



PORTLAND POLICE DEPARTMENT FITNESS REGIMENT

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Engaging in physical fitness training involves an inherent risk of injury, damage, illness or loss. Participation in the above program is voluntary on your part and by your participation you are agreeing that you are solely responsible for your health and well-being and that your use of the information provided here is solely at your own risk. The City of Portland is not responsible for injuries, damage, illness or loss suffered as a result of your participation in the physical fitness training.

Physical Fitness Prep for the Maine Criminal Justice Academy Physical Fitness Assessment

The following suggested workouts are designed to be completed 1 month prior to testing or entrance into the Maine Criminal Justice Academy. This routine is a very basic overview of the fitness needed to complete the physical fitness assessment and prepare a candidate for the Maine Criminal Justice Academy. This suggested routine is the very minimum level of activity and should be used to supplement a structured fitness routine that includes strength training. The following routines are not gender specific; the routine is based on overall effort and strength building for the candidate. You should always consult your physician or medical professional before starting this or any other exercise program. Not all exercises are suited for everyone.



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RUNNING PREP FOR MAINE CRIMINAL JUSTICE ACADEMY PHYSICAL FITNESS

	Monday	Wednesday	Friday
Week 1	1 mile medium pace	1 mile medium pace	1.5 mile timed
Week 2	1.5 mile medium pace	1.5 mile medium pace	1.5 mile timed
Week 3	2 mile fast pace	1 mile medium pace	1.5 mile timed
Week 4	2 mile fast pace	2 mile fast pace	1.5 mile timed

If the timed 1.5 mile is below the posted Academy standard at the end of the first week then it is suggested to add an additional day of running to each week. Upon entrance into the Maine Criminal Justice Academy it is suggested that a candidate be able to complete the 1.5 mile run, 1 minute under the posted requirement for their age and gender category.

CONDITIONAL PREP FOR MAINE CRIMINAL JUSTICE ACADEMY PHYSICAL FITNESS ASSESSMENT

Prior to beginning conduct a fitness assessment where you complete a timed max effort test of push-ups and sit-ups. The suggestion is that a candidate be able to complete 20% over the required value for each movement. For example: if the minimum passing score for push-ups is 30, it is suggested that the candidate be able to complete 36 push-ups with good form. This again is the lowest level suggested to be successful during the fitness assessment and then the Maine Criminal Justice Academy.

The following exercises should be completed as a circuit with minimal rest periods between each movement; each circuit should be conducted 3 times. Each movement is maximum effort unless otherwise specified. A warm-up or movement prep should be completed prior to this routine being started, followed with a cool-down or period of stretching upon completion. Each line is a separate circuit and to be completed alone on different days not as a whole.



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Push-ups	Burpees (15)	Sit-ups 1 min	Dips	Jumping Jacks (50)	Mtn. Climbers (20)	Pull-ups	Plank 1 min
Pull-ups	Mtn. Climbers (20)	Push-ups	Burpees (15)	Sit-ups 1 min	Plank 1 min	Jumping Jacks (50)	Push-ups
Jumping Jacks (50)	Mtn. Climbers (20)	Pull-ups	Plank 1 min	Push-ups	Sit-ups 1 min	Burpees (20)	Dips

PHYSICAL FITNESS STANDARDS

FITNESS STANDARDS	MALE				FEMALE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
PUSH- UP TEST 1 MINUTE TIMED	29	24	18	13	15	11	9	3
SIT- UP TEST 1 MINUTE TIMED	38	35	29	24	32	25	20	14
1.5 MILE RUN	12:38	13:04	13:49	15:03	14:50	15:38	16:21	18:07

BASED ON THE FITNESS STANDARDS SET BY THE MAINE CRIMINAL JUSTICE ACADEMY