

Physical Fitness

Due to the physically demanding nature of the police academy, we recommend that you start preparing now:

Prior to beginning any workout regiment, all persons should consult their physician for a fitness program that considers the totality of circumstances for that individual (ex. those with asthma, high blood pressure, etc.).

Each person should invest in a good pair of running shoes; they are essential to performance and reducing injury.

Start with a good stretching program, both before and after each workout. Workouts should begin slowly – a walking program is sufficient to get you started – and then be increased as your fitness level improves. You should be working out 4 days a week – consisting of both aerobic activity and strength training – to reach the required level of endurance.

Stretch each muscle group prior to and after your workout

Running:

- If you are just starting a workout program – begin with walking 3 miles for the first week.
 - By week two alternate between walking for ¼ mile and running for ¼ mile for a total of one mile. Work your way up to running the full mile.
 - Continue to add mileage through the same method.
- By the start of the academy you should be able to run 3 – 5 miles at approximately an 8:30 interval.

Strength training:

- If you are just starting a workout program – begin using light weights and increase the amount over a period of time.
- Lighter weights with greater repetition are good for toning, while heavier weights with fewer repetitions are good for building muscle. Three sets of 10 repetitions per station / exercise would be a good program to follow.
- If you are new to weight lifting, consult a GVSU Recreation Center employee for assistance or seek help from a trained professional.

Calisthenics:

- Incorporate basic calisthenics into your workout – jumping jacks, push-ups, and sit-ups.
 - Always guard against putting any strain on your back or neck while doing these.

Stationary bicycles, stair climbers, and elliptical machines:

- Become familiar with the operation of these machines because they will be used during the academy. GVSU Recreation Center employees will be able to assist you with their operation.
- You should be able to complete a 30-minute workout at an aggressive pace. Experiment with the machines and monitor your heart rate (rule of thumb – you should be tired when you are done).

***If you sustain any injuries while working out, seek treatment as soon as possible. The longer an injury is neglected the longer it will take to heal.

***You are also encouraged to read fitness articles. Find exercises you enjoy and add variety to your workout to keep it from becoming mundane. If you dislike it, it is more difficult to do, which means you probably won't do it!