

Los Angeles County Sheriff's Department Reserve Academy Training

SHERIFF'S P. T. 500 TEST

Due to time constraints within the Reserve Academy, you will be required to maintain a personal physical workout regimen on your own time. This is to help augment the physical training given at the Academy.

Your regimen should include exercises that will help to develop your upper body strength (push-ups, pull-ups and weight lifting), abdominal muscles (sit-ups or crunches) and leg muscles (squats). In addition you should jog a minimum of 30 minutes three times a week (approximately 2 1/2 to 3 miles), in order to help maintain your strength, stamina and cardiovascular systems.

In order to track your progress, the Sheriff's Academy utilizes the Sheriff's P. T. 500 Test. The P. T. 500 Test will be administered five (5) times throughout your Academy training. Each recruit will be required to achieve the following minimum score in order to progress within the academy.

- Test #1 - 225 points in order to earn the privilege of wearing your uniform.
- Test #2 - 300 points in order to earn the privilege of wearing your metal name plate.
- Test #3 350 points in order to earn the privilege of wearing your agency patches.

Each recruit is expected to achieve a minimum score of 350 points (70%) on each test. Should a recruit fail to achieve or maintain this score, they will be required to maintain a P. T. Notebook. The P. T. Notebook will be turned into the Academy Staff each week or upon demand and shall contain the dates, times, and types of exercises performed.

The P. T. 500 Test contains a total of six (6) individual tests. Refer to the scoring sheet for additional information.



TRADITION OF SERVICE

**LOS ANGELES COUNTY SHERIFF'S ACADEMY
SHERIFF'S P.T. 500 TEST**

RECRUIT: _____ DATE: _____

CLASS: _____

PLATOON: _____

EXERCISE	EXPLANATION	MAX. SCORE	NUMBER COMPLETED	SCORE
<i>PULL UPS</i> 20 MAXIMUM NO TIME LIMIT	20 PULL UPS 3 POINTS EACH	60		
<i>SIT UPS</i> (BENT LEG) 2 MINUTES 75 MAXIMUM	FIRST 50, 1 PT. EACH LAST 25, 2 PTS EACH	100		
<i>MOUNTAIN CLIMBERS</i> 2 MINUTES	FIRST 40, 1 PT. EACH LAST 20, 3 PTS. EACH	100		
<i>PUSH UPS</i> 2 MINUTES 50 MAXIMUM	50 PUSH UPS, 1 PT EACH	50		
<i>1.5 MILE RUN</i> 10 MINUTE MAX	"SEE REVERSE SIDE"	140		
<i>220 YARD DASH</i> 28 SEC. MAX	"SEE REVERSE SIDE"	50		

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MAX SCORE: 500 POINTS
MINIMUM SCORE: 350 POINTS

RECRUIT _____

1.5 MILE

10:00 = 140	12:10-12 = 96	14:22-24 = 52	16:34-36 = 08
10:01-03 = 139	12:13-15 = 95	14:25-27 = 51	16:37-39 = 07
10:04-06 = 138	12:16-18 = 94	14:28-30 = 50	16:40-42 = 06
10:07-09 = 137	12:19-21 = 93	14:31-33 = 49	16:43-45 = 05
10:10-12 = 136	12:22-24 = 92	14:34-36 = 48	16:46-48 = 04
10:13-15 = 135	12:25-27 = 91	14:37-39 = 47	16:49-51 = 03
10:16-18 = 134	12:28-30 = 90	14:40-42 = 46	16:52-54 = 02
10:19-21 = 133	12:31-33 = 89	14:43-45 = 45	16:55-57 = 01
10:22-24 = 132	12:34-36 = 88	14:46-48 = 44	
10:25-27 = 131	12:37-39 = 87	14:49-51 = 43	
10:28-30 = 130	12:40-42 = 86	14:52-54 = 42	<u>220-Yard Dash</u>
10:31-33 = 129	12:43-45 = 85	14:55-57 = 41	28.0 = 50
10:34-36 = 128	12:46-48 = 84	14:58-00 = 40	29.0 = 45
10:37-39 = 127	12:49-51 = 83	15:01-03 = 39	30.0 = 40
10:40-42 = 126	12:52-54 = 82	15:04-06 = 38	31.0 = 35
10:43-45 = 125	12:55-57 = 81	15:07-09 = 37	32.0 = 30
10:46-48 = 124	12:58-00 = 80	15:10-12 = 36	33.0 = 25
10:49-51 = 123	13:01-03 = 79	15:13-15 = 35	34.0 = 20
10:52-54 = 122	13:04-06 = 78	15:16-18 = 34	35.0 = 15
10:55-57 = 121	13:07-09 = 77	15:19-21 = 33	36.0 = 10
10:58-00 = 120	13:10-12 = 76	15:22-24 = 32	37.0 = 05
11:01-03 = 119	13:13-15 = 75	15:25-27 = 31	38.0 = 00
11:04-06 = 118	13:16-18 = 74	15:28-30 = 30	
11:07-09 = 117	13:19-21 = 73	15:31-33 = 29	
11:10-12 = 116	13:22-24 = 72	15:34-36 = 28	
11:13-15 = 115	13:25-27 = 71	15:37-39 = 27	
11:16-18 = 114	13:28-30 = 70	15:40-42 = 26	
11:19-21 = 113	13:31-33 = 69	15:43-45 = 25	
11:22-24 = 112	13:34-36 = 68	15:46-48 = 24	
11:25-27 = 111	13:37-39 = 67	15:49-51 = 23	
11:28-30 = 110	13:40-42 = 66	15:52-54 = 22	
11:31-33 = 109	13:43-45 = 65	15:55-57 = 21	
11:34-36 = 108	13:46-48 = 64	15:58-00 = 20	
11:37-39 = 107	13:49-51 = 63	16:01-03 = 19	
11:40-42 = 106	13:52-54 = 62	16:04-06 = 18	
11:43-45 = 105	13:55-57 = 61	16:07-09 = 17	
11:46-48 = 104	13:58-00 = 60	16:10-12 = 16	
11:49-51 = 103	14:01-03 = 59	16:13-15 = 15	
11:52-54 = 102	14:04-06 = 58	16:16-18 = 14	
11:55-57 = 101	14:07-09 = 57	16:19-21 = 13	
11:58-00 = 100	14:10-12 = 56	16:22-24 = 12	
12:01-03 = 99	14:13-15 = 55	16:25-27 = 11	
12:04-06 = 98	14:16-18 = 54	16:28-30 = 10	
12:07-09 = 97	14:19-21 = 53	16:31-33 = 09	