



**Worcester County Sheriff's Office  
Physical Fitness Performance Standards for  
New and Existing Correctional Officers**



**NOTE:**

**The following information is not intended and should not be construed as medical advice. This information should not be relied upon as a substitution for medical attention from qualified health professionals who are familiar with your individual needs.**

## PHYSICAL FITNESS TESTING COMPONENTS & MINIMUM STANDARDS TO PASS

### Male Standards

	20-29		30-39		40-49		50 and Beyond	
<b>PLANK</b>		62 s		62 s		62 s		62 s
<b>PUSH-UPS</b>		22		17		11		9
<b>AGILITY</b>		18.2 s		18.7 s		19.2 s		19.7 s
<b>300 METER</b>		66 s		68 s		83 s		95 s

### Female Standards

	20-29		30-39		40-44		50 and Beyond	
<b>PLANK</b>		62 s		62 s		62 s		62 s
<b>PUSH-UPS (Mod)</b>		17		11		6		6
<b>AGILITY</b>		22.4 s		22.9 s		23.4 s		23.9 s
<b>300 METER</b>		78 s		86 s		110 s		110 s

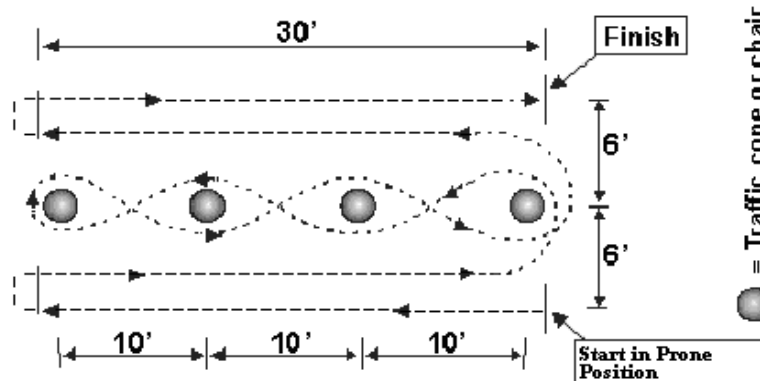
## PREPARING FOR THE PLANK TEST



### Procedure:

The participant will place their forearms on the ground with the elbows directly under the shoulders. The feet are close together while the body is lifted in a straight line from the shoulders to the ankles remaining in this position for the duration of the test. Hold this position for the minimum time required.

## PREPARING FOR THE AGILITY TEST

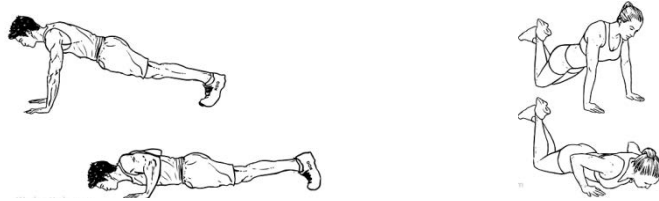


Agility is the ability to change the direction of the body in an efficient and effective manner, which requires a combination of skills including balance (dynamic and static), speed, reflexes coordination and strength.

### Procedure:

Lie on the ground with your chest and hands on the ground. On the "GO" command the stopwatch will start. Get off the ground as quickly as possible and run directly to the last cone and sprint back to the starting line. You will then weave through the cones to the last cone and then weave back to the start line. Lastly you will sprint directly to the last cone and sprint back to the starting line running through the starting line. Your time will be then be recorded.

## PREPARING FOR THE PUSH-UP TEST



### Procedure:

#### *Males-*

Place your hands on the ground approximately shoulder width apart, fingers pointing forward with your hands underneath your shoulders. Your feet may be together or up to 12 inches apart. Position your body so it is in a straight line from the shoulders to the ankles and remain in this position throughout the exercise. Lower your body by bending your elbows until your chest hits the fist of the tester and then return to the starting position by fully straightening your arms.

#### *Females-*

Place your hands on the ground approximately shoulder width apart, fingers pointing forward and your hands underneath your shoulders. Position your knees on the floor with ankles crossed and elevated off the floor. Your body should be in a straight line from the shoulders to the knees and must remain in this position throughout the exercise. Lower your body by bending your elbows until your chest hits the fist of the tester and return to the starting position by straightening your arms.

Participants should perform as many push-ups as possible in one minute.

### Training Tips:

1. Males- If you start to fatigue, you may rest in the pike position with your hips elevated higher than your shoulders. Return to the plank position then continue to perform the pushup for the full minute.
2. Proper form and positioning will contribute to better performance and ensure safety of the exercise.

### **6-Week Push-up Adaptation Routine Monday through Friday**

**Week 1**  
3 sets/10 reps

**Week 3**  
3 sets/20 reps

**Week 5**  
3 sets/30 reps

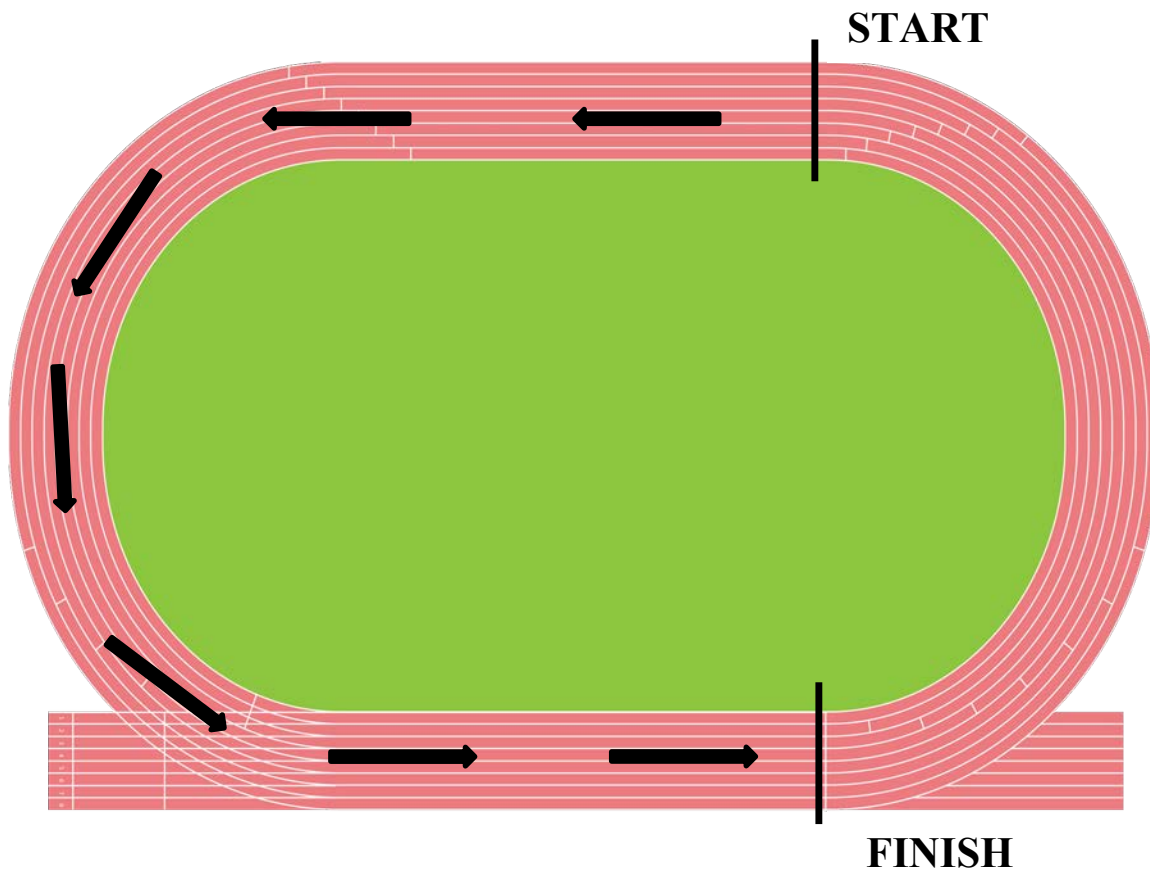
**Week 2**  
3 sets/15 reps

**Week 4**  
3 sets/25 reps

**Week 6**  
1 set to fatigue *or* 1 minute

Perform each workout on non-consecutive days.

## PREPARING FOR THE 300-METER SPRINT



### 300 Meter Sprint Information

- The 300 meter sprint is a test to measure anaerobic capacity/ anaerobic power and should be completed as fast as possible.
- Complete a dynamic flexibility routine/ warm up for at least 5- 10 minutes prior to taking the 300 meter test. You may want to warm-up by completing submaximal or incremental sprints prior to taking the test to assure the body is fully prepared.
- Begin the test at the designated starting line. On the command of “go”, run as fast as possible until you cross the finish line. The proctor will record the participant’s time in minutes and seconds.
- After completing the 300 meter sprint, cool down by walking or continuously moving for 3-5 minutes and then a static stretch focusing especially on the hamstrings, quadriceps, hip flexors, lower back and calves.
- If you would like more specific information/ breakdown of the intensity of each section of the sprint please contact the Wellness Department.

### 300 Meter Training Program ( 5 weeks)

- Program should be conducted (2) days per week
- Warm-up and Cool down remain the same throughout the program
- Program can be extended beyond (5) weeks, just start from the beginning and improve on all run times if necessary

#### **Warm-up:**

1. Walk (1) lap or ¼ mile
2. Complete a Dynamic Flexibility warmup prior to taking the test. Below is a sample dynamic flexibility warmup.
  - a. Walk (1) lap or ¼ mile
  - b. High knee run in place followed by hip open and close movements 10/side
  - c. Single Leg Knee tucks w/opposite leg calf raises (15 per leg)
  - d. Heel to glute run 10 yards
  - e. See-saw lunges with both arms overhead through available range of motion 10/leg
  - f. Scoops 10/leg
  - g. Prone scorpion stretch for back, shoulder and chest
  - h. Donkey kicks from hands and knees \*begin with knee to chest 10/leg
  - i. Dynamic lateral lunges alternating 10/leg
  - j. High knee skips with arm swing \*full shoulder ROM
  - k. Shoulder circles
  - l. Exaggerated sprinter arm swings fast
  - m. Bunny hops in place 30sec. \*can alternate legs if needed
  - n. Sprint in place 10-15 seconds repeat 4-5x

#### **Cool down:**

Static Stretch- focus on stretches for the hamstrings, quadriceps, hip flexors, lower back and calves.

#### **Track Based:**

- 2x week (preferred 48-72 hours between 300 meter training sessions)
- Start program slow with each day trying to improve times from the last no matter how minimal the improvement
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#### **Week 1: Day 1**

3 x 300m	2-3 min. rest between runs	Start slow, each 300m should be faster than previous; submaximal
2 x 100m	2-3 min. rest between runs	Start slow; 2 <sup>nd</sup> 100m faster than 1 <sup>st</sup>
1 x 50m	2-3 min rest	50% - 75% effort

#### **Week 1: Day 2**

1 x 400m	2-3 min. rest between runs	Jogging pace, approximately 50% effort
2 x 300m	2-3 min. rest between runs	Try to achieve the same times from Day 1
1 x 100m	2-3 min. rest	Try to achieve same time from Day 1

**Week 2: Day 1**

5 x 100m	2-3 min. rest between runs	Start slowly, each 100m progressively faster than the previous
3 x 200m	2-3 min. rest between runs	Start slowly to gauge the distance; 2 <sup>nd</sup> 200m should be faster than 1 <sup>st</sup>
1 x 300m	2-3 min. rest	50%- 75% effort; compare to previous 300m times

**Week 2: Day 2**

3 x 100m	2-3 min. rest between runs	Compare times from previous 100m sprints, last run close to fastest time yet
2 x 200m	2-3 min. rest between runs	Run times should be faster than Day 1 200m sprints
2 x 300m	2-3 min. rest between runs	Run times should be similar to Day 1 300m run

**Week 3: Day 1**

- Repeat Week 1 (Day 1) workout
  - Last runs of 300m, 100m and 50m should show an improvement in time from Week 1 (Day 1)

**Week 3: Day 2**

- Repeat Week 1 (Day 2) workout
  - Last and/or only runs of 400m, 300m and 100m should show improvement in time from Week 1 (Day 2)

**Week 4: Day 1**

- Repeat Week 2 (Day 1) workout
  - Last and/or only runs of 100m, 200m and 300m should outperform Week 2 (Day 1)

**Week 4: Day 2**

- Repeat Week 2 (Day 2) workout
  - Last runs of 100m, 200m and 300m should outperform Week 2 (Day 2)

**Week 5: Only run of the week (rest 2-4 min. between runs)**

1 x 100m	50%- 60%	Submaximal effort
1 x 200m	60%- 75%	Submaximal effort; pushing yourself a little harder
1 x 300m	85%- 95%	Near maximal effort; compare time to PT test standards for gender and age