

Sacramento Police Academy - 2320

Standardized 5 Mile Run

Statement of Purpose: The purpose of this test is to evaluate cardiovascular fitness to include endurance and stamina of each individual recruit.

- I. 5 Mile Run on a designated course.
 - a. Each recruit must accomplish the run within the standards set by the Sacramento Police Academy.
 - i. Each recruit must complete the 5-mile run in under 60 minutes.