RCMPY Youth Academy 2014
"*Fitness Journal*"

After successfully completing and submitting your application package,
your first major endeavor will be passing the Physical Fitness Test in mid-January.
The RCMP will test you in three areas: Push-ups, Sit-ups and a Run.

Here is how each will be tested:

- **Push-ups**
  - minimum of 15 continuous push-ups in 1 minute
    (you will continue doing push-ups for the full 60 secs to show them your 'maximum' output)
  - once you begin your push-ups, you are not allowed to stop for a rest or to catch your breathe
  - they will be done on your toes, not your knees
  - back, butt and legs must remain straight
  - one complete push-up will be from the up 'locked elbows' down to "your chin touching the flatten palm of the person counting" and back up to straight elbows

- **Sit-ups**
  - minimum of 30 continuous push-ups in 1 minute
    (you will continue doing sit-ups for the full 60 secs to show them your 'maximum' output)
  - once you begin your sit-ups, you are not allowed to stop for a rest or to catch your breathe
  - your counter will secure your feet on the ground
  - hands will remain hooked behind (holding) your ears
  - one complete sit-up will be from the down 'shoulders on ground' up to "both your elbows touching the tops of your knees" and back down… "crunches" will not count

- **Run**
  - 6 laps of a 400-metre track (ex: Town Centre Oval by Lafarge Lake) in 12 mins or less
  - once you begin the run, you cannot stop… it's a continuous run

In order to increase your chance of passing the Physical Fitness Test, and moving on to the Personal Interviews, the RCMP would like you to keep a record of **all physical activity** from **early November** to your Personal Interview in **late January**.

Recording entries in your Fitness Journal:

- "**Push-ups**" and "**Sit-ups**"… record how many sets of "1 minute" sessions you did for that day
  (*do not record how many actual push-ups or sit-ups you did, just record the number of sets you did… you know you will need to do at least 15 and 30 respectively in order to pass*)

- "**Run**"… include distance and time
  (*if something other than 'straight running' in a trail or laps around a track, like 'Interval training' or 'stairmaster', might be worth mentioning*)

- "**Other**"… list any physical activities you do to increase your fitness level
  (*this can include any PE, Fitness or Weight Training classes you take at school, teams or clubs your belong to, or any personal activities that you feel help in your conditioning*)

You will be required to **submit your Fitness Journal twice**, so **photocopy** it and **bring** it with you to the:

- "**Fitness Testing**" day in early- to mid-January

- "**Personal Interview**" day in late-January

NOV.	PUSH-UPS Ex: 6 sets	SIT-UPS Ex: 7 sets	RUN Ex: 2 laps of track in 5 min 12 sec Ex: "Run-Jog-Run" intervals for 20 mins	OTHER Ex: 1 hr in weight room Ex: 45-min Cross-Fit
1	(1-min) sets	(1-min) sets		
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30	(1-min) sets	(1-min) sets		

DEC.	PUSH-UPS *Ex: 6 sets*	SIT-UPS *Ex: 7 sets*	RUN *Ex: 2 laps of track in 5 min 12 sec* *Ex: "Run-Jog-Run" intervals for 20 mins*	OTHER *Ex: 1 hr in weight room* *Ex: 45-min Cross-Fit*
1	(1-min) sets	(1-min) sets		
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JAN.	PUSH-UPS *Ex: 6 sets*	SIT-UPS *Ex: 7 sets*	RUN *Ex: 2 laps of track in 5 min 12 sec* *Ex: "Run-Jog-Run" intervals for 20 mins*	OTHER *Ex: 1 hr in weight room* *Ex: 45-min Cross-Fit*
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	PUSH-UPS	SIT-UPS	RUN	OTHER