

MCC Police Academy PT training calendar: Spring 2005 (rev 2/24/05)

DATE

Tuesday 2/1	Intro, lecture on fitness
Thursday 2/3	Lecture on exercise, collect release, 30 min. obstacle run
Tuesday 2/8	Fat lecture, dodgeball
Thursday 2/10	Nutrition lecture, obstacle run
Tuesday 2/15	Strength lecture, Test 1: 1.5 mile run test
Thursday 2/17	Strength training principles demonstration

Workout component. Begin your scheduled workout at the station listed below. Follow the provided workout guides and record each exercise result. Bring your workout records in notebook form to each class. Download and print additional copies at www.livingstrong.org .

DATE	Station 1	Station 2	Station 3	Station 4
Tuesday 2/22	Begin Team 1	Begin Team 2	Begin Team 3	Begin Team 4
Thursday 2/24	Begin Team 2	Begin Team 3	Begin Team 4	Begin Team 1
Tuesday 3/1	Begin Team 3	Begin Team 4	Begin Team 1	Begin Team 2
Thursday 3/3	Begin Team 4	Begin Team 1	Begin Team 2	Begin Team 3
Tuesday 3/8	Begin Team 1	Begin Team 2	Begin Team 3	Begin Team 4
Thursday 3/10	Begin Team 2	Begin Team 3	Begin Team 4	Begin Team 1
Tuesday 3/22	Begin Team 3	Begin Team 4	Begin Team 1	Begin Team 2
Thursday 3/24	Begin Team 4	Begin Team 1	Begin Team 2	Begin Team 3
Tuesday 3/29	Begin Team 1	Begin Team 2	Begin Team 3	Begin Team 4
Thursday 3/31	Begin Team 2	Begin Team 3	Begin Team 4	Begin Team 1
Thursday 4/7	Begin Team 3	Begin Team 4	Begin Team 1	Begin Team 2
Tuesday 4/12	Begin Team 4	Begin Team 1	Begin Team 2	Begin Team 3
Tuesday 5/3	Begin Team 1	Begin Team 2	Begin Team 3	Begin Team 4
Thursday 5/5	Begin Team 2	Begin Team 3	Begin Team 4	Begin Team 1
Tuesday 5/10	Begin Team 3	Begin Team 4	Begin Team 1	Begin Team 2
Thursday 5/12	Begin Team 4	Begin Team 1	Begin Team 2	Begin Team 3
Tuesday 5/17	Begin Team 1	Begin Team 2	Begin Team 3	Begin Team 4
Thursday 5/19	Test 1.5 mile run			
