

# USPS Training

What to expect from the USPS training regiment.

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# 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!