



APPLICANT



PREPARATION WORKOUT

SELF-EVALUATION FITNESS LOG



APPLICANT

Name: _____

Date: ____/____/____

To find the latest APP event near you, visit us online at:

<https://www.chp.ca.gov/chpcareers/officer/seminars-events>

or contact your Division Recruiter

For more information, contact a CHP recruiter.

Northern Division	(530) 722-1839
Valley Division	(916) 731-6500
Golden Gate Division	(707) 917-4300
Central Division	(559) 453-3115
Southern Division	(818) 240-8200
Border Division	(858) 650-3675
Coastal Division	(805) 549-3261
Inland Division	(909) 806-2400

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APPLICANT PREPARATION PROGRAM

The fitness portion of the Applicant Preparation Program (APP), for the position of Cadet, California Highway Patrol (CHP), is designed to provide a structured workout plan for candidates to develop and strengthen their fitness levels for success in the Academy and their career. The physical training program in the Academy includes flexibility and strength training, endurance runs, calisthenics exercises, an obstacle course, and self-defense. It is a fact that candidates who enter the Academy lacking physical conditioning are prone to injuries that can result in removal from the Academy. Even if you do not ultimately become a CHP officer, this program can be the start of a commitment to fitness that will benefit you throughout your life.

It is very important to get a full medical examination and a doctor's approval before starting any physical activity program. It is recommended that each candidate set goals and adjust the level of this physical training program according to their capabilities.

The APP has been designed to assist CHP officer candidates in attaining the level of physical fitness required for successful Academy training. It also serves to familiarize candidates with the paramilitary protocol and self-discipline expected of CHP officers.

Training will be enhanced if you attend the APP offered at various locations throughout the state. Visit CHPCareers.com or call (916) 843-3275 for more information. If the schedule prohibits you from attending the entire APP, you are encouraged to attend one or two sessions to acquaint yourself with the program and the type of training you will encounter in the Academy.

The APP is an efficient way to get in shape. While in the Academy, your body fat will be tested as part of the PFT. If you are not within the healthy body fat range (males 16% or less, females 20% or less), you will be placed on dietary restrictions until your goal is reached while at the Academy. Please ask your physician and APP coordinators for assistance. The APP also creates esprit de corps amongst applicants and recruiters, in addition to spending time with like-minded individuals with a common goal of becoming a CHP officer.

GENERAL RULES

A. Waiver

All candidates must complete and sign an APP waiver prior to participation.

How to find APP Events:

Candidates can locate APP events at <http://www.chpcareers.com> or <https://www.facebook.com/CHPCareers/>

B. Uniform and Equipment

There is no standard APP uniform; however, participants are strongly encouraged to wear the following attire unless directed otherwise by their Division recruiters:

- Gray sweatshirt and sweat pants with no hoods, zippers, pockets, or logos on either items.
- White, crew neck T-shirt (no V-necks, pockets, or logos).
- Dark blue, cotton or nylon shorts (no pockets or logos).
- White cotton socks (no stripes or logos).
- Athletic supporter (males); athletic bra (females).
- Running shoes.

Sweatshirts and T-shirts must have the candidate's last name on the front and back, iron-on or stenciled, six inches below the collar in two-inch block capital letters. Candidates must have the proper attire on the second day of APP participation.

C. Grooming Standards

Jewelry, Accessories, Makeup:

Watches, rings, bracelets, necklaces, earrings, visible pierced jewelry items, headbands, gloves, weight belts, and makeup should not be worn during APP events.

Hair:

Males: Hair shall be properly trimmed, moderately tapered, and shall not extend below the top of the sweatshirt or T-shirt collar. Mustaches must be short and neatly trimmed. Sideburns shall not extend beyond the earlobe.

Females: Hair shall not extend below the top of the sweatshirt or T-shirt collar. Candidates with longer hair shall arrange their hair in a bun or ponytail.

D. Program Participation

Candidates must be active in the CHP cadet hiring process.

Candidates are required to sign a release form absolving the State of California and/or the CHP and its employees from any liability due to injury resulting from participation in the program.

Candidates are highly encouraged to fully participate in all aspects of the program. A candidate who engages in conduct that is illegal, violates program rules, reflects unfavorably upon the candidate or the CHP, or is disruptive, deceptive, or dishonest, may be expelled from the program.

Candidates are encouraged to record their fitness workout program in the APP Log. Instructors will sign and date your Fitness Log at the end of each week's workout sessions, ensuring accountability.

The applicant fitness log should be used in conjunction with a well-balanced, nutritious, diet.

PHYSICAL REQUIREMENTS

The California Commission on Peace Officer Standards and Training (POST), and the CHP require cadets to fully participate in, and successfully complete, 80% of all physical conditioning classes, currently 30 out of 36 sessions. Each session lasts at least 60 minutes. Physical training in the Academy is designed to serve two purposes: to enable the recruit to pass the POST Physical Fitness Examination and to prepare the cadet for the physical demands of being a CHP officer. To measure progress, cadets must complete a Physical Fitness Test (PFT) three times during Academy training. The PFT's are given in the 2nd, 12th, and 21st week of training.

The PFT consists of six events. These are all scored, and serve as a benchmark for future progress. The six events include push-ups, sit-ups, pull-ups, 1.5 mile run, a timed obstacle course, and a 300-meter run on a flat track.

PHYSICAL FITNESS QUALIFIER & POST PHYSICAL FITNESS EXAMINATION

During the administration of the PFT, cadets are scored according to the number or the time they score on each event they complete. The faster the cadet completes an event and the higher the number of repetitions on an event, the more points are given. Cadets must achieve a minimum score to pass.

All cadets are required to pass the five-event POST Work Sample Test Battery. This is a state-mandated examination and a cadet will not qualify to become a California law enforcement officer without meeting these standards. This exam is given during week 15 of the Academy, and consists of the following:

- A 99-yard obstacle course that includes simulated curbs, weaving course ways of right and left turns, wooden horse jump, and 40-yard sprint.
- A 165-pound body drag for 32 feet on a flat surface.
- A 6-foot chain link fence climb.
- A 6-foot solid wall climb.
- A 500-yard run on flat track.

Like the PFT, the faster the events are completed, the more points are awarded. Cadets must achieve a minimum score to pass.

The first PFT occurs during the second week of the Academy. This is why it is critical that candidates begin a physical conditioning program as soon as they apply.

Those individuals who fail to meet any of the minimum physical training standards of the Physical Abilities Test upon entry into the Academy will be placed into a remedial physical fitness training program identified as D Squad. Those assigned to D Squad will be required to complete normally scheduled physical training sessions in addition to a mandatory 5 week intensive physical training program designed to overcome deficiencies. At the conclusion of the 5 week training program, individuals will be re-tested to ensure they meet minimum physical training standards.

WARM-UP / COOL DOWN AND STRETCHING

No matter what your level of fitness, you should always begin an exercise session with an appropriate amount of time allocated to warming up. A warm-up prior to exercise stimulates the cardiovascular system and various muscle groups, which increases performance and reduces your risk of injury.

Warm-up should be gradual, but strenuous enough to increase your core and muscle temperature without causing fatigue or excess stress on the body. Warm-up includes walking, cycling, stair stepping, etc. Begin at a slow pace and gradually increase the intensity. The duration of the warm-up will depend on the primary activity, the intensity of the activity, and level of fitness. However, as a general rule, five to ten minutes will be sufficient.

The cool-down is just as important as the warm-up. Abrupt cessation of vigorous activity leads to pooling of the blood and sluggish circulation. It may also contribute to cramping, soreness, or more serious problems. It is recommended that you complete your workout with a five-minute slow-paced

cool-down, and stretch for ten minutes following your workouts. It is important to remember to stretch while your muscles are still warm.

After you have warmed up, stretch all major body parts. It is important that you do not stretch until you are warmed up.

Stretching Tips

- Always warm up for 5-10 minutes prior to stretching. Suggestions: stationary bike, running in place, stair machine, or treadmill.
- Move slowly when stretching. Take this time to relax and focus on your breathing.
- When lying on your back, move your legs one at a time. Sudden movements with both legs can strain the muscles of the lower back.
- Stretch to the point of gentle tension. If something hurts, stop immediately. Stretching should feel good. Hold each stretch for 30 seconds.
- Stretch daily. This workout can take as little as 7-10 minutes, or as long as you'd like. A few minutes every day can improve your performance, prevent injuries, and help you relax.

WARM-UPS

Warm-up and stretching exercises are performed as part of the physical training session and may consist of:

- Jumping Jacks
- Mountain Climbers
- Modified Hurdlers Stretch
- Seated Toe Touch
- Butterfly Stretch
- Standing Hamstring Stretch
- Modified Cobra
- Neck Stretches
- Arm Circles
- Shoulder Stretch
- Triceps Stretch



Modified Hurdler Stretch

Sit on the floor and straighten one leg in front of you. Bend the other knee, placing the sole of your foot against your inner thigh. Lean forward reaching for your toe, hold for 20-30 seconds and then switch legs.



Butterfly Stretch

Sit on the floor, bend your knees out to the sides, and bring the soles of your feet together. Place your hands on your knees and gently press the knees toward the floor, release and repeat. Keep your back straight.



Standing Hamstring Stretch

While standing with your legs close together, bend forward at the waist with arms hanging down. Try to touch your toes while keeping your legs relatively straight. Stop when a stretch is felt in your hamstring.



Modified Cobra

Lie on your belly and place your hands on the floor by the outer edges of your mat. Line up your palms with your chest, inhale and lengthen your chest forward, and push up creating an arch in your lower back.

Neck Stretches

While in the modified cobra position, drop your chin to your chest relaxing your neck, and roll your head to the left and to the right in a half arc motion.

Arm Circles-Forward and Reverse

Stand with your feet shoulder width apart and your arms straight out from your sides. Keep your arms straight and move them forward in a circular motion. After 15 reps, switch direction.



Shoulder Stretch

Place one arm across the front of your body. With the opposite hand, grasp your elbow and pull your arm across your body without twisting your torso. Hold for 20 seconds and switch arms.



Tricep Stretch

Raise one arm straight overhead and bend it behind your head so that your hand is on the middle of your upper back. Reach with your other hand and grasp your elbow and gently pull down.

CALISTHENICS

The Department's strength training is based on a calisthenics platform. Calisthenics develop the ability to squat, reach, twist, lunge, jump, land, and push, using only one's body weight for resistance. These are the types of actions demanded of law enforcement officers during a routine patrol watch. Calisthenics build strength and promote endurance without the repetitive motion that often leads to overuse injuries. Finally, these exercises improve mobility by progressively taking the major joints through a full, controlled range of motion. Calisthenics also demand the attention to detail that conveys physical readiness and discipline. You should do the calisthenics exercises every day. It is important that you adjust the level of activity according to your individual fitness level and gradually progress at your own pace with every workout.

The calisthenics session consists of body weight exercises and lasts approximately 20-25 minutes. These exercises may include the following:

- Push-ups
- Sit-ups
- Leg Lifts
- Squats
- Leg Lunges
- Bends and Thrusts
- Judo Push-ups
- Pull-ups

RUNNING

The running component of the APP is designed to meet the minimal running standards at the CHP Academy. Running will increase your endurance and speed, and is a great way to improve your cardiovascular system. There is nothing easier than putting on running gear and heading out the door for fresh air, sunshine, and exercise. Long distance running can be strenuous; it takes time to build up the endurance to run for an extended period of time.

If you are new to running, you should ease into a running program. If you are unable to run at a slow pace continuously for 30 minutes, you should begin

your program with a walk/run routine, alternating five minutes of fast walking with five minutes of running. Gradually build up your running time to a 30-minute self-paced run. Always complete your workout with a five-minute slow-paced cool-down and stretching of the calves, hamstrings, hip flexors, and back.

It is very important that you have a good pair of running shoes. Unlike cross trainers, running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg, that could cause injuries. Running shoes are also made to fit your foot comfortably, which reduces the slipping and sliding that can lead to blisters.

The running portion of this program is not designed to be done on a treadmill. A treadmill “pulls” the ground underneath your feet, and you do not meet any wind resistance, which makes running somewhat easier. However, many treadmills are padded, making them a good option if you’re carrying a few extra pounds, or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a one percent incline. While you are building up your running stamina, practice good running form.

Run tall with good posture. Your trunk will lean forward from the hips slightly, but try to lengthen your body, lift your chest, and hold in your abdominal muscles. Let your arms swing at a 90-degree angle between the chest and hipbone, not crossing them over your body. Your arm swing should complement your stride. Relax your wrists and hands. Do not clench your fists. Power your stride from your thighs, hips, and buttock muscles. Plant your heels on the ground first and roll onto the toes. Stay relaxed.

When you can jog continuously for 30 minutes, you can begin the running portion of the APP.

ENDURANCE RUN

After the calisthenics, cadets participate in a 2-5 mile run that starts at 10 minutes per mile and increases to 7 minutes per mile. Runs are on flat ground, and are progressive both in distance and pace.

Be aware that with proper preparation none of these runs are overly difficult.

If you start the APP at the outset of the selection process, you will be on the right path toward meeting the goal of being ready for the Academy.

HYDRATION

Most people do not drink enough water. Water is essential to survival. Every function and movement of an individual's body requires water. During hot weather or strenuous exercise, a larger amount of water is eliminated through perspiration in order to regulate body temperature. Therefore, it is critical to drink more water during hot weather or while exercising. It is recommended that you drink several cups of water before exercising. If the exercise is prolonged or vigorous, you should drink small quantities of water every 10 to 15 minutes during the activity. A guideline for consumption of water is 64 ounces of water per day.

ACADEMY PHYSICAL TRAINING

The CHP cadet physical fitness training follows a program similar to the one given below. The program is indicative of what is expected of cadets from the day they enter the Academy. Candidates should start some type of physical training on their own, or participate in the APP offered by the CHP, or both, to be prepared for the physical demands of the Academy. For more information, contact a CHP recruiter.

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1st MONTH • SCHEDULE

Week 1	Week 2
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1/2 Mile (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 10-20 reps / 2 sets Sit-Ups / 20-25 reps / 2 sets Pull-ups / 1-10 reps / 2 sets Leg-Lifts / 10-20 reps / 2 sets Nose-in-the-rings / 10-20 / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1/2 Mile (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 10-20 reps / 2 sets Sit-Ups / 20-25 reps / 2 sets Squats / 10-20 reps / 2 sets Leg-Lifts / 10-20 reps / 2 sets Nose-in-the-rings / 10-20 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>
Week 3	Week 4
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1 Mile (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 15-20 reps / 2 sets Sit-Ups / 20-25 reps / 2 sets Pull-ups / 3-10 reps / 2 sets Leg-Lifts / 15-25 reps / 2 sets Nose-in-the-rings / 10-20 / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1 Mile (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 15-20 reps / 2 sets Sit-Ups / 25-30 reps / 2 sets Squats / 15-25 reps / 2 sets Leg-Lifts / 15-25 reps / 2 sets Nose-in-the-rings / 10-20 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>

**“There is no such thing as a great talent
without great will-power.”
—Honore de Balzac**

1st MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

2nd MONTH • SCHEDULE

Week 5	Week 6
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1-1/2 Miles (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 15-25 reps / 2 sets Sit-Ups / 25-30 reps / 2 sets Pull-ups / 3-10 reps / 2 sets Leg-Lifts / 15-25 reps / 2 sets Nose-in-the-rings / 15-25 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 1-1/2 Miles (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 15-25 reps / 2 sets Sit-Ups / 25-30 reps / 2 sets Squats / 20-25 reps / 2 sets Leg-Lifts / 15-25 reps / 2 sets Nose-in-the-rings / 15-25 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>
Week 7	Week 8
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 2 Miles (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 20-30 reps / 2 sets Sit-Ups / 30-40 reps / 2 sets Pull-ups / 5-10 reps / 2 sets Leg-Lifts / 20-30 reps / 2 sets Nose-in-the-rings / 15-25 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 2 Miles (M, W, F):</i> 10-12 minute per mile pace on shock absorbing surface, i.e. track. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 25-35 reps / 2 sets Sit-Ups / 35-45 reps / 2 sets Squats / 35-45 reps / 2 sets Leg-Lifts / 25-35 reps / 2 sets Nose-in-the-rings / 15-25 reps / 2 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>

**“It is our attitude at the beginning
of a difficult task which, more than anything else,
will affect its successful outcome.”**

—William James

2nd MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

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APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

3rd MONTH • SCHEDULE

Week 9	Week 10
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Alternative Cardiovascular Exercises (M, W, F):</i> Swimming, biking, elliptical trainer, etc.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Exercises of your choice, this is a recovery week.</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light aerobics 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 2-1/2 Miles (M, W, F):</i> 9-10 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 15-25 reps / 3 sets Sit-Ups / 25-30 reps / 3 sets Squats / 25-30 reps / 3 sets Leg-Lifts / 20-30 reps / 3 sets Nose-in-the-rings / 20 -30 reps / 3 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>
Week 11	Week 12
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 3 Miles (M, W, F):</i> 9-10 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 20-30 reps / 3 sets Sit-Ups / 30-35 reps / 3 sets Pull-ups / 3-13 reps / 3 sets Leg-Lifts / 20-30 reps / 3 sets Nose-in-the-rings / 20 -30 reps / 3 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 3 Miles (M, W, F):</i> 9-10 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-Ups / 25-35 reps / 3 sets Sit-Ups / 35-45 reps / 3 sets Squats / 30-40 reps / 3 sets Leg-Lifts / 25-35 reps / 3 sets Nose-in-the-rings / 20 -30 reps / 3 sets</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>

**“Life is a grindstone,
and whether it grinds a man down or polishes him up
depends on the stuff he’s made of.”
—Josh Billings**

3rd MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

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APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

4th MONTH • SCHEDULE

Week 13

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 3-1/2 Miles (M, W, F):
9-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-Ups / 25-35 reps / 3 sets
Sit-Ups / 35-40 reps / 3 sets
Pull-ups / 5-15 reps / 3 sets
Leg-Lifts / 25-35 reps / 3 sets
Nose-in-the-rings / 20-35 reps / 3 sets

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 14

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 3-1/2 Miles (M, W, F):
9-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-Ups / 20-30 reps / 4 sets
Sit-Ups / 30-35 reps / 4 sets
Squats / 25-30 reps / 4 sets
Leg-Lifts / 20-30 reps / 4 sets
Nose-in-the-rings / 20-35 reps / 3 sets

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 15

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 4 Miles (M, W, F):
9-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-Ups / 20-30 reps / 4 sets
Sit-Ups / 30-35 reps / 4 sets
Pull-ups / 5-15 reps / 4 sets
Leg-Lifts / 20-30 reps / 4 sets
Nose-in-the-rings / 20-35 reps / 3 sets

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 16

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 4 Miles (M, W, F):
9-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-Ups / 25-35 reps / 4 sets
Sit-Ups / 35-40 reps / 4 sets
Squats / 30-35 reps / 4 sets
Leg-Lifts / 30-40 reps / 4 sets
Nose-in-the-rings / 20-35 reps / 3 sets

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“You miss 100% of
the shots you don’t take.”
—Wayne Gretzky**

4th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

5th MONTH • SCHEDULE

Week 17

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Alternative Cardiovascular Exercises (M, W, F):
Swimming, biking, elliptical trainer, etc.

Calisthenics / Strength (S, T, Th, S):
Exercises of your choice, this is a recovery week.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 18

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 1-1/2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 20 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 19

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 20 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 20

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 25 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“You may not be disappointed if you fail,
but you are doomed if you don’t try.”
—*Beverly Sills***

5th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

6th MONTH • SCHEDULE

Week 21

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 2 1/2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 25 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 22

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run (M, W, F):
1/2 Mile Warm Up - Sprint 100m (x 4)
1/2 Mile Recovery
Sprint 100m then jog 100m (x 2)
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 25 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 23

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 3 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 30 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 24

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run (M, W, F):
1/2 Mile Warm Up - Sprint 100m (x 4)
1/2 Mile Recovery
Sprint 100m - Recovery 100m (x 2)
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 30 reps minimum. Do as many sets as possible in 15-20 minutes.

Cool Down / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“The difference between the impossible
and the possible lies in a person’s determination.”**
—Tommy Lasorda

6th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

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APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

7th MONTH • SCHEDULE

Week 25

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 3-1/2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 30 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 26

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

1/2 Mile Warm Up (M, W, F):
400m w/400m Recovery
800m w/400m Recovery
400m w/400m Recovery

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 30 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 27

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 4 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 35 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 28

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

1/2 Mile Warm Up (M, W, F):
400m w/400m Recovery (x2)
800m w/400m Recovery
400m w/400m Recovery (x2)

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 35 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“When you feel like quitting,
think about why you started.”
—Unknown**

7th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

8th MONTH • SCHEDULE

Week 29

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 4 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 35 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 30

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

1/2 Mile Warm Up (M, W, F):
400m w/400m Recovery (x3)
800m w/400m Recovery
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 35 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 31

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 4-1/2 Miles (M, W, F):
8-10 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 40 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 32

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

1/2 Mile Warm Up (M, W, F):
400m w/400m Recovery (x4)
800m w/400m Recovery
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 40 reps minimum. Do as many sets as possible in 20-25 minutes.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“It’s going to be a journey.
It’s not a sprint to get in shape.”
—Kerri Walsh Jennings**

8th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

9th MONTH • SCHEDULE

Week 33

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Alternative Cardiovascular Exercises (M, W, F):
swimming, biking, elliptical trainer, etc.

Calisthenics / Strength (S, T, Th, S):
Exercises of your choice, this is a recovery week.

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 34

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 1-1/2 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 25 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 35

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 2 Miles (M, W, F):
1/2 Mile Warm Up
1 Mile at 90% effort
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 25 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 36

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

Run 1-3/4 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 30 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

“All great achievements require time.”
—Maya Angelou

9th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

10th MONTH • SCHEDULE**Week 37**

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 2 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 30 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 38

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 2 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 30 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 39

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 2-1/2 Miles (M, W, F):
1/2 Mile Warm Up
1 1/2 Miles at 90% effort
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 35 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 40

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 2-1/2 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 35 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“Every day is another chance to get stronger,
to eat better, to live healthier, and to be the best version of you.”
—Unknown**

10th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

11th MONTH • SCHEDULE

Week 41	Week 42
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 2-3/4 Miles (M, W, F):</i> 7-9 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 40 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 3 Miles (M, W, F):</i> 1/2 Mile Warm Up 400m at 100% effort for total of two miles 1/2 Mile Cool Down</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 40 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>
Week 43	Week 44
<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 3 Miles (M, W, F):</i> 7-9 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 45 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>	<p><i>Warm Up / Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p> <p><i>Run 3-1/2 Miles (M, W, F):</i> 7-9 minutes per mile Utilize trails, road, track, etc. NO TREADMILL RUNNING.</p> <p><i>Calisthenics / Strength (S, T, Th, S):</i> Push-ups, sit-ups, leg lifts, squats, mountain climbers, lunges, judo push-ups and jumping jacks should be completed with sets of 45 reps. Do as many sets as possible in 20-25 minutes. HIGH INTENSITY!</p> <p><i>Cool Down/ Stretching (Everyday):</i> Light jog/brisk walk for 5-10 minutes and a stretching routine.</p>
<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>	<p>☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S</p>

**"You are the creator of your own destiny."
—Unknown**

11th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____

12th MONTH • SCHEDULE**Week 45**

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 3-1/2 Miles (M, W, F):
1/2 Mile Warm Up
1/2 Mile at 75-90% effort (x3)
1/2 Mile Cool Down

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 45 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 46

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 4 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 50 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 47

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 4 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 50 reps.
Do as many sets as possible in 20-25
minutes. HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

Week 48

Warm Up / Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

Run 4-1/2 Miles (M, W, F):
7-9 minutes per mile
Utilize trails, road, track, etc.
NO TREADMILL RUNNING.

Calisthenics / Strength (S, T, Th, S):
Push-ups, sit-ups, leg lifts, squats,
mountain climbers, lunges, judo
push-ups and jumping jacks should be
completed with sets of 50 reps. Do as
many sets as possible in 20-25 minutes.
HIGH INTENSITY!

Cool Down/ Stretching (Everyday):
Light jog/brisk walk for 5-10 minutes
and a stretching routine.

☐ S ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S

**“Discipline is just choosing between what you want now
and what you want most.”**

—Unknown

12th MONTH • FITNESS LOG

Weight: _____

Body Fat: _____

Push-Ups: _____

Sit-Ups: _____

300m Run: _____

1.5 Mile Run: _____

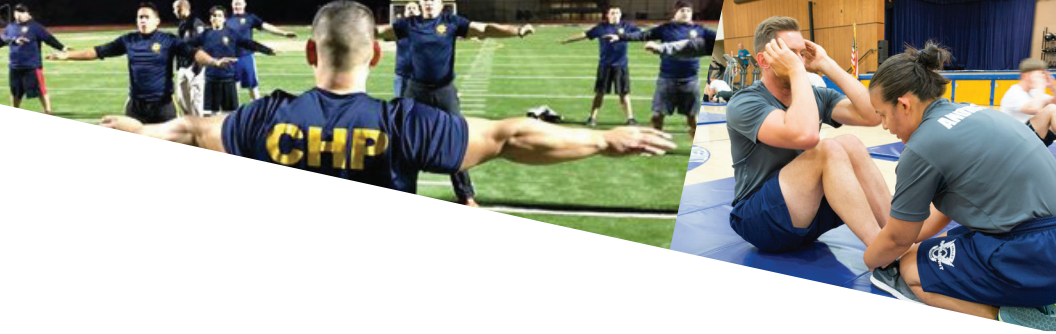
Notes: _____

APP attendance is strongly encouraged. When you attend an APP session, have your instructor sign and date your log. For locations and times, visit www.CHPCareers.com or call (916) 843-3275.

APP Instructor Signature: _____

APP Location: _____

Date: ____/____/____



COMMUNITY

Be the change in your community.

HONOR

Earn your badge of honor.

SERVICE

Join the ranks of those
serving to keep California
safe and secure.

**To find the latest APP event near you,
visit us online at: [https://www.chp.ca.gov/
chp-careers/officer/seminars-events](https://www.chp.ca.gov/chp-careers/officer/seminars-events)**

