

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

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**LESSON TITLE: PHYSICAL FITNESS - ADDENDUM A 8.3 SECTION 3**

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### Goal Setting Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use this worksheet to identify goals based on your fitness assessment. Record your raw score and Cooper percentile if applicable.

You will identify overall goals and objectives for each of the following:

- Body composition
- Flexibility
- Aerobic capacity
- Anaerobic capacity
- Muscular strength (this includes power, endurance, and functional)

Here is an example:

<b>Aerobic capacity</b>
<b>Current</b>
Raw score: 12:50
Cooper percentile: 80
<b>Goal</b>
Raw score: 11:30
Cooper percentile: 90
<b>Overall goal: to improve my max VO2 and running efficiency without injury</b>
<b>Specific objectives – what am I going to do?</b>
Run the 1.5 mile in 11:30 or less
Complete a half marathon in 2 hours or less – PF Chang’s Jan 2009
Prevent injury by including a rest day each week
Stretch after each workout
<b>Strategies – how am I going to do it?</b>
8 week speed training phase workout 3 times a week

Hal Higdon's intermediate half marathon training schedule – see 8 week training schedule

Use running stretches from manual. Do this after each workout

Time – how long will it take me?

I will re-test the 1.5 mile after 8 weeks

I will begin the 8 week training schedule in November with a 12-15 miles a week base

**Body composition**

**Current**

Raw score:

Cooper percentile:

**Goal**

Raw score:

Cooper percentile:

**Overall goal:**

**Specific objectives – what am I going to do?**

**Strategies – how am I going to do it?**

**Time – how long will it take me?**




**Aerobic capacity**

Current

Raw score:

Cooper percentile:

Goal

Raw score:

Cooper percentile:

Overall goal:

Specific objectives – what am I going to do?

Strategies – how am I going to do it?

Time – how long will it take me?

**Anaerobic capacity**

Current

Raw score:

Cooper percentile:

Goal

Raw score:

Cooper percentile:

Overall goal:

Specific objectives – what am I going to do?

Strategies – how am I going to do it?

Time – how long will it take me?

**Muscular strength (pushups)**

Current

Raw score:

Cooper percentile:

Goal

Raw score:

Cooper percentile:

Overall goal:

Specific objectives – what am I going to do?

Strategies – how am I going to do it?

Time – how long will it take me?

**Muscular strength (sit ups)**

Current

Raw score:

Cooper percentile:

Goal

Raw score:

Cooper percentile:

Overall goal:

Specific objectives – what am I going to do?

Strategies – how am I going to do it?

Time – how long will it take me?

**Muscular strength (vertical jump)**

Current

Raw score:

Cooper percentile:

Goal

Raw score:

Cooper percentile:

Overall goal:

Specific objectives – what am I going to do?

Strategies – how am I going to do it?

Time – how long will it take me?