

“ Before you embark in any physical activity or physical activity training plan please consult your GP or medical professional ”

## WEEKS 1 – 2

### CARDIOVASCULAR (CV) ELEMENT

#### CV - A

- Warm up with 2 minutes of skipping on the forefeet, both feet on and off floor at the same time.
- Brisk walk for 2 lampposts run for 2 lampposts for 20 minutes. Include hills.
- 7 – 9 RPE (Rate of Perceived Exertion where 0 is very easy and 10 is as hard as you can possibly work)

#### CV - B

- Bleep test levels 1 - 2. 8kph - 8.5kph. Speed increases every 30 seconds

### STRENGTH ELEMENT

#### SQUAT

- Feet hip - shoulder distance apart.
- Keeping the upper body upright bend at the knees and hips to take the bottom as close to the heels as possible, return to standing.

Rest	Reps	Weight	Sets
60 secs	12 - 15	Body weight	3 - 4

#### BEND TO EXTEND

- Feet hip - shoulder distance apart
- Bend at hip and knees, touch the floor - stand up and raise arms above head.

Rest	Reps	Weight	Sets
60 secs	12 - 15	Body weight	3 - 4

#### BAND WIDE ARM PULL

- Attach band to a door handle.
- Face the door.
- Feet hip distance apart, knees soft.
- One end of band in each hand at waist height.
- Start with arms straight, pull hands into waist and release under control.

Rest	Reps	Weight	Sets
60 secs	12 - 15	Band resistance	3 - 4

#### BAND WIDE ARM PUSH

- Attach band to a door handle.
- Face away from the door the door.
- Feet hip distance apart, knees soft. One end of band in each hand at chest height.
- Start with arms bent, push hands forwards at chest height until straight then release under control.

Rest	Reps	Weight	Sets
60 secs	12 - 15	Band resistance	3 - 4

### Example of timetable for week 1 and 2

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Strength element	CV - A	REST	Strength element	REST	CV - A	REST
WEEK 2	CV - A	Strength element	REST	CV - B	Strength element	REST	REST

**CARDIOVASCULAR (CV) ELEMENT****CV - A**

- Warm up with 2 minutes of skipping on the forefeet, both feet on and off floor at the same time.
- Brisk walk for 2 lampposts run for 2 lampposts for 20 minutes. Include hills.
- 7 – 9 RPE (Rate of Perceived Exertion where 0 is very easy and 10 is as hard as you can possibly work)

**CV - B**

- Bleep test levels 1 - 3. 8kph - 9kph. Speed increases every 30 seconds

**STRENGTH ELEMENT****LUNGES**

- Feet hip distance apart, one-foot forwards from the other = "split stance"
- Keeping the upper body upright bend the knees to lower the back knee to 2-3cms above the floor.
- Return to split stance standing.
- Imagine a line down the centre of the front knee, it should always be in line with the second toe.

Rest	Reps	Weight	Sets
60 secs	12 - 15 each side	Body weight	3 - 4

**BEND TO EXTEND**

- Feet hip distance apart, one-foot forwards from the other in split stance.
- Bend at hip and knees, touch the floor - stand up and raise arms above head.
- Change lead leg halfway through.

Rest	Reps	Weight	Sets
60 secs	6 - 8 each side	Body weight	3 - 4

**BAND WIDE ARM PULL**

- Attach band to a door handle.
- Face the door
- Split stance, knees soft, back heel raised.
- One end of band in each hand at waist height.
- Start with arms straight, pull hands into waist and release under control.
- Change lead leg halfway through.

Rest	Reps	Weight	Sets
60 secs	6 - 8 each side	Band resistance	3 - 4

**BAND WIDE ARM PUSH**

- Attach band to a door handle.
- Face away from the door the door
- Split stance, knees soft, back heel raised.
- One end of band in each hand at chest height.
- Start with arms bent, push hands forwards at chest height until straight then release under control.
- Change lead leg halfway through.

Rest	Reps	Weight	Sets
60 secs	6 - 8 each side	Band resistance	3 - 4

**Example of timetable for week 3 and 4**

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 3	Strength element	CV - A	REST	Strength element	REST	CV - A	REST
WEEK 4	CV - A	Strength element	REST	CV - B	Strength element	REST	REST

**CARDIOVASCULAR (CV) ELEMENT**

<b>CV - A</b>	<ul style="list-style-type: none"> <li>• Warm up with 2 minutes of skipping on the forefeet, contact floor with both feet.</li> <li>• Brisk walk for 2 lampposts run for 2 lampposts for 20 minutes. Include hills.</li> <li>• 7 - 9RPE (Rate of Perceived Exertion where 0 is very easy and 10 maximal exertion)</li> </ul>
---------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>CV - B</b>	<ul style="list-style-type: none"> <li>• Bleep test levels 1 - 5. 8kph - 10kph. Speed increases every 30 seconds</li> </ul>
---------------	-----------------------------------------------------------------------------------------------------------------------------

**STRENGTH ELEMENT**

<p><b>LUNGES</b></p> <ul style="list-style-type: none"> <li>• Feet shoulder distance apart, feet parallel</li> <li>• Step one-foot forwards from the other to the split stance, keeping the upper body upright, bend the knees to lower the back knee to 2-3cms above the floor.</li> <li>• Return to parallel standing.</li> <li>• Imagine a line down the centre of the kneecap, it should always be in line with the second toe.</li> </ul>	<b>Rest</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
	60 secs	12 - 15 each side	Body weight	3 - 4

<p><b>BEND TO EXTEND</b></p> <ul style="list-style-type: none"> <li>• Feet hip distance apart, one-foot forwards from the other.</li> <li>• Bend at hip and knees, touch the floor - stand up and raise arms above head.</li> <li>• Hold bottle of water /weight throughout.</li> <li>• Change lead leg halfway through.</li> </ul>	<b>Rest</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
	60 secs	6 - 8 each side	2 - 5 litre bottle of water (2 - 5 kgs)	3 - 4

<p><b>BAND SINGLE ARM PULL</b></p> <ul style="list-style-type: none"> <li>• Attach band to a door handle. Face the door.</li> <li>• Split stance, knees soft, back heel raised.</li> <li>• One end of band in one hand at waist height.</li> <li>• Start with front arm straight, rotate at the waist and pull hand into waist, opposite hand pushes forwards at the same time. Return to start position under control.</li> <li>• Change lead leg halfway through each side.</li> </ul>	<b>Rest</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
	60 secs	6 - 8 each side	Band resistance	3 - 4

<p><b>BAND SINGLE ARM PUSH</b></p> <ul style="list-style-type: none"> <li>• Attach band to a door handle.</li> <li>• Face away from the door</li> <li>• Split stance, knees soft, back heel raised.</li> <li>• One end of band in one hand at chest height.</li> <li>• Start with arms bent, rotate at the waist and push hand forwards at chest height until straight.</li> <li>• Opposite hand pulls back at chest height.</li> <li>• Return to start position under control.</li> <li>• Change lead leg halfway through each side.</li> </ul>	<b>Rest</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
	60 secs	6 - 8 each side	Band resistance	3 - 4

**Example of timetable for week 5 and 6**

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	Strength element	CV - A	REST	Strength element	REST	CV - A	REST
<b>WEEK 6</b>	CV - A	Strength element	REST	CV - B	Strength element	REST	REST

**CARDIOVASCULAR (CV) ELEMENT****CV - A**

- Warm up with 3 minutes of double feet skipping on the forefeet.
- Run / run fast two lampposts' distance for 20 minutes. Include hills.
- 7 - 9RPE (Rate of Perceived Exertion where 0 is very easy and 10 is as hard as you can possibly work)

**CV - B**

- Bleep test levels 1 - 6. 8kph - 11kph. Speed increases every 30 seconds

**STRENGTH ELEMENT****WALKING LUNGES**

- Feet hip distance apart.
- Keeping the upper body upright lunge forwards, step the back leg through to the next lunge.
- Return to standing.
- Imagine a line down the centre of the knee, it should always be in line with the second toe.

Rest	Reps	Weight	Sets
60 secs	12 - 15 each side	Body weight	3 - 4

**BEND TO EXTEND**

- Stand on one leg
- Bend at hip and knees, touch the floor - stand up and raise arms above head.

Rest	Reps	Weight	Sets
60 secs	12 - 15 each side	Body weight	3 - 4

**BAND WIDE ARM PULL**

- Attach band to a door handle. Face the door.
- Split stance, knees soft, back heel raised.
- One end of band in one hand at waist height.
- Start with front arm straight, rotate at the waist and pull hand into waist, opposite hand pushes forwards at the same time. Return to start position under control.

Rest	Reps	Weight	Sets
60 secs	12 - 15 each side	Band resistance	3 - 4

**BAND WIDE ARM PUSH**

- Attach band to a door handle.
- Face away from the door the door
- Stand on one leg.
- One end of band in one hand at chest height.
- Start with arms bent, rotate at the waist and push hand forwards at chest height until straight.
- Opposite hand pulls back at chest height.
- Return to start position under control.

Rest	Reps	Weight	Sets
60 secs	12 - 15 each side	Band resistance	3 - 4

**Example of timetable for week 7 and 8**

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 7	Strength element	CV - A	REST	Strength element	REST	CV - A	REST
WEEK 8	CV - A	Strength element	REST	CV - B	Strength element	REST	REST

## 8 Week Bleep Test Training Programme

### OTHER USEFUL INFORMATION

#### Rate of perceived exertion (RPE)

A way for you to rate how hard exercise feels. You can do this on a scale from zero lying on the couch to you maximum effort, e.g. a spirit being a ten. Use it to make sure you are not under or over doing it while training and use the levels recommended each week.



#### Importance of a warm up and a cool down every time you exercise

Warming up helps prepare your body for activity. A warmup should gradually raise your body temperature and increase blood flow to your muscles. Warming up may also help reduce muscle soreness and lessen your risk of injury. Cooling down after your workout allows for a gradual recovery of pre-exercise heart rate and blood pressure. After exercise make sure you stretch the muscle groups you have worked, use static stretches, and hold for 15-30 seconds. Make time for this to assist recovery and reduce stiffness afterwards.

#### Fitting it into your life

Each week has an example timetable for you to use as a guide. You can adjust it to the day that you start the programme, if that is not a Monday. General rules are to include two strength training days spaced out in the week and to not have all of your rest days at one after the other. Do ensure you include rest days too, as they are a vital part of your training.

#### Download the bleep test audio

The audio is free to download so you can practice the bleep test on your own train and become familiar with it. Mark out either two lines or place markers 15 metres apart.

<https://www.college.police.uk/What-we-do/Standards/Fitness/Pages/MSFT-practice-recruits.aspx>

While listening to the audio recording you should run between the two lines / markers, in time with the bleeps. If you arrive at the line before the bleep sounds you need to wait for the bleep before resuming running and you should adjust your speed accordingly. The timing between bleeps is slow at first (the bleeps are about seven seconds apart) but they become faster as the test progresses and it will become more difficult to keep up with the required speed.

#### Bleep test format to achieve level 5.4

Level	No. Shuttles	Speed (km/hr)	Time per shuttle (seconds)	Total Dist. (meters)	Total time (min:sec)
1	7	7.88	6.83	105	0:48
2	8	8.52	6.36	225	1:39
3	8	8.69	6.11	345	2:28
4	8	9.33	5.75	465	3:14
5	4	10.13	5.43	600	3:36

#### Improve your technique

There are lots of good free videos to help you through your bleep test. Here's a link to a video about improving your turns that might be helpful:

<https://www.youtube.com/watch?v=PAYBGzCei94>