

Dear candidate

As part of the recruitment process you will be required to pass the JRFT (Job Related Fitness Test or Bleep test) to level 5.4

We suggest that you start training and practising now to make sure you are fit and ready for the assessment and that you aren't worrying about it.

To effectively train for the bleep test, focus on improving cardiovascular fitness and leg muscle endurance through a mix of running, interval training, and incorporating turns. Warm-up properly before each session and cool down afterwards. Vary your training with other activities like swimming or cycling to build overall fitness, but ensure running is a core component.

Training Guide:

1. Cardiovascular Fitness:

- **Regular Runs:**

Engage in steady-state runs at a comfortable pace for 15-20 minutes, preceded by a 5-minute warm-up and followed by a cool-down.

- **Interval Training:**

Alternate between high-intensity sprints and recovery periods (e.g., 30 seconds of sprinting followed by 30 seconds of walking, repeated multiple times).

- **Incorporate Turns:**

Practice running back and forth between two points, simulating the bleep test's shuttle run format.

The bleep test for Police is set at a 15 metre distance, so measure this out and practise that distance.

You can download the bleep test from Spotify or YouTube and use it to practise

2. Leg Muscle Endurance:

- **Hill Sprints:** Running uphill increases leg strength and stamina, crucial for the bleep test.
- **Plyometric Exercises:** Include exercises like box jumps and jump squats to enhance leg power.
- **Strength Training:** Target leg muscles with exercises like squats, lunges, and calf raises.

3. Warm-up and Cool-down:

- **Warm-up:**

Begin each training session with 5-10 minutes of light cardio (marching, jogging, or dynamic stretches) to prepare your body for exercise.

- **Cool-down:**

Conclude your sessions with a short walk or light activity to gradually reduce your heart rate and prevent muscle soreness.

4. Training Intensity:

- **Gradual Progression:**

Start with a comfortable pace and gradually increase the intensity of your workouts as your fitness improves.

- **Listen to Your Body:**

Pay attention to your body's signals and avoid pushing yourself too hard, especially when starting.

- **Interval Training:**

Interval training is particularly effective in preparing for the bleep test because it mimics the fluctuating intensity of the test.

5. Test-Specific Strategies:

- **Practice the Shuttle Run:**

Familiarize yourself with the 15-meter distance and the bleeping sound, ensuring you reach the line before the bleep sounds.

- **Pacing:**

Learn to pace yourself effectively, conserving energy for the later stages of the test.

- **Don't Give Up:**

The bleep test can be challenging, so learn to push through discomfort and maintain your focus.

PRACTISE TO A HIGHER LEVEL THAN 5.4 – that will mean on the day, you will easily meet your goal !

6. Other Helpful Tips:

- **Hydration and Nutrition:** Stay hydrated and maintain a balanced diet to support your training and performance.
- **Rest and Recovery:** Allow your body adequate rest to recover from training sessions.
- **Consult a Professional:** If you need more personalized guidance, consider consulting with a fitness professional or coach.