

Pre-Academy Training Program

Instructions: Prior to starting any exercise program, it is highly recommended to consult with your healthcare provider to ensure it is appropriate for you to begin the exercise program. If you decide to participate in this exercise program, it is recommended that you take recovery breaks throughout the workout and hydrate before, during, and after the workout. Additionally, it is recommended to contact a professional if you need further guidance regarding any aspect of this exercise program. Lastly, if you decide to voluntarily participate in this exercise program, you are acknowledging the risk that performing physical activity/exercise has on injuries and other health concerns.

The recommended training frequency of the exercise program is 2-3 days per week (d/wk.) depending on what training block of the program is being completing (please see the “Block” column in the table below). This exercise program is designed in a circuit training format. That means exercises will be completed for four different components (Upper, Lower, Core, and Aerobic). After all exercises have been completed for all four components, one circuit has been completed. Please see the recommended number of circuits for each workout in the “Circuits” column in the table below.

The recommended number of repetitions for each exercise is listed in the “Reps” column in the table below. If an exercise is preformed by completing the exercise for a certain amount of time (for example, hold a plank for 15 sec), then only perform one repetition of the exercise per circuit and use the recommended time that is listed for the exercise in the “List of Exercises” outline below.

IMPORTANT NOTES

- It is recommended that each workout includes all prescribed exercises for each component (upper, lower, core, and aerobic) as outlined below.
- When performing “resisted” exercises using a load that elicits an effort level of 5-7 out of 10 (0 = “rest” & 10 = “maximal exertion”) at the end of the exercise is recommended. Resistance during these exercises can be created using exercise equipment (dumbbells, barbells, TRX, rubber bands), gallon jugs of water, five-gallon buckets of water, packed suitcases, cinder blocks, etc.
- It is recommended to complete a warm-up prior to completing each workout. Additionally, it is recommended to complete a low-intensity cool-down (for example, walking) after each workout until your heart rate and blood pressure have recovered to normal levels.
- It is recommended to allow at least 48 hours of recovery between workout sessions. For example, complete the first workout on Monday, the second workout on Wednesday, and the third workout on Friday. It is also recommended to allow for 3-5 days of recovery from this exercise program prior to starting the Indiana Law Enforcement Academy.

Disclaimer: Please consult with your healthcare provider prior to starting any exercise program. The Indiana Law Enforcement Academy, the University of Indianapolis, and all their employees are not responsible for any injuries or health concerns that may be related to participation in this exercise program.

16-Week Pre-Academy Training Program

Block	Exercises	Circuits	Reps
Block A: Weeks 1-3 (2 d/wk.)	Day 1: Workout 1 Day 2: Workout 2	2	10
Block A: Week 4 (2 d/wk.)	Day 1: Workout 1 Day 2: Test Day (1.5-Mile Run)	2 (workout) 1 (test)	10
Block B: Weeks 5-7 (3 d/wk.)	Day 1: Workout 1 Day 2: Workout 2 Day 3: Workout 3	3	10
Block B: Week 8 (3 d/wk.)	Day 1: Workout Day 2: Workout Day 3: Test Day (Sit-Up, Push-Up, Max Vertical Jump, 300-Meter Sprint, 1.5-Mile Run)	3 (workout) 1 (test)	10
Block C: Weeks 9-11 (3 d/wk.)	Day 1: Workout 1 Day 2: Workout 2 Day 3: Workout 3	4	15
Block C: Week 12 (3 d/wk.)	Day 1: Workout Day 2: Workout Day 3: Test Day (Sit-Up, Push-Up, Max Vertical Jump, 300-Meter Sprint, 1.5-Mile Run)	4 (workout) 1 (test)	15
Block D: Weeks 13-15 (3 d/wk.)	Day 1: Workout 1 Day 2: Workout 2 Day 3: Workout 3	5	15
Block D: Week 16 (3 d/wk.)	Day 1: Test Day (Sit-Up, Push-Up & Max Vertical Jump) Day 2: Test Day (300-Meter Sprint & 1.5-Mile Run)	N/A	N/A

List of Exercises

- Upper
 - Workout 1: Shoulder-Width Push-Ups & Two-Arm Resisted* Bent Over Row
 - Workout 2: Resisted* Vertical Shoulder Press & Pull-Up
 - Workout 3: Narrow Push-Ups & Single-Arm Resisted* Bent Over Row

- Lower
 - Workout 1: Air Squats & Vertical Jump
 - Workout 2: Forward Lunges & Horizontal Long Jump
 - Workout 3: Backward Lunges & Line Hops (forward/backward & left/right)

- Core
 - Workout 1: Planks (15 sec) & Superman's
 - Workout 2: Sit-Ups & Side Planks (15 sec)
 - Workout 3: Seated Russian Twist & Dead Bugs

- Aerobic
 - Block A
 - Workout 1: Bear Crawls (30 sec)
 - Workout 2: Run (0.25 mile)

 - Block B
 - Workout 1: Mountain Climbers (60 sec)
 - Workout 2: Jump Jacks (60 sec)
 - Workout 3: Run (0.25 mile)

 - Block C
 - Workout 1: Jumping Rope (60 sec)
 - Workout 2: Bear Crawls (60 sec)
 - Workout 3: Run (0.25 mile)

 - Block D
 - Workout 1: Bear Crawls (60 sec)
 - Workout 2: Mountain Climbers (60 sec)
 - Workout 3: Run (0.25 mile)