



# SANTA MONICA PD PFQ GUIDE\*



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The PFQ will consist of 165lb dummy drag for 32 feet, 1 minute of push-ups, 1 minute of sit-ups, and a 1.5 mile run. You must pass with a minimum of 16 points and score at least one point in each category.

## BODY DRAG

The candidate will be required to lift a 165 lb. life-like dummy and drag the dummy 32 feet as rapidly as possible.

## SIT-UPS

Sit-ups are done with the knees bent and the arms folded across the chest. The broad portion of the back must completely touch the ground. There is a one minute time limit for this event.

## PUSH-UPS

Push-ups are standard military style push-ups. During the course of the push-ups, full arm extension is required for each repetition. There is a one minute time limit for this event.

## 1.5 MILE RUN

The run consists of six laps on a standard oval track. These six laps equate to 1.5 miles.

Refer to chart for point scale

POINTS	BODY DRAG	SIT UPS	PUSH UPS	1.5 MILE RUN
0	20 sec or more	19 or less	10 or less	> 15:01
1	16.1-19.9	20-23	11-15	14:30-15:00
2	12.1-16.0	24-26	16-20	14:00-14:29
3	8.6-12.0	27-29	21-25	13:30-13:59
4	7.1-8.5	30-36	26-36	12:30-13:29
5	6.1-7.0	37-44	37-44	11:30-12:29
6	5.0-6.0	45-59	45-59	10:00-11:29
7	< 5 sec	60 or more	60 or more	< 10:00

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8-WEEK

# TRAINING PLAN



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This program is structured to improve performance in the four key areas of the PFQ: body drag, sit-ups, push-ups, and the 1.5-mile run. Training sessions are divided into Strength, Core, and Cardio focus, progressively increasing intensity to maximize performance.

## WEEK 1-2: FOUNDATION BUILDING

### MONDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Deadlifts: 3 sets of 8 reps (moderate weight)

Farmer's Carry: 3 sets of 20 yards (moderate weight)

**Core:** Sit-ups: 3 sets of max reps in 1 minute (start at a comfortable pace)

**Cardio:** Jog: 20-30 minutes at a conversational pace

### WEDNESDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Push-ups: 3 sets of max reps (aim for controlled, full-range motion)

Incline Push-ups (or weighted push-ups): 3 sets of 10-15 reps

**Core:** Plank Holds: 3 sets of 20-30 seconds

**Cardio:** Interval Sprints: 5x (30 seconds sprint, 2 minutes walk/jog)

### FRIDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Body Drag Simulation (using a weighted sled or dummy): 3 sets of 10 yards

**Core:** Russian Twists: 3 sets of 20 reps (10 per side)

**Cardio:** 1.5-mile run: Perform at a steady pace; record time

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## WEEK 3-4: BUILDING STRENGTH AND ENDURANCE

### MONDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Deadlifts: 4 sets of 6 reps (increase weight gradually)

Farmer's Carry: 3 sets of 25 yards (increase weight gradually)

**Core:** Sit-ups: 3 sets of max reps in 1 minute (target improvement)

**Cardio:** Tempo Run: 2 miles at a challenging, but sustainable pace

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### WEDNESDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Push-ups: 4 sets of max reps

Weighted Push-ups: 3 sets of 8-12 reps

**Core:** Plank Holds: 3 sets of 30-45 seconds

**Cardio:** Tempo Run: 3 miles alternating between 1-minute hard effort and 2 minutes easy jog

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### FRIDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Body Drag Simulation: 4 sets of 15 yards

**Core:** Leg Raises: 3 sets of 15 reps

**Cardio:** 1.5-mile run: Perform at a steady pace; record time and aim to improve

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## WEEK 5-6: PERFORMANCE TRAINING

### MONDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Deadlifts: 5 sets of 4 reps (moderate to heavy weight)

Farmer's Carry: 4 sets of 30 yards

Core: Sit-ups: 4 sets of max reps in 1 minute

**Cardio:** Long Run: 3 miles at a steady pace

### WEDNESDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Push-ups: 5 sets of max reps

Weighted Push-ups: 4 sets of 6-10 reps

**Core:** Plank Holds: 4 sets of 45-60 seconds

**Cardio:** Hill Sprints: 8x (15-20 seconds sprint, walk down to recover)

### FRIDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Body Drag Simulation: 5 sets of 15 yards

**Core:** 4 sets of 25 reps (12 per side)

**Cardio:** 1.5-mile run: Target a pace that improves time by at least 30 seconds

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## WEEK 7-8: PEAK PREPARATION

### MONDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Deadlifts: 5 sets of 3 reps (focus on maximum weight with good form)

Farmer's Carry: 5 sets of 30 yards

**Core:** Sit-ups: 5 sets of max reps in 1 minute

**Cardio:** Tempo Run: 2.5 miles at goal, 1.5-mile pace

### WEDNESDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** 5 sets of max reps (include weighted variations for additional challenge)

**Core:** Plank Holds: 4 sets of 60 seconds

**Cardio:** Interval Sprints: 6x (1 minute sprint, 90 seconds jog)

### FRIDAY

**Warm-Up:** 5-10 minutes dynamic stretching

**Strength:** Body Drag Simulation: 6 sets of 15 yards

**Core:** 4 sets of 25 reps (12 per side)

**Cardio:** 1.5-mile run: Target a pace that improves time by at least 30 seconds

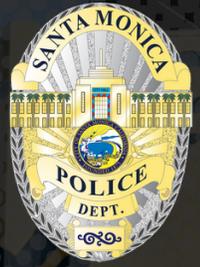
#### ADDITIONAL NOTES:

- **Rest Days:** Use Tuesdays, Thursdays, and weekends for active recovery (light stretching, yoga, or walking)
- **Progress Tracking:** Record times and reps weekly to ensure improvement
- **Nutrition:** Support training with a balanced diet and adequate hydration
- **Injury Prevention:** Prioritize proper form and rest to avoid overtraining

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**Core:** Sit-ups: 5 sets of max reps in 1 minute

**Cardio:** Tempo Run: 2.5 miles at goal, 1.5-mile pace

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