

Physical Fitness Tips for CAPF Aspirants

The **CAPF (Central Armed Police Forces) Assistant Commandant Exam** is not just about academic excellence — it also demands **physical fitness, stamina, and mental toughness**. Even after clearing the written exam, candidates must undergo the **Physical Efficiency Test (PET)** and medical examination, which are crucial for final selection.

Many aspirants focus only on academics and neglect physical preparation, leading to disqualification despite strong written performance. To avoid this, here are the **best physical fitness tips for CAPF aspirants** to help you succeed in 2026.

Why Physical Fitness is Important in CAPF Exam

- **Mandatory PET Qualification:** Without clearing PET, you cannot move to the interview stage.
- **Officer's Lifestyle:** As an Assistant Commandant, you must lead troops in tough terrains, requiring strength and stamina.
- **Confidence Booster:** Physical fitness enhances confidence and mental clarity during the SSB-like personality tests.

CAPF Physical Efficiency Test (PET) Requirements

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

Physical Fitness Tips for CAPF Aspirants

1. Build Cardiovascular Endurance

- Running is essential for both 100m and 800m events.
- Practice **interval training**: alternate between sprinting and jogging.
- Target 4-5 km runs daily to increase stamina.

2. Focus on Strength Training

- Include **push-ups, pull-ups, squats, and planks** in your daily routine.
- Strength improves performance in shot put and overall endurance.

3. Train for Explosive Power

- Practice **plyometric exercises** like jump squats and box jumps.
- Helps improve long jump performance.

4. Improve Flexibility & Agility

- Daily **stretching and yoga** reduce risk of injuries.
- Flexibility enhances sprinting and long jump efficiency.

5. Practice the Actual Tests

- Simulate PET conditions: time your 100m and 800m runs.
- Use proper shoes and track surfaces for realistic training.

6. Maintain a Balanced Diet

- High-protein foods for muscle repair (eggs, chicken, legumes).
- Complex carbs for energy (brown rice, oats, fruits).
- Hydration: Drink 3-4 liters of water daily.

7. Rest and Recovery

- Ensure **7-8 hours of sleep** daily.
- Overtraining leads to fatigue and injury.
- Include 1 rest day weekly.

8. Mental Preparation

- Stay motivated with a disciplined schedule.
- Practice breathing exercises for mental calmness during runs.

Weekly Fitness Routine for CAPF Aspirants

- **Monday:** Long-distance running + bodyweight strength (push-ups, pull-ups).
- **Tuesday:** Sprint practice + flexibility training.
- **Wednesday:** Shot put practice + core strengthening.
- **Thursday:** Long jump drills + plyometrics.
- **Friday:** Interval training (100m sprints) + weight training.
- **Saturday:** Endurance run + yoga.
- **Sunday:** Rest and light stretching.

Common Mistakes to Avoid

- ☐ Ignoring fitness until the written exam is cleared.
- ☐ Overtraining without proper recovery.
- ☐ Poor diet and dehydration.
- ☐ Lack of practice in actual PET conditions.

How Victor Growth Coaching Helps CAPF Aspirants

At **Victor Growth Coaching, Kochi**, we prepare aspirants for **both Written Exam and Physical Tests**. Our fitness program includes:

- **Guided PET Training Sessions** for running, long jump, and shot put.
- **Personalized Fitness Plans** for male and female aspirants.

- **Nutrition & Recovery Guidance** to maintain peak performance.
- **Mock PET Simulations** under real exam-like conditions.
- **Expert Mentorship** to balance academics and physical preparation.

With **14+ years of experience** in UPSC and Defence coaching, Victor Growth has successfully trained aspirants to **clear PET with ease** and move ahead in the CAPF selection journey.

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FAQs on Physical Fitness for CAPF Exam

Q1. When should I start physical preparation for CAPF PET?

At least **6-8 months before the exam** to gradually build stamina and strength.

Q2. Is gym training necessary for CAPF PET?

Not compulsory. **Bodyweight exercises, running, and outdoor practice** are sufficient if done consistently.

Q3. How can female candidates improve strength for shot put?

Focus on **upper body exercises** (push-ups, planks, resistance training) and technique drills.

Q4. What is the best diet plan for CAPF aspirants?

Balanced meals with **protein, carbs, vegetables, and hydration**. Avoid junk food and excess sugar.

Q5. Can a candidate with average fitness clear CAPF PET?

Yes, with **consistent practice and discipline**, even average fitness levels can improve to meet standards.

Q6. How much daily running is ideal?

Start with **2-3 km** and gradually increase to **4-5 km with sprints** for endurance and speed.

Q7. Does Victor Growth provide physical fitness training?

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

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