

Tucson Police Physical Training

30 Day Plan



Cardiovascular Fitness

Targeting your cardiovascular endurance.



Core Strength

Targeting your core strength and muscular endurance.



Nutrition and Hydration

Ensuring you are eating well and properly hydrating.

Physical Fitness in Law Enforcement

There is a direct correlation between physical fitness and overall officer safety. Physical fitness is paramount when it comes to making good decisions in regards to police use of force. Life at the academy can be so much easier for you if you come physically prepared.

1

SET A GOAL

Make sure it is attainable and realistic.

2

WORK EVERYDAY

Set your work out days and ensure you are resting.

3

RE-TEST OFTEN

Once a week to see how much you have progressed.

Nutrition and Hydration

Always consult with your doctor before beginning an exercise plan or drastically changing your diet. These are general tips for a healthy lifestyle and academy life.

As a first responder there is a lot of uncertainty when you clock into your shift. In fact, only one thing is pretty certain - you will get hungry and have to replenish the calories you burn.

Unfortunately, as first responders, we are limited to what we can eat because of busy days, sparse selection, and the peer pressure that comes with the territory. We have to be cognizant of what we are putting into our bodies because our performance can be adversely affected.

The best diets and workout programs are the ones that fit best into our lifestyle. Focusing on the right meals that are loaded with nutrients, vitamins, and minerals will help promote muscle growth, mental longevity, recovery, and muscular and cardiovascular endurance.

OUTER PERIMETER OF THE GROCERY STORE

You should be buying the majority of your food from the outer perimeter of the grocery store, specifically the produce section. The more you gravitate towards the center, the more processed the food becomes for some reason. Fresh fruits, vegetables, proteins and other healthy options are typically going to be on the outer perimeter. Again these are just options but you are only getting one body. Take care of it and invest in it, fuel your body with the correct vitamins, minerals and nutrients it needs. Allow some wiggle room to enjoy good foods as well. It is all about balance and moderation.



Eating a whole foods based diet is essential to your success in your career. Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Examples of whole foods include unpolished grains, beans, fruits, vegetables, and animal products, including meats, nuts and seeds. Basically if it comes in a box or a bag do not eat it or eat very limitedly.

Drinking plenty of **WATER** and some electrolytes is crucial. Do not count coffee, soda or energy drinks as hydrating. These are drinks that will cause you to be more dehydrated.



Week One

Monday: Establish a baseline for 1.5 mile run, push-ups, and sit-ups.

When you have baseline established complete maximum amount of sit-ups and push-ups for three more rounds with rest between sets. This means do three more rounds of push-ups and sit-ups until failure.

Tuesday: Run 3 miles in the following fashion. Run one mile as fast as you can, rest for half the time it takes you to run the mile and do this two more times to cap off the 3 mile goal.

Wednesday: Do 100 push-ups and 100 sit-ups in as few sets as possible. Run for 20 minutes.

Thursday: Active rest day, stretch or take a Yoga class and hydrate.

Friday: Six sets of
400m run (as fast as you can)
20 push-ups
20 sit-ups
2 minute rest

Saturday: Run 3 Miles under 33:00 Total
Stretch and Foam Roll (YouTube has some good exemplar videos, foam rollers are inexpensive and a simple piece of 6" diameter PVC pipe from Home Depot will get the job done)

Sunday: Rest



Week Two

Monday: Aim to improve your baseline 1.5 mile run by 0:30-1:00 minutes, and push-ups, sit-ups by 5-10 reps.

The workouts from the prior week should lead to overall improvement.

Tuesday: Run 3 miles in the following fashion. Run one mile as fast as you can, rest for 1/3 of the time it takes you to run the mile and do this two more times to cap off the 3 mile goal.

Wednesday: Do 150 push-ups and 150 sit-ups in as few sets as possible. Run for 20 minutes.

Thursday: Active rest day, stretch or take a Yoga class and hydrate.

Friday: Six sets of
400m run (as fast as you can)
30 push-ups
30 sit-ups
1.5 minute rest

Saturday: Run 3 Miles under 31:30 Total stretch, foam roll or get a massage.

Sunday: Rest



Week Three

Monday: Aim to improve your baseline 1.5 mile run by 1:00-1:30 minutes, and push-ups, sit-ups by 10-12 reps.

The workouts from the prior week should lead to overall improvement.

Tuesday: Run 3 miles in the following fashion. Run half a mile as fast as you are able to for six total reps resting half the time it takes you to run the half mile interval

Wednesday: Do 200 push-ups and 200 sit-ups in as few sets as possible. Run for 20 minutes.

Thursday: Active rest day, stretch or take a Yoga class and hydrate.

Friday: Six sets of
400m run (as fast as you can)
40 push-ups
40 sit-ups
2 minute rest

Saturday: Run 3 Miles under 30:00 Total stretch, foam roll or get a massage.

Sunday: Rest



Week Four

Monday: Aim to improve your baseline 1.5 mile run by 1:30-2:00 minutes, and push-ups, sit-ups by 12-15 reps.

The workouts from the prior week should lead to overall improvement.

Tuesday: Run 3 miles in the following fashion. Run half a mile as fast as you are able to for six total reps resting 1/3 the time it takes you to run the half mile interval

Wednesday: Do 250 push-ups and 250 sit-ups in as few sets as possible. Run for 25 minutes.

Thursday: Active rest day, stretch or take a Yoga class and hydrate.

Friday: Six sets of
400m run (as fast as you can)
50 push-ups
50 sit-ups
2 minute rest

Saturday: Run 3 Miles under 28:00 Total
Stretch and Foam Roll. Try to walk for an additional 3 miles if you have the energy and time.

Sunday: Rest

