New York State Unified Court System

Court Officer - Trainee

Candidate Physical Ability Test

Preparation Guide

TABLE OF CONTENTS

Page

LIST OF TABLES

LIST OF FIGURES

LIST OF APPENDICES

INTRODUCTION

The New York State Unified Court System (UCS) implements a physical ability test to assess whether a candidate possesses the physical capabilities required to perform essential job tasks and meet the physical requirements in the training academy. The test is physically demanding and requires training to be successful. This Candidate Physical Test Preparation Guide provides an overview of the physical test battery and assistance in preparing for the test.

Overview of Physical Ability Test

Candidates will be required to qualify on a series of physical ability tests designed to assess one's ability to safely and effectively perform the physically demanding tasks required by the Court Officer job, as well as in academy training. The Physical Ability Test battery (PAT) consists of four tests: (1) Beep Test, (2) Push-Ups, (3) Sit-Ups, and (4) Illinois Agility Run. Each test is described below.

Beep Test
The purpose of the Beep Test is to assess aerobic capacity. The test involves completing multiple 20 meter run intervals whose speed must be equal to or faster than the pace dictated on the CD. The test continues until the time to complete an interval is greater than the time allotted for two consecutive intervals. The score is the total number of intervals successfully completed.

Push-Up Test
The purpose of the Push-Ups test is to assess your upper body muscular strength and endurance. The test is performed in a position in which only the feet and hands are in contact with the testing surface with the arms are fully extended. The torso is lowered by bending at the elbows until the elbow is flexed at a 90 degree or less angle and then returned to the starting position. The score is the number of correctly performed push-ups in one minute.

Sit-Up Test

The purpose of the Sit-Ups test is to assess your abdominal strength. The starting position is on the back with knees flexed, feet together, arms crossed over the chest. The feet will be held while performing the sit-ups. The score is the number of correctly performed sit-ups in one minute.

Illinois Agility Run

The Illinois Agility Run requires running approximately 60 yards and making several turns during the run. The score is the time it takes to complete the run. Two trials are completed.

PHYSICAL FITNESS COMPONENTS AND TRAINING PRINCIPLES

Exercise places increased demand on the body. Therefore, it is essential that you know or determine your current health status and physical condition prior to participation in this fitness program. The American College of Sports Medicine (ACSM) recommends that all individuals initiating a physical activity program should at a minimum complete the risk appraisal questionnaire entitled PAR-Q (ACSM, 2014). If the answers to the PAR-Q questions indicate that two or more cardiovascular disease factors (e.g., family history of myocardial infarction, cigarette smoking, sedentary lifestyle, hypertension, pre-diabetic, age [men≥45 yr; women ≥55 yr]) are present, consult a physician prior to participation in this fitness program. Further, if you have unstable or symptoms of cardiovascular disease, diabetes and risk factors such as age ≥ 35 years or other cardiovascular parameter (e.g., family history), end-stage renal disease or chronic pulmonary disease (e.g., asthma, COPD) consult a physician prior to entering this program (ACSM, 2014).

Physical Fitness Components

Physical fitness can be defined as having the energy and ability to perform daily activities and to meet unforeseen emergencies on the job. The components of physical fitness are aerobic capacity, muscular strength, muscular endurance, flexibility, anaerobic power, and body composition.

Aerobic Capacity is the ability of the cardiovascular and respiratory system to supply the muscles with oxygen and fuel during endurance activities. Examples of aerobic activities include running, cycling, and swimming.

Muscular Strength is the ability of the muscles to generate maximal force. *Muscular Endurance* is the ability of the muscles to perform repeated contractions against less than maximal resistance. To improve muscular strength and endurance resistance weight training programs are used.

Flexibility is the range of motion at a joint (e.g., hip). Flexibility exercises are used during the warm-up and cool-down portions of an exercise session.

Anaerobic Power is the ability to perform high intensity activities for a short duration. It uses stored energy to fuel the muscles and results in an accumulation of waste products (e.g., lactic acid). An example of an anaerobic activity is the 100 meter sprint.

Body Composition refers to the quality of body weight in terms of percent body fat. To alter percent body fat changes in diet and exercise are needed.

General Training Principles

Gaining positive results of an exercise program requires adherence to several training principles. If these principles are not included in your program, fewer benefits will be achieved.

Overload

To improve fitness you must increase you participation in physical activity. Overload means increasing the demand to a level greater than your current activity level. For the body to adapt to the new level of fitness, the overload is typically 75% or greater than your maximal effort.

Realistic Progression
Your body will adapt to the overload placed on it. To continue to improve the fitness level, the overload must be increased in a gradual progressive manner to prevent injury and allow for recovery after an exercise session.

Specificity
The human body responds and adapts to *specific* demands placed on it. To improve all areas relevant to the physical demands of the Court Officer job, you must perform exercises for all needed body areas (e.g., upper and lower body muscular endurance).

FIT Parameters
The overload and progression principles are dependent upon changes in frequency of **(F)**, intensity **(I)**, and time **(T)** or duration of exercise participation. **Frequency** refers to the number of times that you exercise per week. **Intensity** is the amount of overload placed on the body. **Time** is the duration of each exercise session. These FIT parameters can be increased or decreased to reach your fitness goal. For example, increasing the intensity by using heavier weight and decreasing the number of repetitions (frequency) of a weight lifted will lead to greater muscular gains, than using lower weight and more repetitions.

Structure of Exercise Session
The exercise session consists of a warm-up, workout, and cool down segments. The warm-up consists of light aerobic activities such as running at an easy pace for a short distance. When the light aerobic portion is completed, the flexibility exercises are completed. These prepare you for the workout portion of the exercise program (e.g., weight training). At the completion of the workout, cool down exercises used during the warm-up are completed.

Exercise sessions are defined as each time you participate in some type of training. An exercise session should consist of three phases: (1) warm-up, (2) workout, and (3) cool down. Completion of these three exercise phases will decrease the risk of injury and muscle soreness, and facilitate the performance by improving flexibility and other fitness characteristics (e.g., aerobic capacity).

Warm-Up
The warm-up includes light aerobic activities (e.g., jogging in place) and flexibility/stretching exercises for the arms, legs, and back. Warm-up activities increase blood flow and body temperature, which prepares the body for exercise and reduces the risk of muscle and joint injuries during the workout.

Workout
The workout is the most strenuous phase of the exercise session and includes muscular strength, muscular endurance, aerobic, and anaerobic fitness exercises. The types of workout activities vary in relation to the goals of increasing strength or cardiorespiratory fitness.

Cool Down
The cool down includes light aerobic activities and stretching exercises. The light aerobic activities precede the stretching to prevent blood from pooling in the arms and legs. The stretching exercises improve flexibility and help reduce the risk of muscle soreness

WARM-UP AND FLEXIBILITY EXERCISES

The goal of the warm-up exercises is to improve flexibility, increase blood flow, and decrease potential for injury. When performing the flexibility exercises, observe the following cautions.

- Perform flexibility exercises slowly
- Do not overstretch to a point that pain is felt
- Do not stretch injured muscles
- Breath while stretching

Prior to starting and during the exercise session, drink fluids to maintain hydration. The flexibility exercises on the next pages can be used during the warm-up portion of the exercise session.

Flexibility Exercises

The flexibility exercises are listed for the upper and lower body and core/trunk areas. Prior to completing the flexibility exercises, perform light aerobic activities such as jogging in place, high step marching, or brisk walking for two or more minutes.

Upper Body
1. Triceps Stretch
   a. Stand with feet shoulder width apart.
   b. Place the left arm over the shoulder and on the shoulder blade as in scratching your back.
   c. Use the right hand to push the left elbow backwards.
   d. Hold for 10-15 seconds.
   e. Repeat this sequence with the right arm.
   f. Perform the exercise 3 times with each arm.

2. Shoulder/Upper Back Stretch
   a. Stand with feet shoulder width apart.
   b. Place the left arm across the chest and parallel to the ground
   c. Place the right hand or forearm against the elbow of the left arm and pull towards the chest with your right arm. The stretch is felt in the shoulder.
   d. Hold for 10-15 seconds.
   e. Repeat this sequence with the right arm.
   f. Perform the exercise 3 times with each arm.

3. Chest/Shoulder Stretch
   a. Stand with feet shoulder width apart.
   b. Move both arms behind the back and clasp the hands.
   c. Slowly extend the hands towards the floor and pull the shoulders backwards. If unable to clasp the hands, pull back with the shoulders.
   d. Hold the hands extended position for 10-15 seconds.
   e. Perform the exercise 3 times.

Core and Lower Body Stretches
1. Sit on the floor with both legs straight and feet together
    a. Cross the left leg over the right leg. Flex the left leg until the left foot is near the right knee.
    b. Turn the upper body and head to the left side
    c. Slowly move the right arm across the left knee and reach backwards.
    d. Hold for 10-15 seconds.
    e. Perform the exercise 3 times.

2. Piriformis/Gluteal Stretch
    a. Lay on the back with the knees flexed.
    b. Cross left leg over the right leg while keeping the right knee flexed.
    c. Grab the right thigh and slowly pull towards your torso to feel the stretch in the hip and lower back areas.
    d. Hold for 10-15 seconds.
    e. Repeat this sequence with the right leg.
    f. Perform the exercise 3 times with each leg.

3. Seated Hamstring Stretch
    a. Sit on the floor with legs straight and together.
    b. Slowly reach forward toward until the fingers touch the toes. If this position cannot be achieved, reach forward to the shins or ankles.
    c. Hold for 10-15 seconds and then attempt to reach farther towards the feet.
    d. Repeat the exercise from the staring position 3 times.

4. Quadriceps Stretch
    a. Stand erect with the feet shoulder width apart.
    b. Flex the left knee and grasp the foot with the right hand.
    c. Slowly pull the left foot toward the buttocks while keeping the knee pointed directly at the floor. If unable to achieve this position, the exercise can be performed by lying on side of the body, flexing the left knee, and grasping the left foot with the left hand.
    d. Hold for 10-15 seconds.
    e. Repeat the exercise 3 times.

5. Calf Stretch
    a. Stand facing a wall approximately arm's length away.
    b. Place both hands on the wall at shoulder height
    c. Stagger the feet so that the right leg is closer to the wall and the left leg further from the wall.
    d. The leg further from the wall (left leg) is straight. The leg closer to the wall (right leg) is flexed at the knee.
    e. Slowly lean into the wall until a stretch is felt in the calf of the leg further from the wall.
    f. Hold for 10-15 seconds.
    g. Repeat the exercise 3 times with each leg.

WORKOUT: MUSCULAR STRENGTH AND MUSCULAR ENDURANCE TRAINING

Several types of strength training activities result in increased muscular strength and muscular endurance. The program described below uses resistance weight training to prepare for the Court Officer physical test. The weight training program should be performed three times per week and requires use of dumbbells and one's body weight. When performing weight lifting, have a partner stand nearby to assist if you are unable to lift or lower a weight. When starting a weight training program, observe the precautions listed below.

- Do not hold your breath while lifting. Exhale during the lift and inhale as you lower the weight.
- Have a partner assist, that is spot you, when lifting heavy loads.
- Complete the full range of motion for each exercise and do not lock the joints.
- Control the speed of movement and keep the head in alignment looking straight ahead.
- Maintain good form in each exercise.
- Seek profession assistance if you are new to weight training or are unsure of the proper techniques to use.

There are two terms used in weight training that define the intensity and duration of a weight training session. The first is *set.* A set is performing an exercise a specific number of times without stopping to rest. The second is repetitions or *reps.* A rep is the number of time an exercise is performed in a set. In this weight training program three (3) sets of each exercise are performed with 8-12 reps in each set.

The goal of the weight training program is to complete 8 to 12 repetitions of each exercise three times (sets). If you are not experienced at lifting weights, begin the program by completing one set of each exercise. Gradually progress to three sets. Similarly, use a gradual approach to increasing the weight being lifted. During the initial states of this program, you may experience muscle soreness 24 to 48 hours after your exercise session. If this soreness continues after the second week, you should decrease the weight being used. If there is no muscle soreness, you can gradually increase the weight. The next section describes how to determine the beginning weight for each exercise.

How to Determine Weights to Use

The goal is to use a weight light enough to perform 8-12 reps per set in an exercise, but the weight should be heavy enough that greater than 12 reps cannot be completed. Therefore, the weight should be light enough to finish 8 reps in all 3 sets, but heavy enough that you cannot lift the weight many more times than 8 reps. If the goal is 12 reps, the same principle applies. If you perform 8 reps in all sets and can easily do more the weight is too light.

To start, choose a weight that is easy to lift (e.g., a little too light) and perform the exercise in perfect form with this lower weight. Then, increase the weight in small increments until you can do 8 reps only with good form. Once 3 sets of 8 reps can be performed easily, move up to the next weight. As your strength increases, the initial weight will be too light. At this point, you can perform 3 sets of

10 reps or slightly increase the weight. Increasing the number of sets or the weight provides a progressive overload and results in increased muscular strength.

If you are a beginner in weight training or have not lifted weights in the past year, it is advised to only perform one set of each exercise during the first exercise session. It is recommended that weight training be performed three times per week (e.g., M-W-F).

Weight Training Exercises

Preparation for the Court Officer strength assessments (Push-Ups, Sit-Ups) can include performance of the actual tests and/or use of other strength training activities. Push-Ups and Sit-Ups tests are performed for one minute. The positions for performing these tests are described in the Sit-Up and Push-Up exercises listed below. The goal is to perform as many Push-Ups and Sit-Ups in the one-minute timeframe. These activities should be performed along with other muscular strength and muscular endurance activities.

The weight training exercises are listed below and should be performed 2 to 3 days per week, with 48 hours between exercises for the same muscle groups (e.g., triceps). The weight training exercises are listed by body area (upper, torso/core, lower). Exercises from all three groups may be performed on the same day. However, you should alternate between muscle groups (e.g., upper body, torso) to provide adequate recovery. Remember to exhale on the lift and inhale on the lower segment of each rep in an exercise. The number of reps in a set for all exercises is 8-12. For sit-ups and push-ups, perform as many as possible in one minute. For plank, maintain the proper plank position for as long as possible. The exercises are listed below for the upper body, torso, and lower body. The exercises listed first in each category are performed 8-12 (e.g., chest press), followed by exercises that require performing as many as possible.

Upper Body

1. Chest Press
   a. Lay on a bench with the feet on the floor or the bench, while holding one dumbbell in each hand at chest level. The elbows are flexed to 90 degrees with the arms extended to the sides of the body.
   b. Raise the dumbbells straight up until the elbows are almost fully extended.
   c. After a short pause, lower to the dumbbells slowly to the starting position.

2. Shoulder Press
   a. Sit on a chair or bench holding two dumbbells at shoulder level with the palms facing forward.
   b. Raise the dumbbells overhead one at a time until the elbows are almost fully extended.
   c. After a short pause, lower the dumbbells slowly to the staring position.
   d. Be careful not to arch the back to help raise the dumbbells.

3. Triceps Extension
   a. Bend over and place the left knee and left hand on a bench.
   b. Keep the back flat from the buttocks to the shoulder area.

    c.   Hold a dumbbell in the right hand with the palm facing towards the bench with the upper arm parallel to the floor and the lower arm perpendicular to the floor (elbow flexed to 90 degrees).

    d.   Straighten the right elbow until the lower arm is parallel to the floor.

    e.   Lower the dumbbell back to the 90 degree starting position.

4.   Chair Dips
   a. Place a chair against a wall.
   b. Place the heels of both hands on the edge of the chair. The hands are slightly behind the shoulders.
   c. Extend the legs completely in front of the body with the heels on the floor.
   d. Slowly lower the body toward the floor by flexing the elbows until the upper arms are parallel to the floor.
   e. Extend the elbows and rise to the starting position.
   f. To decrease the difficulty the knees may be flexed with the feet flat on the floor.
   g. Begin by doing 8-12 reps and then perform as many as possible.

5.   Push-Ups
   a. Start with the feet together, hands on the floor slightly wider than shoulder width, and torso and legs in a straight line.
   b. Keeping the body in straight alignment, lower to a position in which the upper arms are parallel to the floor.
   c. Raise the body by extending the elbows until the arms are completely straight.
   d. Perform as many push-ups as possible using proper form.

Torso/Core

1.   Plank
   a. Start in a position with the forearms and toes in contact with the floor. The feet should be 8 to 12 inches apart with the forearms on the floor (or mat) and elbows directly below or slightly wider than shoulders.
   b. Legs, buttocks, back, shoulders, and ears are in a straight alignment.
   c. Head is relaxed with the eyes looking down at the floor/mat.
   d. Hands and forearms may be flat on the ground or on the sides of the forearms.
   e. Maintain this position for as long as possible.

2.   Sit-Ups
   a. Lay on the back with the knees flexed and the lower back and feet flat on the floor and knees flexed to 45-60 degrees.
   b. Cross the arms over the chest and place each hand on the opposite shoulder. If unable to perform sit-ups, start with the hands and arms at the side of the body. However, for the Court Officer PAT you will have to perform sit-ups with the arms crossed over the chest and hands on opposite shoulders.
   c. Initially curl up by tightening the abdominal muscles to lift only the shoulder blades off the floor. After success using this technique, continue to curl up until the elbows touch the thighs.
   d. Keep the chin tucked to the chest.

e.   Uncurl to return to the staring position with the shoulders almost touching the floor, before performing the next sit-up.

f.   Perform as many sit-ups as possible using proper form.

Lower Body

1.   Lunge Steps
   a.   Stand upright and take a slightly larger than normal size step forward with the left leg.
   b.   Slowly flex the left knee until the thigh is almost parallel to the ground. Do not allow the left knee to go beyond the left foot.
   c.   Return to the starting position by straightening the left leg while maintaining the torso in an upright position.
   d.   Perform the same movement with the right leg.
   e.   After becoming proficient performing lunges, hold a light weight to each hand to increase the resistance

2.   Chair Squats
   a.   Place a chair against a wall.
   b.   Stand with the back to the chair, feet shoulder width apart, and arms extended in front of the chest.
   c.   Slowly, lower the buttocks into the chair, while keeping the knees over the ankles and head looking forward.
   d.   When the buttocks touches the chair, slowly extend the knees and hips to the staring position.
   e.   Dumbbells can be added to each hand to increase the resistance.

3.   Calf Raises
   a.   Stand straight with the feet parallel and shoulder width apart.
   b.   Use an overhand grip (palms facing down) to hold a dumbbell in each hand.
   c.   Lift the body up as far as possible by extending the ankles and onto the toes.
   d.   Slowly lower the heels to the floor which keeping the knees slightly flexed.
   e.   Increase the intensity of the raise by standing on a board (e.g., 2 inches high) and allowing the heels to go below the level of the board.

4.   Split Squat
   a.   Stand with hands on hips and feet wide apart with the left foot forward and right foot behind.
   b.   Squat down by flexing the left knee and hip until the right knee touches the floor.
   c.   Return to the starting position by straightening the left knee and hip.
   d.   Perform 8-12 reps with the left foot forward and repeat the exercise with the right foot forward.
   e.   The knees and feet should face forward. Keep the torso upright throughout the exercise (as in the starting position).
   f.   Dumbbells can be added to each hand to increase the resistance.

Recording Your Progress

To monitor your progress, it is important to record the weight used for each exercise and the number of repetitions performed. The weight training recording sheet is located in Appendix A. If you elect to perform both strength and aerobic training exercises on the same day, it is suggested that you complete the aerobic exercise activity before completing the strength training exercises. For example, your exercise session may consist of flexibility exercises and light aerobic activities, followed by 10 minutes of stair climbing. The stair climbing would be followed by a strength training workout and a cool down consisting of light aerobic and flexibility exercises.

WORKOUT: AEROBIC AND ANAEROBIC TRAINING

Aerobic training increases the efficiency of the cardiovascular and pulmonary systems. Several types of training programs result in increases in aerobic capacity. These activities include walking, running, swimming, cycling, and other activities that increase heart rate over an extended timeframe. Aerobic activities must be performed continuously to produce an increase in aerobic capacity. For example, if running is used to increase aerobic capacity, one must run continuously for a specified time period such as 20 minutes). Using a steady pace helps when performing an aerobic activity for longer time periods. Thus, the intensity or pace of performance will govern the level of increase in aerobic fitness obtained. For example, if one runs at a 15-minute per mile pace and never increases the pace (faster intensity), aerobic capacity will not increase. Thus, it is important to increase the pace (e.g., 13 minutes/mile).

Most activities involve a combination of aerobic and anaerobic energy systems. Anaerobic activities include sprinting 100 meters, running to catch a bus, and other short intense actions. Several types of activities result in increased aerobic capacity and anaerobic power. The activities described in this section address both aerobic and anaerobic energy systems. To increase your aerobic capacity the activities should be performed 3 to 5 days per week. However anaerobic training should occur only two days per week with at least one day of rest between training activities.

Aerobic Training

Preparation for the Court Officer aerobic assessment (Beep Test) can include performance of the actual test and/or use of other aerobic activities. The Beep Test involves running back and forth on a 20-meters (65.617 feet) course. The pace to run starts slowly and increases after several laps of the course. A CD provides a series of commands and beeps that you must follow to complete the test. You will stand on the starting line. When the first CD command (a series of rapid beeps) occurs, run to the other line. Run at a pace that is equal to or faster than the pace on the CD. When the next beep occurs, you will run back to the starting line. This sequence is repeated until you are no longer able to keep up the pace dictated by the CD beeps. The pace needed to reach the other line increases (gets faster) as the number of laps completed increases. The goal is to finish as many laps as possible while maintaining the pace dictated by the CD. The CD can be obtained at the websites listed below. Note that the Beep Test is also called the Bleep Test.

> http://www.amazon.com/Bleep-Test-Personal-Fitness-Tests/dp/B003PON2U8
> https://itunes.apple.com/us/app/**bleep-test**-free/id428100189?mt=8

When training using the Beep CD, initially perform the test at the lower levels. When you are comfortable at the lower level (fewer laps), increase to a higher number of laps. The Beep Test should be performed along with other aerobic activities.

Other aerobic training programs such as running and cycling improve aerobic capacity. The running program shown in Table 1 (Monday-Wednesday-Friday) gradually increases the distance. Run at a comfortable pace in which you can carry on a conversation. The rest periods shown for the aerobic activity should be active rest, which is defined for this program as walking at a comfortable pace. The duration of the rest period can be ½ to 1 times the duration to complete the aerobic activity. Thus, if you run for 10 minutes, the active rest period can be 5 to 10 minutes. When possible, run with a partner.

Table 1: Aerobic and Anaerobic Training Program

Level	Monday	Tuesday	Wednesday	Thursday	Friday
1	Run 1/2 mile Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 30 yards at a fast pace. Repeat 2 times. Rest after each interval.	Run 1/2 mile Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 30 yards at a fast pace. Repeat 2 times. Rest after each interval.	Run 1/2 mile Rest Run 1/2 mile
2	Run 1 mile Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 40 yards at a fast pace. Repeat 2 times. Rest after each interval.	Run 1 mile Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 40 yards at a fast pace. Repeat 2 times. Rest after each interval.	Run 1 mile Rest Run 1/2 mile
3	Run 1.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 20 yards at a fast pace, make a 90° degree turn, & sprint 20 yards. Repeat 2 times. Rest after each interval.	Run 1.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 3 times. Sprint 20 yards at a fast pace, make a 90° degree turn, & sprint 20 yards. Repeat 2 times. Rest after each interval.	Run 1.5 miles Rest Run 1/2 mile
4	Run 2 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 2 times. Sprint 20 yards at a fast pace, make a 180° turn, & sprint back 20 yards. Repeat 3 times. Rest after each interval.	Run 2 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 2 times. Sprint 20 yards at a fast pace, make a 180° turn, & sprint back 20 yards. Repeat 3 times. Rest after each interval.	Run 2 miles Rest Run 1/2 mile
5	Run 2.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 180°, & sprint 20 yards. Repeat 3 times. Rest after each interval.	Run 2.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 180°, & sprint 20 yards. Repeat 3 times. Rest after each interval.	Run 2.5 miles Rest Run 1/2 mile

Level	Monday	Tuesday	Wednesday	Thursday	Friday
6	Run 3 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 3 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 3 miles Rest Run 1/2 mile
7	Run 3.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 90°, sprint 20 yards, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 3.5 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back, turn 90°, sprint 20 yards, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 3.5 miles Rest Run 1/2 mile
8	Run 4 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back 10 yards, turn 90°, sprint 10 yards, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 4 miles Rest Run 1/2 mile	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 20 yards at a fast pace, turn 180°, sprint back 10 yards, turn 90°, sprint 10 yards, turn 90°, & sprint 20 yards. 　Repeat 3 times. Rest after each interval.	Run 4 miles Rest Run 1/2 mile
9	Run 5 miles	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 10 yards at a fast pace, turn 180°, sprint back 10 yards, turn 90°, sprint 10 yards, turn 90°, sprint 10 yards, turn 180°, sprint 10 yards, turn 90°, & sprint 10 yards. 　Repeat 3 times. Rest after each interval.	Run 5 miles	Sprint 50 yards gradually increasing from slow to full sprint. 　Repeat 2 times. Sprint 10 yards at a fast pace, turn 180°, sprint back 10 yards, turn 90°, sprint 10 yards, turn 90°, sprint 10 yards, turn 180°, sprint 10 yards, turn 90°, & sprint 10 yards. 　Repeat 3 times. Rest after each interval.	Run 5 miles

Table 1 provides an example of a running program performed three times per week (M-W-F). It is divided into levels of increasing aerobic fitness. Start at Level 1 and move to the next higher level when Level 1 is no longer a challenge. Continue in the same manner for Levels 2 through 9.

Anaerobic Training

Court Officer tasks such as restraining and subduing an individual requires short duration activity at a high intensity. The anaerobic energy system contributes to performance of these high intensity tasks. The duration of these types of activities ranges from 10 to 60 seconds. The Court Officer tasks also require changes in direction (e.g., running through halls and ascending stairs). The Illinois Agility Run assesses the ability to move quickly and change direction. This test involves starting from a prone position on the ground, rising to your feet, and running through a course that requires change of direction around cones. Figure 1 shows a diagram of the test. The goal is to complete the course as quickly as possible.

When training for the Illinois Agility Run, initially perform the test at a comfortable pace. After several repetitions, increase to a faster pace (higher intensity). The Illinois Agility Run should be performed along with other anaerobic activities.

Other anaerobic training programs such as running and cycling improve anaerobic capacity. The running program shown in Table 1 (Tuesday-Thursday) includes interval training and requires repetitions of short duration running. The program also includes making turns when running. There are nine levels in the program. As the level of difficulty increase, the number of turns increases. Run at a comfortable pace during the first session and then increase the speed of the run (intensity) in other exercise sessions. The rest periods between the anaerobic activity should be active rest, which is defined for this program as walking or jogging between the intervals. The duration of the rest period can be 3 times the duration to complete the interval. For example, if it takes 20 seconds to complete the interval, the rest period can be 60 seconds (20 seconds * 3 = 60 seconds). To recover from interval training, allow at least one day of easy aerobic running between interval activity days.

Table 1 provides an example of an interval program performed two times per week (T-Th). It is divided into levels of increasing anaerobic fitness. Start at Level 1 and move to the next higher level when Level 1 is no longer a challenge. Continue in the same manner for Levels 2 through 9.
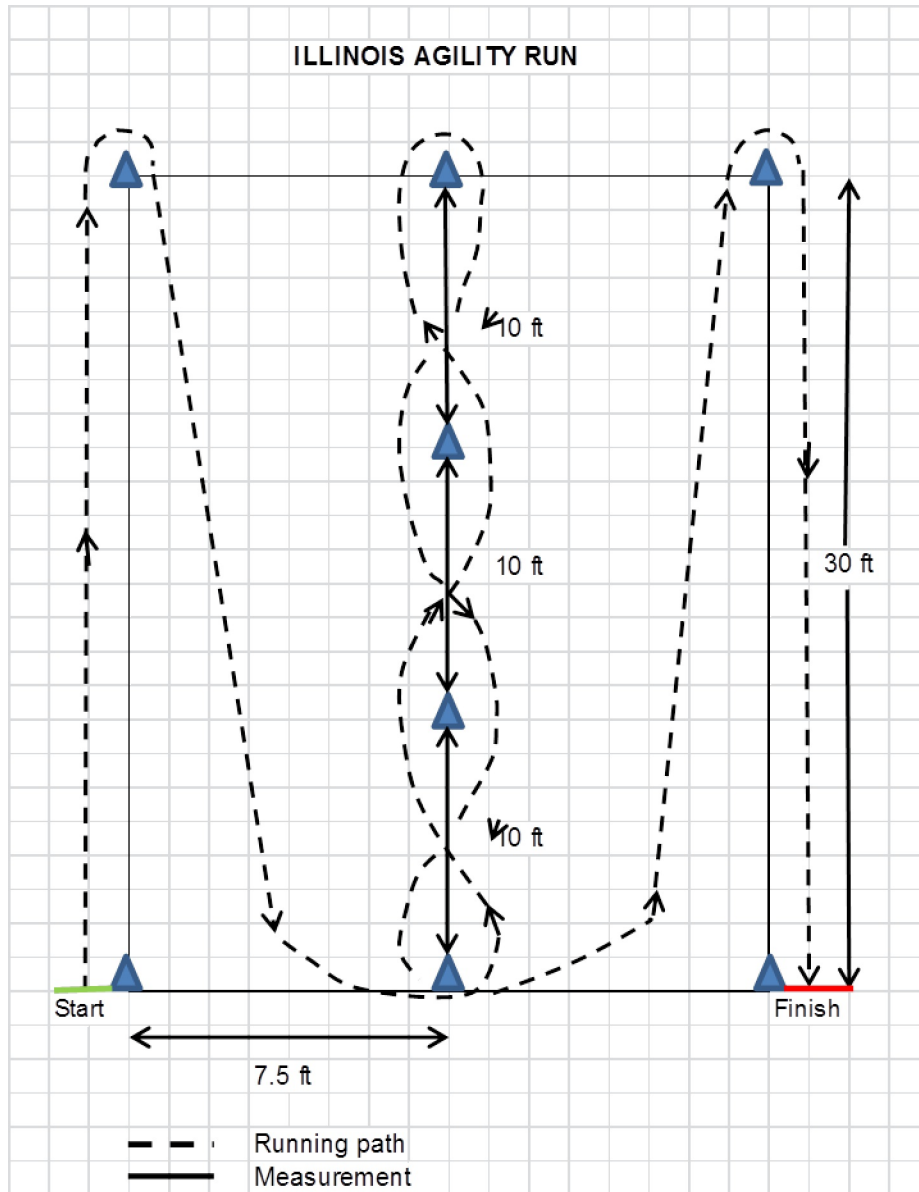
Figure 1. Illinois Agility Run

COOL-DOWN

The cool down consists of the light aerobic activities and stretching exercises performed in the warm-up. Perform the light aerobic activities first to gradually bring the heart rate down to normal levels. Follow the light aerobic activity with the flexibility exercises. Remember to concentrate on feeling the "stretch." Do not stretch to a point where you feel pain or the muscle group being stretched begins to quiver.

REFERENCES

American College of Sports Medicine. (2014). *Guidelines for Graded Exercise Testing and Exercise Prescription.* L. Pescatello, Arena, R., Reibe, D. & P. Thompson (Eds.) (9th Ed.). Baltimore, MD: Lippincott, Williams &Wilkens.

APPENDIX A :
WEIGHT TRAINING WORKOUT RECORD

Weight Training Workout Record

Date:_____			Week 1			Week 2			Week 3			Week 4		
Exercise (Alphabetical Order)	**Set**	**Reps/ Wgt**												
Calf Raises	1													
	2													
	3													
Chair Dips	1													
	2													
	3													
Chair Squats	1													
	2													
	3													
Chest Press	1													
	2													
	3													
Lunge Steps	1													
	2													
	3													
Plank	1													
	2													
	3													
Push-Ups	1													
	2													
	3													

Date: _____	Set	Reps/Wgt	Week 1			Week 2			Week 3			Week 4		
Exercise														
Sit-Ups	1													
	2													
	3													
Shoulder Press	1													
	2													
	3													
Split Squat	1													
	2													
	3													
Triceps Extension	1													
	2													
	3													