



## Division of Law Enforcement Training Academy

# Conservation Officer Recruit Pre-Academy Swimming Program

This Training Program is design to prepare new recruits for the rigors of the KDFWR LE academy as well as prepare them for the work as a Conservation Officer. This program should be completed in conjunction wit the KDFWR pre academy PT program.

*Kentucky Department of Fish & Wildlife Resources*

## Week 1

### Day 1

Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 15 minutes. Swim one length, dive and retrieve object in 8ft depth, return to surface and swim remaining length of pool with object (3X)

### Day 2

Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 15 minutes. Swim one length, dive and retrieve object in 8ft depth, return to surface and swim remaining length of pool with object (3X).

### Day 3

Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 15 minutes. Swim one length, dive and retrieve object in 8ft depth, return to surface and swim remaining length of pool with object (3X).

### Day 4

Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 15 minutes. Swim one length, dive and retrieve object in 8ft depth, return to surface and swim remaining length of pool with object (3X).

## Day 5

Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 15 minutes. Swim one length, dive and retrieve object in 8ft depth, return to surface and swim remaining length of pool with object (3X).

## Week 2

### Day 1

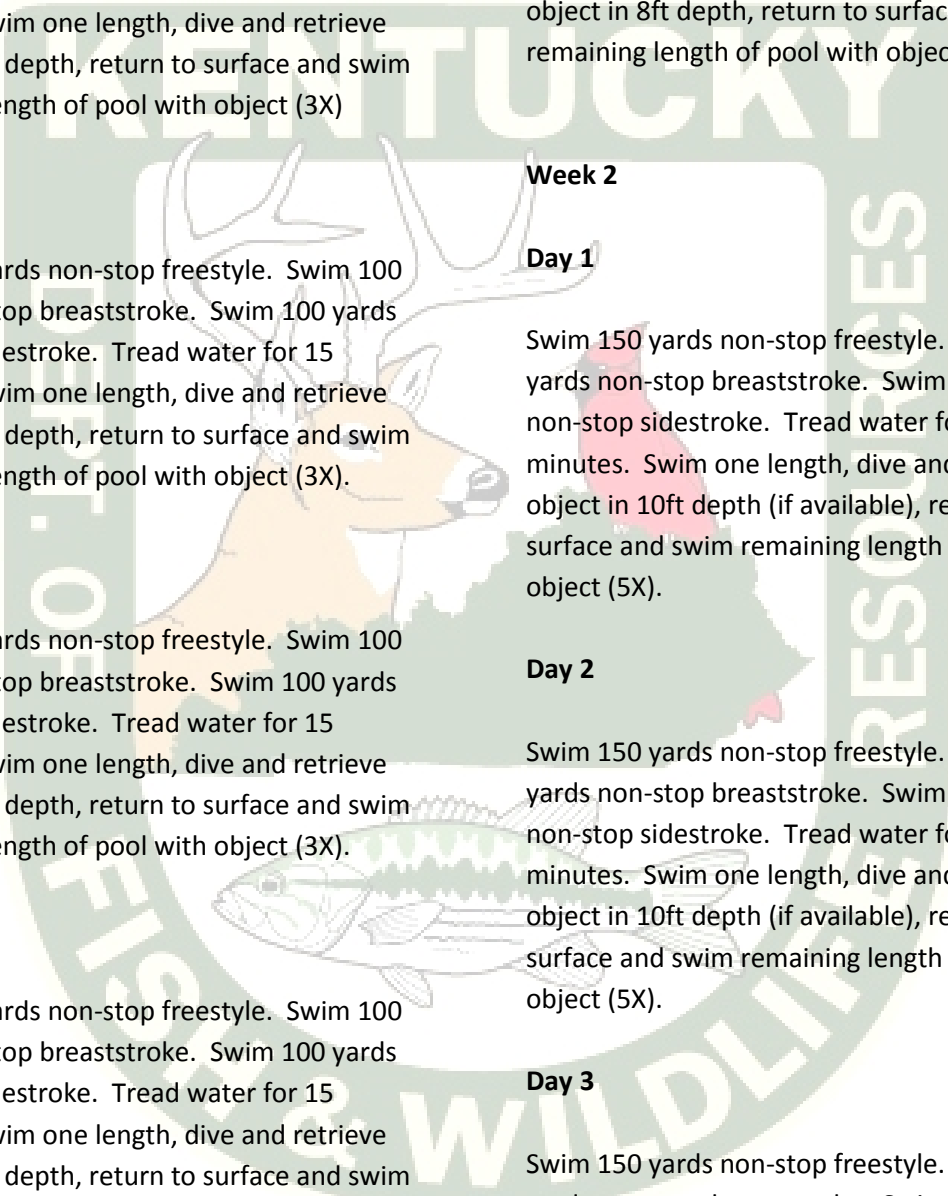
Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 20 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### Day 2

Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 20 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### Day 3

Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 20 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).



**Day 4**

Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 20 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

**Day 5**

Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 20 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

**Week 3****Day 1**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

**Day 2**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 10ft

depth (if available), return to surface and swim remaining length of pool with object (5X).

**Day 3**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

**Day 4**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

**Day 5**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 100 yards non-stop freestyle. Swim 100 yards non-stop breaststroke. Swim 100 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 10ft depth (if available), return to surface and swim remaining length of pool with object (5X).

## **Week 4**

### **Day 1**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 12ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### **Day 2**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 12ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### **Day 3**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 12ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### **Day 4**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 10 minutes. Swim

one length, dive and retrieve object in 12ft depth (if available), return to surface and swim remaining length of pool with object (5X).

### **Day 5**

Drills will be done with weighed belt (5 lb.) if facilities allow. Swim 150 yards non-stop freestyle. Swim 150 yards non-stop breaststroke. Swim 150 yards non-stop sidestroke. Tread water for 10 minutes. Swim one length, dive and retrieve object in 12ft depth (if available), return to surface and swim remaining length of pool with object (5X).

