# Daily Exercise Routine to Clear CAPF Physical Test

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

- **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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