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

Victor Growth

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-

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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.

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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.

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