day
- Consider seeing a physical therapist if issues persist

Mental Preparation

- This program builds not only physical conditioning but also mental toughness
 - Academy training is demanding; use these 8 weeks to develop the mindset for success
 - Push through discomfort but listen to your body's signals about injury
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Final Notes

Consistent participation may assist individuals in improving endurance, strength, mobility, and general readiness for future academy training demands.

Completion of this program does not guarantee hiring eligibility, academy admission, academy success, injury prevention, or the ability to meet any specific performance standard.