



Larimer County Sheriff's Office

Physical Fitness Agility Test

Preparation Guide

This guide will help you prepare for the exercises that comprise our physical fitness agility test. Follow the links for video instruction.

1.5 Mile and 300 Meter Run

This table is organized by weeks and is designed to be a general guideline for your training to successfully complete the running exercises in 12 weeks. Depending on your fitness level, you may need to extend this schedule or jump ahead to find an appropriate level of challenge to increase your capacity. Unless otherwise noted, exercise should be a light jog and can be completed on sidewalks, trails, parks, or anywhere you can safely exercise without interruption.

Week	Day 1	Day 2	Day 3	Day 4
1-2	15-20 minutes	15-20 minutes	15-20 minutes	15-20 minutes
3-4	20 minutes	Track Day Run 100 yards and then walk 100 yards Repeat for 6-8 laps	20 minutes	Week 3 25 minutes Week 4 – Trial Run both exercises
5-6	20-25 minutes	Track Day Run 300m fast 5 minute recovery Run 300m fast	20-25 minutes	30 minutes
7-8	25-30 minutes	Track Day Run 200 yards and then walk 200 yards Repeat for 6-8 laps	25-30 minutes	Week 7 25 minutes Week 8 – Trial Run both exercises
9-10	25-30 minutes	Track Day Run 300m fast 5 minute recovery Run 300m fast	25-30 minutes	20 minutes
11-12	20-25 minutes	20-25 minutes	20 minutes	Week 11 30 minutes Week 12 – Trial Run both exercises

Push-ups

This table is organized by weeks and is designed to be a general guideline for your training to successfully complete the push-up exercise in 12 weeks. It assumes two days per week and proper push-up form. Please see this video for a demonstration. During your initial training, do as many push-ups in one minute as you can. This will be your baseline for the training table.

Week	Repetitions	Sets	Recovery
1-2	Baseline	2	As needed
3-4	Baseline + 1 or 2 push-ups	3	As needed
5-6	Baseline + 3 or 4 push-ups	3	As needed
7-8	Baseline + 4 or 5 push-ups	3	As needed
9-10	Baseline + 5 to 7 push-ups	3	As needed
11-12	Baseline + 7 to 10 push-ups	3	As needed

Sit-ups

This table is organized by weeks and is designed to be a general guideline for your training to successfully complete the sit-up exercise in 12 weeks. It assumes two days per week and proper sit-up form. Please see this video for a demonstration. During your initial training, do as many sit-ups in one minute as you can. This will be your baseline for the training table.

Week	Repetitions	Sets	Recovery
1-2	Baseline	2	As needed
3-4	Baseline + 1 or 2 sit-ups	3	As needed
5-6	Baseline + 3 or 4 sit-ups	3	As needed
7-8	Baseline + 4 or 5 sit-ups	3	As needed
9-10	Baseline + 5 to 7 sit-ups	3	As needed
11-12	Baseline + 7 to 10 sit-ups	3	As needed

REMEMBER: ALL EXERCISES IN THE PHYSICAL FITNESS AGILITY TEST ARE PASS/FAIL. IF YOU CANNOT COMPLETE ANY STEP OF THE ASSESSMENT, YOU WILL NOT BE ALLOWED TO CONTINUE WITH THE TESTING PROCESS.

A RECORD SETTING TIME OR NUMBER OF EXERCISES COMPLETED HAS NO EFFECT ON YOUR ELIGIBILITY. DO NOT OVER EXERT YOURSELF ON ANY ONE EXERCISE AS IT MAY AFFECT YOUR ABILITY TO COMPLETE THE OTHER EXERCISES.