

**ST. LAWRENCE COUNTY
LAW ENFORCEMENT ACADEMY**

PHYSICAL TRAINING

SESSION XVII

JANUARY 9, 2012 – JULY 16, 2012

PHYSICAL TRAINING CLASSROOM PROCEDURES

1. Gymnasium - No one will be late for morning P.T. class. Staff Session Coordinators will notify the instructor if anyone is absent from their session.

When an instructor enters the gymnasium, one Recruit will call the group to attention. All Recruits will come to attention, in formation, with eyes looking forward. Recruits will face straight forward.

Free time prior to class will be used for no purposes other than stretching and warming up. No one will be sitting down unless stretching.

Instructors may address the group at any time with specific commands or directions. Due to the poor acoustics in the gymnasium, it is imperative that Recruits pay attention. If a Recruit does not hear or does not understand any instructions, he or she should raise their hand and ask the instructor to repeat the command. Once class is in progress, there will be no talking.

ALL MOVEMENT IN THE GYMNASIUM WILL BE DONE AT A DOUBLE TIME PACE.

2. Exercises - All exercises when performed as a group will be counted by everyone. Exercises will be done properly - nothing less will be tolerated. All Recruits will be responsible for knowing the sequence of exercises. Recruits will be called on to lead the class.
3. Outdoor Procedures - When going outside, Recruits will line up in two lines by the double exit doors in the gymnasium. Once the line is formed, Recruits will begin to count-off. The first two people will hold the door open until everyone is outside. Upon entering the building, the first person will hold the door until everyone is inside. Recruits will enter in single file and count-off while entering the gymnasium. Recruits will line up in formation, in an at-ease position until the last Recruit enters the gymnasium. Recruits will come to attention when the last Recruit enters the gymnasium. Instruction will be given at that time or cool-down exercises will be performed. When dismissed from the gymnasium, Recruits will leave as quickly as possible. The first two people will open the doors and hold them until the last person leaves.
4. Jogging Outside - When jogging outside, Recruits will stay together in two lines unless

otherwise instructed. If it is necessary to run on the roadway, everyone will stay to the left and in single file. No other way will be tolerated.

5. Dress - Academy tee shirts and shorts will be worn in the gymnasium during P.T.

Sneakers and plain white socks with no logos will also be worn. Shirts will always be tucked into the shorts. During the winter, Recruits will bring their outdoor P.T. gear to the gymnasium and place it along the wall. Prior to going outside, Recruits will be given time to put on their outdoor P.T. gear. Upon returning to the gymnasium, outdoor P.T. gear will remain on unless otherwise instructed. Hooded sweatshirts and high quality running shoes are recommended. Each Recruit will also need to purchase a mouthpiece for defensive tactics.
6. Conduct - All Recruits will conduct themselves in a professional manner when jogging outside the Academy. Recruits will not engage in conversation with civilians during training.
7. Injuries - It is realized that injuries will occur. **DO NOT CONFUSE MUSCLE SORENESS WITH INJURY.** Many people will be sore for the first few weeks. If a Recruit thinks he or she is injured, they will report it to one of the instructors. If an injury does exist, the Recruit will also report it to the Assistant Director, who will make an appointment for medical treatment if necessary.
8. Personal Hygiene - Recruits will perspire heavily during Physical Training, it is expected that all recruits will shower after Physical Training sessions. P.T. clothing will be laundered as necessary. All Recruits will be expected to keep their fingernails trimmed short. This will be done to avoid unnecessary injuries during Physical and Defensive Tactics training. No jewelry of any kind will be worn during Physical or Defensive Tactics training.
9. Water Intake - Due to the rigorous Physical Training, Recruits will perspire profusely. To prevent dehydration, Recruits should drink a minimum of eight (8 oz.) glasses of water per day. More water should be ingested as necessary. Do not wait until you are thirsty to drink water, as thirst is a poor indicator of your body's hydration level. Dark colored urine is a good indication that you are not taking in enough fluids. Urine should be clear when you're properly hydrated. Replenish your fluid intake throughout the entire day.

FLEXIBILITY EXERCISES

10. Neck Stretch - Relax and let neck tilt forward to a comfortable position, hold for ten seconds. Repeat to the rear then to the left and right. Move from one position to the next slowly and do not force the neck. Perform this sequence two times.
11. Shoulder Stretch - Right hand grabs left elbow and pulls it across the chest, stretch for ten seconds then reverse hands. Perform this exercise two times.
12. Shoulder Circles - Extend arms to the side so they are parallel to the ground. Slowly rotate them forward twenty times then reverse direction. Start with small circles gradually increasing to larger ones.
13. Tricep Stretch - Right hand grabs the left elbow behind the head, stretch for ten seconds then reverse hands. Perform this exercise two times.
14. Trunk Bend - Lean forward with knees slightly bent and slowly stretch. Hold for ten seconds, stand and relax. Perform this exercise two times.
15. Single Leg Quadricep Stretch - Left hand grabs the left foot and pulls the heel toward the hamstring muscle stretching the quadricep. Stretch for ten seconds then switch legs. Perform this exercise two times.
16. Calf Stretch - Place the left leg up against the chest while on all fours. Extend the right leg all the way back. Stretch the right calf by touching the right heel to the floor, hold for ten seconds then switch legs. Perform this exercise two times.
17. Hamstring Stretch - Lie on back and grasp left leg behind the calf. With knee slightly bent pull left leg gently toward chest and hold for ten seconds, then switch legs. Perform this exercise two times.
18. Ankle Stretch - In a seated position, place left ankle over right thigh and rotate ankle forward ten times then reverse, switch legs. Perform this exercise two times.
19. Groin Stretch - In a seated position bring heels toward buttocks. Grasp ankles, place elbows on inner thighs and gently push knees toward floor, hold for ten seconds. Perform this exercise two times.

CALISTHENICS

20. Jumping Jacks - 4 Count
21. Push-ups - 15
22. Sit-ups - 15
23. AB Stretch - On Back - Hands over Head - 15 second
24. Crunches - 15
25. Push-Ups - 15
26. Leg Raises - 15
27. AB Stretch
28. Flutter Kick - 4 Count
29. Jumping Jacks - 4 Count

TRAINING ADVICE

WARM-UP

Prior to doing any exercises or stretching it is important to elevate your body temperature to avoid injury. Warm-up by walking and/or jogging slowly. Perform a warm-up set(s) of the exercise you are about to do by doing a few repetitions and then resting for a short period.

STRETCHING

Stretching should be done slowly without bouncing. Never stretch to the point of pain or discomfort. Hold an easy stretch for 5 to 10 seconds. As you hold this stretch the feeling of tension should diminish. If it doesn't ease off slightly to a more comfortable stretch. The easy stretch reduces tightness and prepares muscle tissue for the developmental stretch.

The developmental stretch is performed after holding the easy stretch and moving a fraction of an inch further into the stretch or until you feel mild tension again. The developmental stretch should be held for 5 to 20 seconds. The feeling of stretch tension should slightly diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off slightly to a comfortable stretch. The developmental stretch reduces tension and over time will safely increase flexibility.

Remember; only hold stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch. Be consistent. Regular stretching will promote greater flexibility and improved performance.