

# How to Stay Fit and Healthy During CAPF Preparation - Complete Guide for Aspirants

Preparing for the **CAPF Assistant Commandant Exam 2026** is a demanding journey. Aspirants spend hours studying for Paper I and II, often neglecting **fitness, diet, and mental health**. But remember — **clearing the written exam is not enough**; you also need to qualify the **Physical Efficiency Test (PET)** and medical standards.

This means maintaining both **mental sharpness and physical stamina** is crucial throughout your preparation journey. Here's a practical guide on **how to stay fit and healthy during CAPF preparation**.

---

## Why Fitness Matters in CAPF Preparation

- **PET Qualification:** Without physical fitness, even high scorers in written exams get disqualified.
- **Better Concentration:** Exercise and proper health habits improve focus and memory.
- **Stress Management:** A healthy body supports a calm mind, reducing exam anxiety.
- **Sustainable Routine:** Good fitness habits prevent burnout during long study hours.

---

## How to Stay Fit During CAPF Preparation

### 1. Follow a Balanced Daily Routine

- **Study in slots:** 2–3 hours focused sessions with breaks.
- **Include exercise:** At least 45–60 mins of physical training daily.
- **Sleep well:** 7–8 hours to recharge body and mind.

### 2. Exercise Regularly

- **Running:** Build stamina for 800m race (start with 2–3 km daily).
- **Sprints:** Practice 100m sprint drills 2–3 times a week.
- **Strength Training:** Push-ups, pull-ups, squats, planks, and lunges.

- **Flexibility:** Stretching and yoga to prevent injuries.

### 3. Maintain a Healthy Diet

- **Proteins:** Eggs, lean meat, pulses for muscle repair.
- **Carbohydrates:** Whole grains, oats, bananas for energy.
- **Vegetables & Fruits:** For vitamins and minerals.
- **Hydration:** 3-4 litres of water daily.
- Avoid junk food, sugary snacks, and excess caffeine.

### 4. Take Care of Mental Health

- **Meditation & Breathing Exercises:** 10-15 minutes daily for focus.
- **Positive Breaks:** Spend time with family, listen to music, or read light books.
- **Avoid Overthinking:** Focus on your plan rather than comparing with others.

### 5. Practice PET-Specific Drills

- **Shot Put Practice:** Weekly practice with proper weight.
- **Long Jump:** Explosive leg workouts and jump practice.
- **Mock PET:** Simulate exam conditions once a week to track progress.

### 6. Avoid Common Mistakes

- ❑ Sitting for long hours without breaks.
- ❑ Overtraining right before exams.
- ❑ Skipping meals during study.
- ❑ Neglecting sleep due to stress.

---

## Sample Daily Routine for CAPF Aspirants

**Morning (6:00 am - 7:30 am)** – Warm-up, running, sprint drills, stretching.

**Daytime (9:00 am - 6:00 pm)** – Study sessions with short breaks, healthy meals.

**Evening (6:30 pm - 7:30 pm)** – Strength training, long jump/shot put practice.

**Night (10:30 pm - 6:00 am)** – Sleep & recovery.

---

## How Victor Growth Coaching Keeps Aspirants Fit & Exam-

# Ready

At **Victor Growth Coaching, Kochi**, we ensure aspirants focus on both **academics and fitness**:

- **Integrated Preparation Plan** balancing study + PET training.
- **Daily Fitness Routines** tailored for CAPF aspirants.
- **Mock PET Tests** to build exam confidence.
- **Nutritional and Lifestyle Guidance** for better health.
- **Stress Management Mentorship** to stay positive and consistent.

With **14+ years of experience** in Defence and UPSC coaching, Victor Growth has guided aspirants to success in both written and physical stages of CAPF.

📍 Kochi, Kerala  
📞 Contact: 9995916183

---

## FAQs on Staying Fit During CAPF Preparation

### Q1. How many hours should I exercise daily during CAPF preparation?

At least **45-60 minutes daily** is ideal for maintaining stamina and strength.

### Q2. Can I prepare for written and physical tests together?

Yes, with a **balanced routine**, you can manage both simultaneously.

### Q3. Is gym training necessary for CAPF PET?

Not compulsory. Outdoor running, sprints, and bodyweight exercises are enough.

### Q4. How can I manage fitness with long study hours?

Break study into slots and use **early mornings/evenings** for physical training.

### Q5. What is the best diet for CAPF aspirants?

Balanced meals with **protein, carbs, fruits, vegetables, and hydration**. Avoid junk and processed foods.

### Q6. How do I stay motivated during preparation?

Set **small fitness and study goals**, track progress, and reward yourself on milestones.

### Q7. Does Victor Growth provide PET preparation guidance?

Yes, **Victor Growth Coaching** provides **fitness mentoring, PET drills, and mock physical tests** for CAPF aspirants.

[Facebook](#)

[Instagram](#)

[Youtube](#)

Victor Growth