



Pre-Academy Physical Fitness Recommendations

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CONVERSION CHART- STRENGTH TEST

PUSH-UPS

I-MINUTE TIME LIMIT

Reps	1	2	3	4	5	6	7	8	9	10
Points	8	10	12	14	16	18	20	22	24	26
Reps	11	12	13	14	15	16	17	18	19	20
Points	28	30	32	34	36	38	40	41	42	43
Reps	21	22	23	24	25	26	27	28	29	30
Points	44	45	46	47	48	49	50	51	52	53
Reps	31	32	33	34	35	36	37	38	39	40
Points	54	55	56	57	58	59	60	61	62	63
Reps	41	42	43	44	45	46	47	48	49	50
Points	64	65	66	68	70	72	74	76	78	80
Reps	51	52	53	54	55	56	57	58	59	60
Points	82	84	86	88	90	92	94	96	98	100

SIT-UPS

I-MINUTE TIME LIMIT

Reps	1	2	3	4	5	6	7	8	9	10
Points	0	0	0	0	0	0	0	0	0	0
Reps	11	12	13	14	15	16	17	18	19	20
Points	2	4	6	8	10	12	14	16	18	20
Reps	21	22	23	24	25	26	27	28	29	30
Points	22	24	26	28	30	32	34	36	38	40
Reps	31	32	33	34	35	36	37	38	39	40
Points	42	44	46	48	50	52	54	56	58	60
Reps	41	42	43	44	45	46	47	48	49	50
Points	62	64	66	68	70	72	74	76	78	80
Reps	51	52	53	54	55	56	57	58	59	60
Points	82	84	86	88	90	92	94	96	98	100

STRENGTH TEST POINTS TOTAL

To determine fitness category, total up points from push-up and sit-up conversion charts and compare total to the strength index below.

FITNESS CATEGORY	AGE			
	Under 30	30-39	40-49	Over 50
Poor	0-50	0-43	0-33	0-26
Acceptable	51-83	44-73	34-63	27-43
Good	84- 100	74-90	64-83	44-53
Above Average	101-167	91 -150	84- 127	54-93
Excellent	168-200	151+	128+	94+

AGILITY RUN SCORING CHART

Scoring will be completed by time taken to complete the agility course, in seconds.

TIME(SECONDS)	POINTS	TIME(SECONDS)	POINTS	TIME(SECONDS)	POINTS
1	100	9	68	17	36
2	96	10	64	18	32
3	92	11	60	19	28
4	88	12	56	20	24
5	84	13	52	21	20
6	80	14	48	22	16
7	76	15	44	23	12
8	72	16	40	24	8
				25	4

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20 Burpees and Dummy Drag Test Scoring

TIME(SECONDS)	POINTS	TIME(SECONDS)	POINTS	TIME(SECONDS)	POINTS
1	100	41	66.8	81	33.6
2	99.17	42	65.97	82	32.77
3	98.34	43	65.14	83	31.94
4	97.51	44	64.31	84	31.11
5	96.68	45	63.48	85	30.28
6	95.85	46	62.65	86	29.45
7	95.02	47	61.82	87	28.62
8	94.19	48	60.99	88	27.79
9	93.36	49	60.16	89	26.96
10	92.53	50	59.33	90	26.13
11	91.7	51	58.5	91	25.3
12	90.87	52	57.67	92	24.47
13	90.04	53	56.84	93	23.64
14	89.21	54	56.01	94	22.81
15	88.38	55	55.18	95	21.98
16	87.55	56	54.35	96	21.15
17	86.72	57	53.52	97	20.32
18	85.89	58	52.69	98	19.49
19	85.06	59	51.86	99	18.66
20	84.23	60	51.03	100	17.83
21	83.4	61	50.2	101	17
22	82.57	62	49.37	102	16.17
23	81.74	63	48.54	103	15.34
24	80.97	64	47.71	104	14.51
25	80.08	65	46.88	105	13.68
26	79.25	66	46.05	106	12.85
27	78.42	67	45.22	107	12.02
28	77.59	68	44.39	108	11.19
29	76.76	69	43.56	109	10.36
30	75.93	70	42.73	110	9.53
31	75.1	71	41.9	111	8.7
32	74.27	72	41.07	112	7.87
33	73.44	73	40.24	113	7.04
34	72.61	74	39.41	114	6.21
35	71.78	75	38.58	115	5.38
36	70.95	76	37.75	116	4.55
37	70.12	77	36.92	117	3.72
38	69.29	78	36.09	118	2.89
39	68.46	79	35.26	119	2.06
40	67.63	80	34.43	120	1.23

Beginning a training regimen is a process. The regimen should begin with basic functional movements and gradually get more difficult over time. The training regimen should consist of three basic types of exercise: strength training, as well as both anaerobic and aerobic exercise. Along with a training regimen, it is also recommended that you evaluate your diet and nutrition consumption as you begin to train. Nutrition is a valuable part of physical training and should supplement your training as fuel for your body. Poor nutrition choices can have adverse effects on the physical training process.

Aerobic exercise is described as cardiovascular endurance training, such as jogging at a moderate pace. Anaerobic exercise is best described as high intensity or interval training using short max effort bursts with rest or lower intensity exercise between, such as sprints. Strength training is best described as weight lifting exercises. All three types of exercise will be performed during the ALETA training academy, so we recommend following a constant variation of these training methods prior to attendance of the academy.

Failure to prepare physically for ALETA may hinder your progress and improvement. The demands of instructors will grow as the academy progresses, that's why it is important to begin training as soon as possible. Because the physical demands of today's officers are more important now than ever before, throughout ALETA the demands of your body will become more stringent to prepare you for today's demands of policing.

You will find outlined on the following pages, an explanation of exercises, examples and a six week guide to physically preparing your body for rigorous types of exercise that you may encounter during your time at ALETA.

Examples of three types of physical exercise:

- Aerobic training: moderate jog, walking briskly or biking.
- Anaerobic training: high intensity and/or speed driven style exercise: burpees, sprints, etc.
- Strength training: weightlifting and resistance style training using tempos and/or negatives, etc.

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General guidelines when preparing for ALETA:

- Evaluate your current fitness level by completing a “trial run” of the initial PT test, as listed on the above pages
- Drink enough **water** throughout the day; minimum of ½ your bodyweight in ounces per day (i.e. a 180 lb. person should drink a minimum of 90 oz. of water per day). As external temperatures increase, your body may require an additional intake of water. *Hydrate today for tomorrow
- Less experienced cadets in the field of exercise may need to consult an instructor to evaluate their training
- Cadets should always perform a proper dynamic warm-up prior to beginning any exercise
- Cadets should stretch daily, pre-exercise and post exercise, even on “off-days”
- Cadets should read all explanations of exercises on the following pages and begin performing all movements and exercises as written, which will be standard throughout your time at the training academy.

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Basic exercises:

- **Squats:** Squats are commonly performed incorrectly and can cause injury. When performed correctly, squats will improve upon any knee issues and will not cause any undue stress on the knees. When performing a squat, you will need to look down to your feet and insure your stance is correct, beginning with a hip-width stance, toes pointed forward or slightly outward, no more than 45 degrees. Begin by slightly pushing the hips back and lower your butt toward the ground while maintaining an upright torso. Keep your head up (do not look at the ground) and do not bend your torso forward. Your knees shall maintain an outward direction, tracking directly over your toes. Your knees shall not cave in, as this is a cause of potential injury. Your butt should pass lower than your knees and then you will stand tall, making sure your squeeze your butt at the top of the repetition to ensure full a range of motion. Follow this link for a video of the movement: <https://www.youtube.com/watch?v=HeW1v0164VE>



Starting Position Hips Back Bottom of the squat Correct: Knees out Incorrect: Knees in



Starting Position Hips back Bottom of the squat Correct: Knees Out Incorrect: Knees In

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- Planks:** Begin in a push-up position on the ground. Place your hands underneath your shoulders fingers pointed forward and push yourself into the top of the push-up position, making sure your arms are locked. Elbows should be directly underneath your shoulders and your body should be flat from head to foot. Hips need to be no higher than the shoulder (pike position) and should not sag towards the ground. Planks may also be performed on the forearms, at the instructor's discretion. When performing a plank hold on the forearm, your elbows must be directly under your shoulders, forming a 90 degree angle with the upper and lower portions of the arms.



Hands placed under shoulders



Elbows locked out, maintain straight body



Elbows under the shoulders, keep the back flat



Incorrect: Backside too high, not a flat back



Incorrect: Elbows are not under the shoulder



Hands under the shoulders



Elbows locked out, maintain a straight body



Elbows under the shoulders, maintain a flat back



Incorrect: Backside too high, not a flat back



Incorrect: Elbows are not under shoulders

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- Push-ups:** Begin lying on the ground, face down and place your hands underneath your shoulders, fingers pointed forward. Push yourself up into a plank position. Elbows should be directly underneath your shoulders and your body should be flat from head to foot. Hips need to be no higher than the shoulder (pike position) and should not sag towards the ground. This will be the start of the push-up and also where the movement will begin. Now lower yourself down, maintaining a flat body, to the point your elbows reach at minimum a 90 degree angle. (For training purposes; it is optimal to attempt to lower your chest as close to the ground as possible, then push yourself back into the top of the push-up position where you began the movement). In the bottom of the repetition, your elbows should be tucked inward close to the body, utilizing the chest muscles. If your elbows flare outward, this will place undue stress on the shoulder muscle and triceps, causing pre-mature muscle failure or injury. A flat body should be maintained throughout the repetition to be performed correctly. Follow this link for a video of the movement: <https://www.youtube.com/watch?v=hclGcWoeGy8>



Correct: Hands under shoulders

Correct: Elbows tucked

Incorrect: Elbows flaring outward



Correct: "Up" or starting position



Correct: Bottom position, elbows at 90 degrees

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Correct: Hands under shoulders Correct: Elbows tucked Incorrect: Elbows flaring outward



Correct: "Up" or Starting position



Correct: Bottom position, Elbow at 90 degrees

- Burpees:** From a standing position, feet should to hip width, place your hands and arms down and out in front of you while you drop down to a near squatting position. Now kick your feet back, lowering your body to the ground, ensuring your chest and thighs touch the ground. When lowering to the ground, you should make your best attempt to set-up into a position for a push-up. From the ground you will thrust your butt and hips upward, push up with your arms and bring your feet inward, in a hop type motion. When landing, your legs should be near the locked position, not in a squat position. Landing in a squatting position places extra stress on the quadriceps muscles, thus making the movement more difficult. From this position, you will stand tall, hop off the ground and clap overhead as you hop.
- Follow this link for a video of the movement:
https://www.youtube.com/watch?v=CFmez9_Icng



Starting position, hips moves back



Hands drop to the ground, feet kick back



Continue down until the chest and thighs touch the floor



Push upward, thrusting your hips in an upward direction



Land with your legs near a locked position

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Starting position, hips moves back



Hands drop to the ground, feet kick back



Continue down until the chest and thighs touch the floor



Push upward, thrusting your hips in an upward direction



Land with your legs near a locked position

- **Flutter Kicks / Scissor Kicks:** Lie down on the ground, back pressed against the floor. Your arms may be underneath your glutes or out to the side, palms down. Your body will remain stationary throughout the exercise, with only your legs moving. Without bending at the knee, lift both legs together, approximately six inches from the floor. This position is the starting position for the repetition. Now begin lifting one leg to a 45 degree angle, as you lower your opposite leg to approximately 2 inches from the floor. Continue switching legs in each position creating a fluid movement. (As one leg is being lowered, the opposite leg should be raised.)
- Follow this link for a video of the movement:
<https://www.youtube.com/watch?v=95NobrZhbZk>



Correct: Starting position, feet 6" from the floor



Correct: Feet 6" from the floor



Correct: As one leg moves upward, the opposite leg moves downward, then reverse the process repeatedly

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- **Sit-ups:** Begin by sitting on the ground, legs extended out in front of you. Now bend your knees to approximately 45 degrees, placing your feet together, flat on the ground. Now take your right hand and place it on your left shoulder, and place your left hand on your right shoulder so that your arms are crossed in front and elbows are forward, touching the knees. This will be the starting position or “up” position of the repetition. Your hands must maintain contact with your opposite shoulder at all times. Now lower your torso toward the ground, ensuring your shoulder blades touch the ground (at minimum). From here, return to the starting position to complete the rep, ensuring your elbows touch your knees each time.



Correct: Starting position, elbows touching the knees



Correct: Back and shoulder blades touch the ground



Correct: Returning back to the “up” position ensuring elbows touch the knees

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- **Running:** While there are many different forms of running for various different reasons, proper form is extremely important so extra energy is not exerted. When jogging you should maintain an upright torso, or very slightly forward, relaxed shoulders, arms and hands (don't clench or shrug shoulders). When sprinting it is important to maintain a more forward torso, as you are going to move faster in the direction your torso is directing you. Elbows should be tucked in, close to the body and arms move in an up and down direction, rather than outward.

As you read on the following pages, you will find a six week general physical preparation (GPP) guide that is recommended prior to your first day at ALETA. Some of these exercises will be performed at a high intensity with rest periods, others may be performed at a lower intensity or moderate pace with minimal or no rest periods. All expectations and recommendations will be outlined in the workout itself. As always, while maintaining any training regimen, safety and health are of the utmost importance. On the final pages of this packet, you will find examples of dynamic warm-ups and examples of a stretching regimen to be used in conjunction with all workout days. Have fun, work hard and be safe!

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Cycle 1:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 1 mile. Do your best to run the entire mile without stopping to walk or rest
3. Complete 15 Burpees, 15 push-ups and 15 sit-ups as fast as possible, making sure not to compromise form or safety for speed

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on leg strength, such as weighted squats or lunges. Make sure you're taking ample rest between sets and set a goal of around 30 minutes
3. Complete 2 rounds of 30 flutter kicks and a 1 minute plank hold on the forearms

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Perform 5 rounds of sprints with 30 seconds of recovery. Pick a distance that takes about 5-6 seconds to sprint. (normally about 30-40 yards)
3. Perform 15 squats, 15 burpees and 15 walking lunges as fast as possible

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on upper body strength, such as shoulder press and bench press. Today use a lighter weight or resistance with a higher rep count, minimal rest between sets.
3. Perform a 1 minute plank hold on your hands (top of the push-up) or your forearms

Day 5:

1. Run 1 mile at a pace of 12 minutes without stopping
2. Complete 15 burpees for time.

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Cycle 2:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 1.25 miles for time. Do your best to run the entire distance without stopping to walk or rest
3. Complete 20 Burpees, 20 push-ups and 20 sit-ups as fast as possible, making sure not to compromise form or safety for speed

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on leg strength, such as weighted squats or lunges. Weight or resistance should be comparably light to the prior week. Duration: a total of 15-20 minutes, taking minimal rest between sets.
3. Complete 3 rounds of 30 flutter kicks and a 1.5 minute plank hold on the forearms

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Complete 5 moderate distance runs, such as 100 yards at a fast pace. Rest approximately the same time it took to run the 100 yards.
3. Perform a max effort plank hold either on forearms or hands (hold plank until failure)

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on upper body strength, such as shoulder press and bench press. Focus on heavier weights today with a lower rep count and ample rest between sets.
3. Perform as many push-ups as possible in one minute, rest for 3 minutes, then complete 1 minute of max push-ups again.

Day 5:

1. Run 1.5 miles for time.
2. Complete 25 burpees without stopping

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Cycle 3:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 1.75 at a moderate pace without stopping.
3. Complete 25 Burpees, 25 push-up and 25 sit-ups as fast as possible, making sure not to compromise form or safety for speed

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on leg strength, such as weighted squats or lunges. Weight or resistance should be heavier than week 1. Duration: a total of 30 minutes, taking ample rest between sets
3. Complete 2 rounds of 40 flutter kicks and a 2 minute plank hold on the forearms

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Complete 6 evolutions of the following: Run .25 mile as fast as possible then rest 2 minutes

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Strength training day. Focus today on upper body strength, such as front and lateral dumbbell raises and bench press. Focus today on lighter weight and higher reps. Rep count should be at least 15-20 reps per set taking minimal rest between sets.
3. Complete 3 evolutions of a 1.5 minute plank hold on the hands, rest 1 minute between evolutions

Day 5:

1. Run 2 miles for time, without stopping.
2. Perform 40 burpees

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Cycle 4:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Perform the following workout for time: 100 yard sprint, 25 push-ups, 100 yard sprint, 25 sit-ups, 100 yard sprint, 25 burpees, 100 yard sprint

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Run 2.5 miles today at a moderate pace, if you must rest during the 2 miles, rest while walking. Do not stop moving.

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Perform the following workout for max repetitions per round:
3 rounds of: 1 Minute of flutter kicks, 1 minute of squats, 1 minute of burpees

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Run 1 mile for time. Your goal is to beat your original 1 mile run time in week 1, by at least 30 seconds.

Day 5:

1. Use this day to rest and from normal workout activities and go for a brisk walk for about 30 minutes to remain limber and loosen any tight muscles.

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Cycle 5:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Complete 6 rounds of the following workout: 50 yard sprint, 10 sit-ups for time.

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Use today to get in the weight room or use resistance bands and focus on your lower body strength. Weighted squats of any variation, moderate weight and moderate rest between sets. Duration 20-30 minutes. Sets should be 8-10 reps.

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Complete a 2 mile run for time. If you must rest during the run, do so by walking, do not stop.

Day 4:

1. Dynamic warmup and stretch major muscle groups
2. Perform the following workout: 2 minutes of burpees, followed by a 3 minute rest. Then complete 2 rounds of 50 flutter kicks, max effort push-ups, 100 foot bear crawl.

Day 5:

1. Dynamic warmup and stretch
2. Perform 15 minutes of the following workout: 50 yard sprint and walk back to the start line. Once the start line is reached, turn around and sprint the 50 yards again, then walk back to the start line. Repeat as many times as time will allow.

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Cycle 6:

Day 1:

1. Dynamic warmup and stretch major muscle groups
2. Run 2 miles at less than 10 minutes per mile

Day 2:

1. Dynamic warmup and stretch major muscle groups
2. Complete the following workout as written: 20 push-ups using perfect form, followed by 15 minutes of 30 Flutter kicks, 15 squats, 15 sit-ups and 15 lunges. (Perform the 30, 15, 15, 15; continue repeating the cycle for the duration of the 15 minutes).

Day 3:

1. Dynamic warmup and stretch major muscles used the day prior
2. Today will be focused on speed and agility. Perform a 25 yard sprint every minute for 16 minutes. This should be an all-out effort every single sprint.
3. Easy slow-moderate paced 5 minute jog for a cool-down.

Day 4:

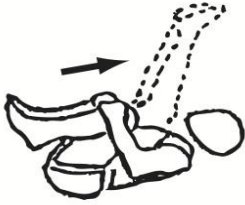
1. Dynamic warmup and stretch major muscle groups
2. Today should be focused on core work, meaning strengthening the abdominals and back muscles by performing static holds. Perform this following workout 3 times. Perform a max effort plank hold on the forearms, followed by a 1 minute rest. Perform a max effort squat hold, followed by a 1 minute rest, then perform a max effort static hold of the starting position of a flutter kick, followed by a 1 minute rest.

Day 5:

1. Use this day to rest and from normal workout activities and go for a brisk walk for about 30 minutes to remain limber and loosen any tight muscles.

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FLEXIBILITY TRAINING PROGRAM



1. Trunk Flexion



5. Hips (adductors)



9. Shoulders



2. Trunk (extension)



6. Hips (flexors)



10. Wrists



3. Trunk (rotation)



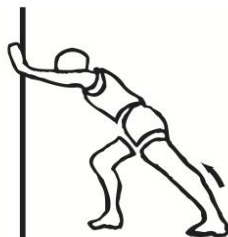
7. Ankle (dorsiflexors)



11. Neck



4. Hips (hamstrings)

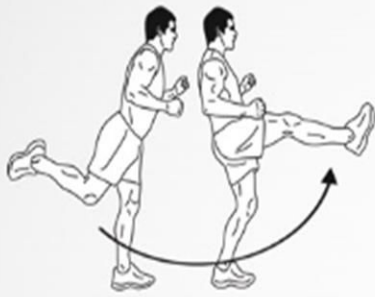


8. Ankle (plantarflexors)



12. Hips

20 reps each | 3 sets | up to 2 minutes rest between sets



front swings



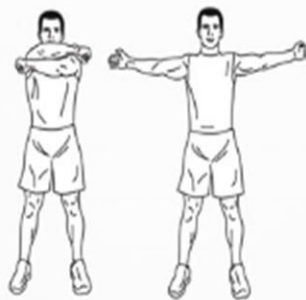
side cross swings



plank walk-outs



lunge torso twists



hug into chest expansion



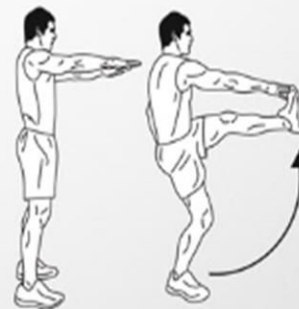
march & reach



arm push-back



backfist flings



front leg raise toe tap

Using the above six week program, focusing on form, safety and mobility functions will better prepare you as a cadet for the types of workouts you may encounter throughout the ALETA training academy. Workouts during the training academy are not limited these particular workouts, and may vary greatly, but by preparing your body physically and focusing on a nutritional diet and drinking plenty of water, should better prepare you for your training as a law enforcement officer.

If you have any questions about this booklet, please direct all inquiries to the Lafayette Parish Sheriff's Office:

Sgt. Shawn Warren

Email: Shawn.Warren@LafayetteSheriff.com

Phone 337-236-5607 Ext. 7233

*Diagram Page 23 courtesy of The Training Room
<https://thetrainingroom.wordpress.com/flexibility-definition-outline/>

*Diagram Page 24 courtesy of Darabee Unbound <https://darebee.com/workouts/unbound-workout.html>

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