

APPENDIX D
REMEDIAL PROGRAMS

STANDARDS

The goal of the remedial training program is to ensure law enforcement officers can meet the following standards:

Physical Readiness Standards

Vertical Jump (inches)	Agility Run (sec)	1 RM Bench Press Ratio (WP/BW)	Sit Ups (count)	300 Meter Run (sec)	Push Ups (count)	1.5 Mile Run (min:sec)
14.0	19.5	.83	30	68	23	16:57

AEROBIC POWER - 1.5 MILE RUN

An approach with several benefits is one that requires the individual to do long slow distance running. This remedial program is generally designed to increase distance then reduce time to produce the training effect.

Basic program

The schedule below is a proven progressive routine. If the individual can advance the schedule on a weekly basis, then proceed to the next level. If the individual can do the distance in less time, then do so.

<u>WEEK</u>	<u>ACTIVITY</u>	<u>DISTANCE</u>	<u>TIME</u>	<u>FREQUENCY</u>
1	Walk	1 mile	17-20 min.	5/week
2	Walk	1.5 mile	25-29 min.	5/week
3	Walk	2 miles	32-35 min.	5/week
4	Walk	2 miles	28-30 min.	5/week
5	Walk/jog	2 miles	27 min.	5/week
6	Walk/jog	2 miles	26 min.	5/week
7	Walk/jog	2 miles	25 min.	5/week
8	Walk/jog	2 miles	24 min.	5/week
9	Jog	2 miles	23 min.	4/week
10	Jog	2 miles	22 min.	4/week
11	Jog	2 miles	21 min.	4/week
12	Jog	2 miles	20 min.	4/week

Successive weeks Jog 2-3 miles 20-30 min. 3/week

At the completion of the program have the individual test him/herself on the 1.5 mile test. If they do not meet the standard continue the last weeks (week 12) distance (2 miles) but reduce time by 15 seconds per week.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease.

<u>WEEK</u>	<u>ACTIVITY</u>	<u>DISTANCE</u>	<u>TIME</u>	<u>FREQUENCY</u>
1	Walk	.5 mile	12 min.	3/week
2	Walk	.5 mile	10 min.	3/week
3	Walk	1 mile	22 min.	3/week
4	Walk	1 mile	20 min.	3/week
5	Walk	1 mile	19 min.	4/week
6	Walk	1 mile	18 min.	4/week
7	Walk	1.5 miles	29:30 min.	4/week
8	Walk	1.5 miles	28 min.	4/week
9	Walk	1.5 miles	26 min.	5/week
10	Walk	1.5 miles	24 min.	5/week
11	Walk	2 miles	32 min.	5/week
12	Walk	2 miles	31 min.	5/week
13	Walk	2.5 miles	38 min.	5/week
14	Walk	2.5 miles	37 min.	5/week
15	Walk	3.0 miles	48 min	5/week
16	Walk	3.0 miles	47 min	5/week
17	Walk	3.0 miles	46 min	5/week
18	Walk	3.0 miles	45 min or less	4/week

After completing this program the individual should advance to the basic program.

ANAEROBIC POWER - 300 METER RUN

This anaerobic training program to improve 300 meter run times is built upon an interval training model.

Basic program

Step 1: Time the individual for an all out effort at 110 yards. This is called initial time or **IT**.

Step 2: Divide the **IT** by .80 to get a starting training time. Then follow the schedule below:

<u>Week</u>	<u>Training Distance</u>	<u>Number of times to sprint Repetitions</u>	<u>Time for the sprint Training Time</u>	<u>Rest period between sprints Rest Time</u>	<u>Frequency</u>
1,2	110 yards	4	.80 into IT	2 min.	1/week
3,4	110 yards	5	.80 into IT minus 2-3 sec.	2 min.	1/week
5,6	110 yards	6	.80 into IT minus 5-6 sec.	2 min.	1/week
7,8	220 yards	4	.80 into IT times 2	2 min.	1/week
9,10	220 yards	4	.80 into IT times 2 minus 4 sec.	2 min.	2/week
Successive weeks	220 yards	4	.80 into IT times 2 minus 4 sec.	2 min.	1/week

At the completion of the program have the individual retest him/herself on the 300 meter run. If they do not meet the standard continue the last weeks (week 10) distance (220 yards) but reduce time by 4 seconds per week.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease.

Step 1: Do not start this training until the individual has completed the specific aerobic training program for the 1.5 mile run and is on a running schedule.

Step 2: Time the individual for an all out effort at 55 yards. This is called initial time or **IT**.

Step 3: Divide the **IT** by .80 to get a starting training time. Then follow the

schedule below:

<u>Week</u>	<u>Training Distance</u>	<u>Number of times to sprint Repetitions</u>	<u>Time for the sprint Training Time</u>	<u>Rest period between sprints Rest Time</u>	<u>Frequency</u>
1,2	55 yards	4	.80 into IT	2 min.	1/week
3,4	55 yards	5	.80 into IT minus 1-2 sec.	2 min.	1/week
5,6	55 yards	6	.80 into IT minus 4-5 sec.	2 min.	1/week
7,8	110 yards	4	.80 into IT times 2	2 min.	1/week
9,10	110 yards	4	.80 into IT times 2 minus 4 sec.	2 min.	2/week
11,12	220 yards	4	.80 into IT times 4	2 min.	1/week
13,14	220 yards	4	.80 into IT times 4 minus 4 sec.	2 min.	2/week
Successive	220 yards	4	.80 into IT	2 min.	2/week

**UPPER BODY/ TRUNK MUSCULAR ENDURANCE:
MAXIMUM PUSH UP TEST**

The muscular endurance tests consist of calisthenic exercises, therefore they will form the basis for this program. However, a **general resistance/strength training program will help** in this area as well.

Basic program

Step 1: See how many push ups the individual can do in a minute. That will

become the *initial training repetition dose* or **ITRD**.

REPS = the number of times the exercise is performed.

SETS = the number of times the series of reps are performed.

<u>Week</u>	<u>Sets</u>	<u>Repetitions</u>	<u>Frequency</u>
1	1	ITRD	3/week
2	2	ITRD divided by 1/2	3/week
3	3	ITRD divided by 1/2	3/week
4	3	ITRD divided by 1/2 plus 2	3/week
5	3	ITRD divided by 1/2 plus 4	3/week
6	3	ITRD divided by 1/2 plus 6	3/week
7	3	ITRD divided by 1/2 plus 8	3/week
8	3	ITRD divided by 1/2 plus 10	3/week
Successive weeks	3	ITRD divided by 1/2 plus 10 adding 1-2 additional reps/week	3/week

At the completion of the program have the individual retest themselves on the push up test. If they do not meet the standard, have them continue the successive week routine.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease and individuals who can not perform 3 push ups. The same program is followed only instead of using the push up as the exercise the modified push up is utilized. Once the individual advances to week 4 move him/her over to the basic program.

AGILITY - ILLINOIS AGILITY RUN

The rule of specificity suggests the best training program is one that requires the individual to do sprint training requiring quick starting and stopping, changing direction, and serpentine movements around obstacles as that characterizes the Illinois Agility Run.

Basic program

Step 1: Time the individual for an all out effort at 60 feet with 6 obstacles 10 feet apart.

- Sprint 60 feet

- Turn and serpentine around obstacles for 60 feet
- Turn and serpentine back through obstacles
- Turn and sprint back to starting line

This is called initial time or **IT**.

Step 2: Divide the **IT** by .80 to get a starting training time. Then follow the schedule below:

<u>Week</u>	<u>Training Distance</u>	<u>Number of times to sprint Repetitions</u>	<u>Time for the sprint Training Time</u>	<u>Rest period between sprints Rest Time</u>	<u>Frequency</u>
1,2	60 feet	4	.80 into IT	1 min.	1/week
3,4	60 feet	5	.80 into IT	1 min.	1/week minus 1-2 sec.
5,6	60 feet	6	.80 into IT	1 min.	1/week minus 4-5 sec.
7,8	30 feet	4	.80 into IT	1 min.	1/week divided by 2
9,10	30 feet	4	.80 into IT	1 min.	2/week divided by 2 minus 2 sec.
Successive weeks	30 feet	4	.80 into IT	1 min.	2/week divided by 2 minus 1 second a week

At the completion of the program have the individual retest themselves on the Illinois agility run. If they do not meet the standard, have them continue the successive week routine.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease. Do not start this training until the individual has completed the specific aerobic training program for the 1.5 mile run and is on a running schedule. The same routine would be followed.

LEG POWER - VERTICAL JUMP

This training program requires the participant to perform a program of plyometric exercises

Basic program

Step 1: Select one jump, one bound and one hop - 3 total plyometric exercises.

Step 3: Perform each exercise with 1 set of 10 repetitions, 3 days a week
Do the repetitions ballistically without stopping.

Step 3: Rest 3 minutes between each set of each exercise.

<u>Week</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>	<u>Frequency</u>
		1	10	3 min.	3 times/week
	Double leg vertical jump				
	Double leg tuck jump				
	Alternate leg bound				
	Double leg hop				
	Single leg hop				
	Double leg speed hop				
	Double zig zag hop				

At the completion of the program have the individual retest themselves on the Vertical jump. If they do not meet the standard, have them add an additional jump or hop to their weekly routine.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease. Do not start this training until the individual has completed the specific aerobic training program for the 1.5 mile run and is on a running schedule. Start the individual out with just one plyometric jump exercise and add exercises according to the schedule below;

<u>Week</u>	<u>Exercises</u>
1	1 jump
2	1 jump and 1 bound
3	1 jump and 1 bound
4	1 jump, 1 bound, 1 hop
5	Sustain

ABSOLUTE UPPER BODY STRENGTH - BENCH PRESS

The upper body strength training plan is a weight training program which requires access to weights. If weights are not available see the push up remedial program.

Basic program

Step 1: Determine the maximum weight the individual can bench press one time.

Step 2: Determine 60% of that weight. This will be a weight the individual can do 8-10 repetitions. Use the schedule below: If the individual can advance the weights do so.

REPS = the number of times the exercise is performed (number of lifts of the weight)

SETS = the number of times the series of reps are performed.

<u>Week</u>	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	<u>Frequency</u>
1	60% of 1RM	1	8-10	3/week
2	60% of 1RM	2	8-10	3/week
3	60% of 1RM	3	8-10	3/week
4	60% of 1RM	3	8-10	3/week
5	60% of 1RM plus 5 lbs	3	8-10	3/week
6	60% of 1RM plus 5 lbs	3	8-10	3/week
7	60% of 1RM plus 10 lbs	3	8-10	3/week
8	60% of 1RM plus 10 lbs	3	8-10	3/week
9	60% of 1RM plus 10-20 lbs	3	8-10	3/week
10	60% of 1RM plus 10-20 lbs	3	8-10	3/week

Successive weeks	60% of 1RM plus 5 lbs/week	3	8-10	3/week
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At the completion of the program have the individual retest themselves on the bench press. If they do not meet the standard, have them continue the successive week routine.

A program is provided for individuals who are extremely obese, inactive and/or have cardiovascular disease. This program is identical except the percentage to use is 40% of the 1RM. Once the individual advances to week 10 have him/her move over to the basic program.

PULL UP (BONUS PROGRAM)

There are a number of ways to train pull ups and beginning fitness is a critical consideration. This program is intended for the person who struggles to get more than one or two pull ups. The only equipment required is a bar.

Description

1. Scapular Stabilizers: begin with hands in pull/chin up position, fully extend arms and shoulders, then pull shoulder blades down and in to the midline of the body. This is a very subtle action and the arms remain straight.
2. Isometric holds maintain a prescribed position – no motion is involved.
3. Accentuated eccentrics are a slow controlled lowering of the body for a particular count.
4. Scapular pull/chin up: begins the same as the scapular stabilizers with arms fully extended, in this case, dynamically pull the shoulder blades down and in; this results in a pulling of the body up and away from the bar. The key to this exercise is to keep the arms straight throughout the motion and only lift the body up and away a short distance.
5. Stair pull up: start at top w/ chin above bar, lower body until arms just above 90 degrees then pull up, lower body until arms at 90 degrees then pull up, lower body until arms more than 90 degrees (but not straight) then pull up; this equals 1 set of 3 reps (1x3).

<u>Week</u>	<u>Sets/Reps</u>	<u>Exercise</u>	<u>Frequency</u>
1	3x5	Scap. Stab. Pull up position	3x/wk
	3x5	Scap Stab chin up position	3x

2	2x5	Scap stab. PU pos.	3x
	2x5	Scap stab CU pos	3x
	3x3	Isometric hold, chin above bar, Hold for 5 count	3x
3	1x5	Scap Stab PU pos	3x
	1x5	Scap Stab CU pos	3x
	3x3	Iso hold, chin above bar, 5sec.	3x
	3x3	Iso hold, arms at 90deg., 5 sec	3x
4	1x5	Scap Stab PU pos	3x
	1x5	Scap Stab CU pos	3x
	3x3	Iso hold, chin above bar, 5 sec	3x
	3x3	Iso hold, @ 90 deg, 5 sec (Iso holds done with towel around Bar to increase diameter of bar)	3x
5	1x5	Scapular Pull up	3x
	1x5	Scapular Chin up	3x
	1x5	Iso hold, chin above bar, 5sec	3x
	1x5	Iso hold, @ 90 deg, 5 sec	3x
	1x5	Iso hold, just below 90 deg, 5sec	3x
	1x5	Accentuated eccentric, 8 count	3x
6	1x5	Scap PU	3x
	1x5	Scap CU	3x
	1x	Iso hold, chin above bar – ALAP	3x
	1x	Iso hold, @ 90 deg – ALAP (ALAP= as long as possible)	3x
7,8	1x5	Scap PU	3x
	1x5	Scap CU	3x
	3x5	Acc Ecc, 8 count (1 set = normal grip, 1=wide, 1=narrow)	3x
9,10	1x5	Scap PU	3x
	1x5	Scap CU	3x
	3x3	Stair pull up	3x
11	Rest(no pull up training)		
12	1x5	Scap PU	1x
	1x	Test for maximum pull ups	1x

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