

USPS Training

What to expect from the USPS training regiment.

- [Shadow Day](#)
- [Academy](#)
- [Route Training](#)

Shadow Day

What is a shadow day? What are the expectations? When do they happen?

Typically your *Shadow Day* is chance for a first-hand observation of a regular carrier. This should happen before you go to [Academy](#), but it doesn't always pan out that way.

Academy

How long is academy. What material is covered. What "isn't" covered?

Route Training

What to expect from your Reg. Kick them in the pants if they try to sabotage you!