Orange County Sheriff’s Office

Preparing for the Physical Assessment Test (PAT)

## Fitness, sleep, nutrition, and hydration guidelines.

*Preparation for the test should not begin the morning of the test. Consider the following in the days prior to the test.*

* Get adequate sleep, 7 to 9 hours per night is recommended. Lack of sleep can impair brain functions and therefore reduce its ability to detect temperature changes.

[CDC sleep guidelines](http://www.cdc.gov/features/sleep/)

* Eat properly. Do not come to the test on an empty stomach. Make sure you have had some form of breakfast that includes carbohydrates and protein and that is easily digestible.

[Mayo Clinic breakfast guidelines](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/food-and-nutrition/art-20048294)

* Hydrate early!! Begin hydrating with water three (3) days prior to the PAT. Hydrating on the day of will not help much. Make sure to get adequate fluid intake in the days leading up to the test so that you will not be/get dehydrated during the PAT.
* Do not start any new diets
* It is strongly recommended to cease taking performance enhancements, dietary supplements such as creatine, pre-workout / post-workout supplements, and diuretics.
* ALWAYS try to run / exercise outside – Only use the treadmill when you are unable to run outside

*On the day of the test:*

* We do not recommend bringing any other personal items with you as they will be left unattended during the run.
* Show up early to the Valencia Academy and only park in the white lined parking spots (Do not park in the reserved yellow lined parking spots nearest to the Academy building).
* Wear proper clothing. Exercise attire is required to participate. This should consist of sneakers, light weight or dry wicking shorts and a shirt. The lighter the fabric the better heat will evaporate and allow your body to keep cool.
* Bring water with you to consume as needed. Do NOT drink liquids containing high levels of sugars or caffeine (i.e. soda, energy drinks, espresso, coffee) beforehand. These could have a detrimental effect on you during the PAT.
* You will sweat! Bring a towel to dry yourself off after you have completed the PAT and Post PAT Workout Assessment.
* Bring a small snack to eat once you have completed the entire PAT session.
* Please Note: Only PAT participants will be allowed in all testing areas. Participant guests must wait in the Academy lobby or in the Academy parking lot.

**<More information below>**

*Suggested work out method leading up to the PAT test:*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Complete routine  plus this column  **each day** | 1 | 2 | 3 | 4 | 5 |
| Week 1:  10 push-ups & 15 sit-ups immediately after the routine | Routine: jog 1  minute and walk  2 minutes. Repeat this 8 times. | Routine: jog 1  minute and walk  2 minutes. Repeat this 8 times. | Routine: jog 2  minute and walk  2 minutes. Repeat this 8 times. | Routine: jog 3  minute and walk  2 minutes. Repeat this 7 times. | Routine: jog 3  minutes and walk  1 minute. Repeat this 8 times. |
| Week 2:  10 push-ups & 15  sit-ups immediately after the routine | Routine: jog 4 minutes and walk  1 minute. Repeat this 7 times. | Routine: jog 4 minutes and walk  1 minute. Repeat this 8 times. | Routine: jog 5 minutes and walk  2 minutes. Repeat this 6 times. | Routine: jog 5 minutes and walk  1 minute. Repeat this 6 times. | Routine: jog 6 minutes and walk  1 minute. Repeat this 6 times. |
| Week 3:  15 push-ups & 20 sit-ups immediately after the routine | Routine: jog 6  minutes and walk  1 minute. Repeat this 6 times. | Routine: jog 7  minutes and walk  1 minute. Repeat this 6 times. | Routine: jog 8  minutes and walk  1 minute. Repeat this 4 times. | Routine: jog 8  minutes and walk  1 minute. Repeat this 4 times. | Routine: jog 9  minutes and walk  1 minute. Repeat this 3 times. |
| Week 4:  18 push-ups & 28 sit-ups immediately after the routine | Routine: jog 10  minutes and walk  1 minute. Repeat this 3 times. | Routine: jog 12  minutes and walk  1 minute. Repeat this 2 times. | Routine: jog 14  minutes and walk  1 minute. Repeat this 2 times. | Routine: jog 14  minutes and walk  1 minute. Repeat this 2 times. | Routine: jog 14  minutes and walk  1 minute. Repeat this 2 times. |
| Week 5:  As many push-ups  as possible in one minute.  As many sit-ups as possible in one minute | Routine: jog 2  minutes, RUN 1  minute. Repeat this 6 times. | Routine: jog 2  minutes, RUN 1  minute. Repeat this 6 times. | Jog 30 minutes | Routine: jog 2  minutes, RUN 1  minute. Repeat this 6 times. | Routine: jog 2  minutes, RUN 1  minute. Repeat this 6 times. |
| Week 6:  As many push-ups as possible in one minute.  As many sit-ups as possible in one minute. | Routine: jog 2  minutes, RUN 2 minutes. Repeat this 5 times. | Routine: jog 2  minutes, RUN 2 minutes. Repeat this 5 times. | Jog 30 minutes | Routine: jog 2  minutes, RUN 2 minutes. Repeat this 5 times. | Routine: jog 2  minutes, RUN 2 minutes. Repeat this 5 times. |

**Recommendations & Notes:**

- Do not run with music, it will not be allowed on test day.

- Try to do all walking/jogging/running outside.

- ALWAYS warm up by walking and stretching for a few minutes before beginning and cool down with walking at the end.

- Push-up and Sit-ups should be completed within minutes after completing the routine of the day.

- Make sure to take rest days. If you are not able to do 5 days per week, that’s okay, however make sure to follow the plan in order.

Physical Activity Log – to track your progress.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | 2 | 3 | 3 | 4 | 5 |
| 1 | Rounds  Completed:  Push-ups: Sit-ups: | Rounds  Completed:  Push-ups: Sit-ups: | Rounds  Completed:  Push-ups: Sit-ups: | Rounds  Completed:  Push-ups: Sit-ups: | Rounds  Completed:  Push-ups: Sit-ups: | Rounds  Completed:  Push-ups: Sit-ups: |
| 2 | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: |
| 3 | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: |
| 4 | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: | Rounds  Completed: Push-ups: Sit-ups: |
| 5 | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: |
| 6 | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: | Distance:  Push-ups: Sit-ups: |