Daily Exercise Routine to Clear CAPF Physical Test

Victor Growth

The **CAPF Assistant Commandant Exam** is not just about academic knowledge but also about **physical and mental fitness**. After qualifying the written examination, aspirants must clear the **Physical Efficiency Test (PET)** and medical standards. Many capable students fail at this stage due to lack of preparation.

To ensure you qualify the **CAPF Physical Test 2026**, here's a **daily exercise routine** that builds stamina, speed, strength, and agility — all crucial for the test.

CAPF Physical Efficiency Test (PET) Standards

For Male Candidates:

- **100 Meter Race** – 16 seconds
- **800 Meter Race** – 3 minutes 45 seconds
- **Long Jump** – 3.5 meters (3 chances)
- **Shot Put (7.26 kg)** – 4.5 meters

For Female Candidates:

- **100 Meter Race** – 18 seconds
- **800 Meter Race** – 4 minutes 45 seconds
- **Long Jump** – 3.0 meters (3 chances)
- **Shot Put (4 kg)** – 3.0 meters

Daily Exercise Routine for CAPF Aspirants

Morning Session (Stamina & Speed)

1. **Warm-up (10 mins)**
    - Jogging, dynamic stretches, high knees, arm rotations.
    - Prevents injuries and improves flexibility.
2. **Running Practice (30 mins)**

- **100m Sprints** – 6–8 sets with 1–2 mins rest.
- **400m Repeats** – 4 sets at 80% speed.
- **Endurance Run** – 2–4 km at moderate pace (alternate days).

3. **Agility Drills (10 mins)**
    - Shuttle runs, zig-zag cones, skipping.
    - Improves speed and reaction time for sprints and jumps.

Afternoon/Evening Session (Strength & Skill)

1. **Strength Training (25 mins)**
    - Push-ups (3 sets × 20 reps)
    - Pull-ups (3 sets × 8 reps)
    - Squats & Lunges (3 sets × 15 reps each)
    - Plank holds (3 × 1 min)
2. **Shot Put Practice (15 mins)**
    - Focus on **stance, grip, and explosive release**.
    - Train with actual weight (7.26 kg for men, 4 kg for women).
3. **Long Jump Practice (15 mins)**
    - Sprint + explosive jump drills.
    - Practice 8–10 jumps focusing on **take-off and landing**.
4. **Cool Down & Stretching (10 mins)**
    - Yoga poses, hamstring stretches, deep breathing.
    - Helps recovery and prevents muscle stiffness.

Weekly Plan (Sample Schedule)

- **Monday**: Endurance Run + Strength Training
- **Tuesday**: Sprint Drills + Shot Put Practice

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- **Wednesday**: Agility + Core Exercises + Long Jump
- **Thursday**: Interval Running + Weight Training
- **Friday**: Endurance Run + Shot Put & Jump Drills
- **Saturday**: Mock PET Simulation (100m, 800m, Long Jump, Shot Put in one session)
- **Sunday**: Rest + Yoga/Light Stretching

Diet & Recovery Tips

- **High Protein**: Eggs, fish, lean meat, legumes for muscle repair.
- **Complex Carbs**: Oats, brown rice, bananas for sustained energy.
- **Hydration**: Drink 3–4 litres of water daily.
- **Sleep**: 7–8 hours of rest for muscle recovery.

Common Mistakes to Avoid

 Practicing only after clearing the written exam.
 Ignoring flexibility and warm-up.
 Overtraining without recovery days.
 Poor diet leading to fatigue.
 Not practicing actual events (shot put, long jump).

How Victor Growth Coaching Prepares You for CAPF PET

At **Victor Growth Coaching, Kochi**, we provide **complete PET preparation programs** alongside written exam coaching. Our physical fitness module includes:

- **Daily Training Routines** designed by experts.
- **Mock PET Simulations** under real exam-like conditions.
- **Strength & Endurance Building Programs** for both men and women.
- **Nutritional Guidance** to maintain peak performance.
- **Mentor Support** to balance study and fitness training.

With **14+ years of expertise** in Defence and UPSC coaching, Victor Growth ensures you are physically and mentally prepared to clear the **CAPF 2026 PET** with confidence.

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FAQs on CAPF Daily Exercise Routine

Q1. How early should I start PET preparation?
Start **6–8 months before the exam** to build stamina gradually.

Q2. Can gym workouts replace outdoor running?
No. Running on track and practicing in actual conditions is essential. Gym helps in strength but cannot replace field drills.

Q3. How can female candidates improve long jump and shot put?
By focusing on **explosive leg strength (squats, jumps)** and **upper body workouts** with proper technique drills.

Q4. Do I need a coach for PET preparation?
While self-practice works, having expert guidance ensures **better technique and faster progress**.

Q5. What is the biggest reason candidates fail PET?
Lack of **consistent training and poor stamina** due to late preparation.

Q6. How much daily running is sufficient?
Start with **2–3 km runs** and gradually increase to **4–5 km along with sprints**.

Q7. Does Victor Growth provide fitness training?
Yes. **Victor Growth Coaching offers PET preparation, fitness mentoring, and mock tests** for CAPF aspirants.

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