



HOLLAND COLLEGE
PRINCE EDWARD ISLAND

Pre-recruit Fitness Manual

START TRAINING NOW AND COME PREPARED

Improve your overall fitness and fitness test results!

Training is about toughening up. You toughen up physically and mentally. You try things you've never tried before. You push yourself farther than you thought possible. Games are for glory; training is for growth. It is serious business.

Fall 2023

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Improving Your Overall Fitness and Fitness Test Results!

This is general guide to give you some suggestions on how to be prepared for the physical demands that will be placed upon you at the Atlantic Police Academy. **YOU SHOULD HAVE MEDICAL CLEARANCE BY A QUALIFIED PHYSICIAN TO ENGAGE IN ANY PHYSICAL ACTIVITY SUCH AS THIS PROGRAM.**

In your first week at the Atlantic Police Academy, you will be required to complete either the PARE (Police and Conservation) or COPAT (Sheriff and Public Safety Officer and Corrections) and the Coopers Fitness Test consisting of sit-ups, push-ups, bench press, vertical jump, grip strength, sit and reach (flexibility) and 1 ½ mile run which you should be able to complete in under 12 minutes (1 ½ mile run).

Ensure you are prepared! Cadet training places numerous physical demands upon your body such as: physical fitness classes, use of force classes and reality-based training. Just as you are required to study for legal examinations you are required and will be tested to ensure you maintain and/or increase your physical fitness standards.

It is your obligation to be physically prepared for the job you have chosen!

Tips and Information

- ☞ Ensure you get adequate sleep.
- ☞ Don't try anything new on the morning of a test (ie: eat differently, new shoes).
- ☞ Eat quality foods – small amounts frequently throughout the day.
- ☞ Ensure you hydrate yourself each, and every day. Your goal is a minimum of 10 glasses of water each day.
- ☞ Avoid “excess” caffeine.
- ☞ Within 15 minutes of finishing your cardio or strength training workout, consume an easily digested post workout drink. It should consist of 2/3 carbohydrates, 1/3 protein. Yes, believe it or not chocolate milk is perfect for this. There are also good post-workout drinks commercially available. This is important if you want optimal recovery after your workout.
- ☞ If you are looking to reduce your weight, my best advice is stick to a regular cardio and strength training routine, and when eating, always divide your plate into two halves. On one half of the plate is your protein (meat) and carbs (pasta, potato) while the other half is for fruits and vegetables. Any seconds will come from the fruits and vegetables. Each meal will consist of a combination of protein and carbs (fats will naturally be included in your meals unless you are fanatical). By eating five – six smaller meals per day rather than two – three large ones your metabolism is more efficient, and you will burn more calories throughout the day.
- ☞ Usually, the food that is better for you will be found in the outside aisles of the supermarkets.
- ☞ Don't underestimate the importance of breakfast. You may lose weight by exercising before you eat breakfast, however the weight you lose will be muscular weight, which you should be trying to build! Whole wheat bagel with peanut butter, or fruit yogurt will work fine.
- ☞ **Plan your meals in advance.**
- ☞ If you are being strict with your eating habits, you can give yourself a cheat day once per week, where you can eat, whatever you want (within reason).
- ☞ Be confident in yourself.

- ☞ Breathing is extremely important in any activity. When exercising breathe naturally and deeply, do not take quick shallow breaths.
- ☞ Keep active (walk around) between exercises/sets, this will promote active recovery.
- ☞ If you put 100% effort and commitment into your training, you will improve your overall fitness level along with your fitness test results.
- ☞ There is no magic workout plan that every trainer will agree is the BEST. If you were to go to five different personal trainers and advise each one of your specific goals, the five trainers would have five different ways to train to attain your goals and each one may be correct as Nike says: “just do it!”!
- ☞ There are some sample workout plans included with this package, however different people have different needs and therefore must train according to their specific needs.
- ☞ Begin your workouts slow and gradual – too much too soon can cause setbacks.
- ☞ Exercises should be performed at a pace and weight that allows correct execution.
- ☞ **Frequency of training should be a minimum of three times per week for each cardio plus Strength Training – minimum of 20 minutes cardio plus 20 minutes of strength training to make gains.**
- ☞ For strength training you should give the specific muscle you worked a minimum of 48 hours rest before working that specific muscle again (ie: chest – bench press 48 hours rest between next chest workout).
- ☞ With cardio you need some rest days, however you can do back-to-back cardio workouts, and make excellent gains. Five cardio workouts per week is optimal.
- ☞ You may do your cardio workouts before or after your strength workouts or on alternate days (this will depend on your goals).
- ☞ **YOU NEED TO BE CONSISTENT IN YOUR WORKOUTS.**
- ☞ Train your WEAKNESSES first, while you’re fresh.
- ☞ All work out programs should begin with a warm-up that warms the muscles you are about to work, along with increasing your core temperature. It’s recommended to use gross motor activity warm-ups such as jumping jacks, and/or running with exaggerated arm movements etc.
- ☞ Not only should you ensure you are properly warmed up and don’t overlook the benefits of a proper cool down on every workout. Make stretching a part of your cool down process.
- ☞ I cannot stress enough how important a GOOD workout partner is for your gains. You need a positive person that can push you to your limits and encourage you to Just Do It!
- ☞ Plan your day around your workout. This will ensure success.
- ☞ Tell your family and friends that you are planning to improve your overall fitness. Have a goal and lay out your plan to do so. This will create some positive stress/inspiration along with helping your family/friends understand your time commitment.
- ☞ The specific muscles you work out will usually take between 48 – 72 hours to fully re-cooperate from a strenuous workout. Keep this in mind if you are planning to workout before a physical fitness test.
- ☞ Make fitness a part of your lifestyle. Try riding your bicycle to work, take the stairs and not the elevator, park a distance away from your destinations and walk, get your family involved, eat low fat nutritious snacks, and keep yourself hydrated, at all times.
- ☞ Give yourself a complete day-off of all exercise once per week and know that this promotes bigger gains!

For demonstrations of each exercise see the www.crossfit.com website. Additional websites include: www.sealfit.com; www.mountainathlete.com; www.gymjones.com

Strength Work-out

Attempt to use a weight that will allow you to do five – eight reps per station – three sets of each with strict form. When you can consistently reach eight reps increase weight approximately five percent.

- Squat or lunges
- Calf raises
- Bench press
- Deadlifts
- Bent over rows
- Chin ups
- Clean and jerk
- Barbell curls
- Close grip bench press
- Crunches superset with reverse crunches – go to failure on each
- End entire workout with: farmers walk (carry extremely heavy dumbbells)

THE KATE WORKOUT

- 20 seconds on – 10 second rest
- 5 rounds – for best number of repetitions:
 - Push-ups
 - Squats (each rep – minimum 90-degree bend)
 - Pull-ups (cheating acceptable, however counted separately)
 - Bicycles (counting only left elbow to right knee)

THE KELLY WORKOUT

- Pull-ups – 20
- Deadlift (using 50% of maximum 1 repetition) – 20
- Push-ups – 40
- High pulls – (using 50% of maximum 1 repetition) – 20
- Bench jumps – 40
- Clean and jerk (50% of maximum 1 repetition) – 25 pull-ups – 10
- 2 rounds – rest when required – for best total time!!!!

THE KELLY WORKOUT #2

- Go through entire circuit without letting go of the bar!!!!
- Bent over rows x 8
- Military press x 8
- Lunges x 8 (each leg)
- Squat push x 8
- 1 minute rest between entire circuit. Do 3 sets.

MESSED UP CROSSFIT WORK-OUT

Part 1: Love Those Legs!

- 50 standing squats
- 50 plyo jumps – (2 mats stacked or 18 inches)
- Lunge walk to cafeteria and back or 50 meters
- 5 squat jumps – (butt down – knee to chest)

Part 2: Crazy Chest

- 50 push-ups
- 50 plate pushes
- 25 spiderman push-ups
- 5 squat jumps – (butt down – knee to chest)

Part 3: Killer Kardio

- 40 Burpees
- 50 sprawls (hands up/head up)
- 60 mountain climber
- 5 squat jumps – (butt down – knee to chest)

Part 4: Six Pack Abs

- 50 medicine ball sit-ups
- 100 kicks and punches on back
- 30 hip “twist” ups
- 30 ball slams
- 5 squat jumps (butt down – knee to chest)

GET BACK WORKOUT!!

Last Man Standing – One partner does exercise while other is in stress position until exercise is complete, then switch.

Exercise

- 25 x burpies
- 25 x atomic sit-ups
- 40 x bottom to bottom squats
- 60 x manmakes/mountain climbers
- 30 x sprawls
- 20 x spiderman pushups
- 25 x jumping squats
- 30 x lateral jumps
- 50 x maison twists
- 15 x squat jumps

Stress Position

- Seated position (med wall)
- Plank (straight)
- Plank (left side)
- Plank (right side)
- Superman position
- Hurdler’s stretch (both sides)
- Bridge on head (front/back)
- Scissor kick (half left/half right)
- Plank (straight)
- Seated position (med wall)

MILBURY/RUSSELL – CROSSFIT

- Everyone 1 minute plank
- Everyone 1 minute wall sit
- 30 sprawls, up, jab, cross, hook
- Side squat to cafeteria-lunch back
- 25 Russian twist, 25 left woodchoppers, 25 right wood choppers (all done while holding plate)
- Hall run x 2 or 200 meters
- 50 crossover mountain climbers
- 100 skips
- 50 atomic sit-ups with med ball
- Army crawl-width of gym and back or 50 meters
- Broad jump to cafeteria – bear walk back
- 40 overhead squats with plate or medicine ball
- 25 medicine ball pushups
- 1 minute plank, 30 second left plank, 30 second right plank

“GET OFF YOUR BUTT IT’S FREAKIN’ NICE OUTSIDE” WORK-OUT

- 50 back-to-back partner squats
- Lunge walk to street and sprint back or 100 meters
- 100 skips
- One person runs around the APA while their partner does squats then switch
- 30 sprawls with partner, perform a jab/cross/hook combination after each sprawl
- 40 ball slams
- Flip the tractor tire until your partner returns from running around the APA then switch OR go to playground equipment and do chin-ups
- 25 medicine ball push-ups
- One person runs around the APA CARRYING A WHEAT BAG OR MEDICINE BALL while their partner performs jumping jacks then switch
- 30 squat jumps while partner performs man-makers then switch
- One person runs around the APA while their partner performs lunge jumps then switch or 400 meters

FITNESS CADET AWARD (PERFECT BLEND)

- 25 thrusters (men 95 lbs/women 50 lbs)
- 1 hall sprint or 200 meters
- 25 clean and jerk (men 95 lbs/women 50 lbs)
- 1 hall sprint
- 25 burpees
- 1 hall sprint
- 25 spiderman push-ups
- 1 hall sprint
- 40 atomic sit-ups (any size medicine ball)
- 1 hall sprint
- 25 sprawls – jab, cross hook after each one
- 1 hall sprint
- 10 knee to chest – jumping squats
- 1 hall sprint

BARBELL COMPLEX #1

- 6 reps of each – no rest! – 4 sets
- Deadlift (ensure butt is down head up)
- Upright row (to bottom of chest)
- Squat clean (bar on hips up to front squat down and up – bar back on hips)
- Front squat (bar on chest and squat)
- Back squat (bar behind your neck on shoulders)
- Clean and jerk
- Snatch
- Push press (over your head and back)

MEDICINE BALL PLYOMETRICS 2 SETS

- Push ups on ball (10 each arm and 10 in middle)
- Giant circles (10 each way)
- Figure 8 between legs (15 each side)
- Sit-up – chest throw against wall (25 reps)
- Figure 8 in front – arms straight (15 rotations each way)
- High – low pass (with partner or against wall) (15 each side)
- Sit-up pass (with partner-interlock ankles or by yourself – ball over your head on DOWN – up to chest or pass to partner on UP) (50 reps)
- Over / under pass (15 rotations each way)
- Chest pass on knee's (or slams against wall) (25 reps)
- Lunges across gym and back or 25 each side (hold M.B. chest level)
- Inside rotational pass (15 rotations each way)
- Standing side pass (partner or wall passes) (15 rotations each way)
- Outside rotational pass (15 rotations each way)
- Overhand throw against wall (25 reps)

THE 300 WORK-OUT CHALLENGE

Description of exercises on bulletin board outside gym or check out YouTube

- Pull-ups (25 reps)
- Deadlifts – 135 lbs (50 reps)
- Push-ups (50 reps)
- Box jumps – 24-inch (50 reps)
- Floor wipers – 135 lbs (50 reps)
- Single arm dumbbell clean and press (50 reps EACH ARM!)
- Pull-ups (25 reps)

THE REAL AB RIPPER (3 SETS)

- Minute plank (1)
- Medicine ball sit-ups (50)
- Kicks and punches (100)
- Hip ups (30)
- Lateral scissor kicks (100)
- Russian twists (50)
- Prayers on physio ball (10)
- Proper crunches on physio ball (50)
- Ball slams (50)
- Woodchoppers each side (25)

BARBELL COMPLEX WITH PARTNER

- 3 rounds of bas: warm up
- Reps: 10 / 9 / 8 / 7 / 6 / 5 / 4
- Clean and jerk
- Snatch
- Push press

PARTNER EXERCISES WHILE BARBELL COMPLEX IS BEING PERFORMED

- Burpees
- Dumbbell swings
- Skipping – entire time partner works
- Hip-ups
- Manmakers till partner finishes
- Medicine ball sit-ups
- Mountain climbers
- Plank
- Skipping
- Kicks and punches from back

FIGHT GONE BAD

- Wall Ball (20 lb ball)
- Sumo Deadlift (75 lb barbell)
- Box Jumps (20 inches)
- Push Press (75 lb barbell)
- Row Max (full out)

In this workout you move from each of five stations after a minute. This is a five-minute round from which a one-minute break is allowed before repeating. We've used this in 3 and 5 round versions. The stations are:

1. Wall-ball: 20-pound ball, 10 ft. target (reps)
2. Sumo deadlift high-pull: 75 pounds (reps)
3. Box Jump: 20" box (reps)
4. Push-press: 75 pounds (reps)
5. Row: Calories (Calories)

The clock does not reset or stop between exercises. On call of "rotate," the athlete(s) must move to next station immediately for good score. One point is given for each rep, except on the rower where each calorie is one point.

REAL AB RIPPER – TRX WORK-OUT AS WARM-UP

1 minute on each station – 1 minute rest between entire set – 3 reps of circuit:

- Thrusters: 60 lb dumbbell – 10 each hand and switch
- Rowing
- Clean and Jerk
- Mat Jumps (24-inch height)
- Snatch
- Burpees

MAY HURT MORE THAN TRX

- 30 Toes-to-Bar
- 20 Knees-to-Elbows
- 10 Sit-ups
- 3 Handstand Push-ups
- 35 Sit-ups
- 25 Toes-to-Bar
- 15 Knees-to-Elbows
- 2 Handstand Push-ups
- 40 Knees-to-Elbows
- 30 Sit-ups
- 20 Toes-to-Bar
- 1 Handstand Push-up

WOW

Durability:

- Sprints: 1 x 800M (:60 sec rest)
- 3 x 400M (:45 sec rest)
- 6 x 200M (:30 sec rest)
- 9 x 100 M (:15 sec rest)

Warm Up: Bear complex <http://www.youtube.com/watch?v=0WOP9J7QPwI>

Strength:

- 3 Rep Max (RM) press <http://www.youtube.com/watch?v=xLcntfkyXbM> (this video has all 3)
- 2 RM push press
- 1 RM push jerk

Stamina:

- 5 rounds
- 3 x push jerk @ 90% 1 RM
- 10 x 1 arm snatch (each side, 35#) <http://www.youtube.com/watch?v=wXTzZpvdPuE>
- Bear crawl 25 M

Workout Capacity – GI Jane:

- 100 burpee pull-ups <http://www.youtube.com/watch?v=9RcZkDqwYS8&feature=fvsr>

GI JANE MEETS SEAL FIT

Warm-up: Bear Complex

Strength: Work to 3RM Press, then 2RM Push-Press, ending with 1RM Push Jerk

Stamina: 5 rounds, not timed: 3 x PJ @ 90% 1RM, 10 x 1-arm snatch (ea. side, 35#), bear crawl 25 M

Work Capacity - GI Jane:

- 100 burpee pull-ups for time

Durability:

- Sprints: 1 x 800M (:60 sec rest)
- 3 x 400M (:45 sec rest)
- 6 x 200M (:30 sec rest)
- 9 x 100 M (:15 sec rest)

Yoga or Active Stretch 10 minutes. Practice controlled breathing during Yoga.

THE S.W.A.T. WORKOUT (STANDS FOR "STOP WHINING AND TRAIN!")

Warm-up: 5 rounds

- Hall Sprint/ Stair climb (sprint down the hall, then without stopping go up at least 40 steps)

Workout:

- 50 Deadlifts to push ups (do a deadlift, then without letting go of the bar, go into a push up, that counts as 1)
- 50 push up to chin up (do a push up under a pull up bar, then explode up and do a chin up. Try to do it as fluid as possible)

3 x Shoulder Complex:

- 8 bar pushes (place an oly bar in a corner, load 2-5 10lbs plates onto the end not in the corner and with one arm, push the bar away from yourself. Like the first ex on this video <http://www.youtube.com/watch?v=oGQB2xF3aMU> Do this with each arm then transition immediately to the next workout)
- 16 bus drivers <http://www.youtube.com/watch?v=C78Ts8pQg7s> with the same weight
- 8 explosive bar pushes (do the same as the first exercise, but transition arms between reps ex: right, left, right, left. Be careful not to drop the bar.)

5 Plate Push-ups:

- Place four 10 lbs plates on the floor in an arc in front of you approximately a foot apart from each other. Get in a push up position over the plate farthest to your left. Your hands will be on either side of the plate and your chest will be centered over the plate. Lower your chest to the plate (like you are doing a push up) and explode up and to the right so that you land in the same position over the next plate to your right. Continue until you do this to each plate. When you get to the end, do the same thing on the opposite direction (right). This is one rep.
- 10 Plate Pushes <http://www.youtube.com/watch?v=m1NfrCu4zbl>
- 1 plate push = the width of the gym.

Power Sprint:

PART 1 Warm-up:

- 4 rounds as fast as possible:

Sprints: 400m (0.25 m)

Push-ups: 40

PART 2:

- Run 1 mile
- 25 x Dead Lift (135)
- 25 x Power Clean (135)
- 25 x Push Jerk (135)
- 25 x Front Squat (135)
- Run 1 mile

Quatro Complex:

Warm up: 21-15-9

- Standing ball toss to ball smash (Hold a medicine ball with two hands, squat and throw the ball up as high as you can, then catch it and raise the ball over your head and smash it on the ground)
- Push Ups
- Sit Ups

PART 1:

- Find 90% of 3 Rep max of deadlift.

Six (6) rounds for time:

- 2 x (90% 3RM) Deadlift http://www.youtube.com/watch?v=nQuvFY_6p6M
- 10 x burpee pull ups <http://www.youtube.com/watch?v=qXgJ9OaWMMuQ>
- 20 x double unders <http://www.youtube.com/watch?v=2TfjmxeUsIs>

PART 2 (quatro complex):

4 rounds of:

- 4 x hang cleans <http://www.youtube.com/watch?v=jpXqVba1mFo>
- 4 x push press <http://www.youtube.com/watch?v=tggQanXsp68&feature=related>
- 4 x back squat <http://www.youtube.com/watch?v=HdDm7MBkfLQ>
- 4 x step up <http://www.youtube.com/watch?v=qq6GkSqRowQ>
- 400 m sprint (or hall sprint)

PART 3:

- 100 back extensions
- 100 sit ups

Goals: Never put the bar down until all the exercises are completed. Times and weights need to be sent in with the fitness reports. All exercises can be done with basic equipment. If you don't have a bar and weights, you can perform these exercises with various items ex: old tires, paint cans, sandbags, find something heavy and use it. Pull ups can be done on tree branches, at your local park on monkey bars. Use your imagination and get it done.

100's

- Run 1 Mile
- 100 Pull ups
- 200 Push Ups
- 300 Sit Ups
- 400 Squats
- Run 1 Mile

Post times

SEALFIT BARBELL COMPLEX

Warm up:

- Sealfit barbell complex
- 6 reps x each ex, never putting the bar down

Deadlift, bent over rows, hang cleans, front squat, push press, back squat, thrusters

<http://www.youtube.com/watch?v=ZfQajtUOtGM>)

As many rounds as possible of:

- 5 Burpees
- 6 Clean squats (hang clean to a front squat)
- 7 Thrusters

Last, but not least:

- Sprint as fast as you can
- 1 x 800m (0.5 miles)
- 2 x 400m (0.25 miles)
- 4 x 200m (0.12 miles)
- 6 x 100m (0.06 miles)

THE COUTURE WORKOUT

<http://www.youtube.com/watch?v=6-Tqv4TK7xk>. This link has the whole exercise demonstrated.

Championship Rounds (6 rounds). Go through all exercises and take a 1-minute break between rounds.

Try not to put the bar down until finished.

- 8 x bent over row
- 8 x upright rows
- 8 x military press
- 8 x good mornings
- 8 x front leg squat (both legs)
- 8 x squat and push press
- 8 x straight leg dead lift

TABATA EXERCISES

Eight rounds – 20 second work / 10 second rest.

Be prepared **before** the 20 second time starts.

Finish every set till it is over!

Use strict form only:

1. Air squats
2. Partner medicine ball sit-ups = interlock ankles
3. Sprawls
4. Burpees
5. Kicks and punches
6. Push-ups
7. **Partner squats throwing medicine ball back and forth (drop ball and you go through rest period for that time frame – no sissy throws!!!!!!)**
8. **Go through all above 7 and then plank for final 20 seconds!**

TABATA EXERCISES: #2

Eight rounds – 20 seconds work / 10 second rest

Be prepared **before** the 20 second time starts

Finish every set till it is over!

Use strict form only

1. Plate pushes
2. Partner medicine ball sit-ups = interlock ankles
3. Burpees
4. Dumbbell swings
5. Barbell/dumbbell/plate snatch
6. Medicine ball sit-ups
7. **Partner squats throwing medicine ball back and forth (drop ball and you go through rest period for that time frame – no sissy throws!!!!!!)**
8. **Go through all above 7 and then plank for final 20 seconds!**

NUTTS

For time:

- 10 handstand push-ups (if you can't do HSPU then do 50 regular ones)
http://www.youtube.com/watch?v=1G8_2yk365c&NR=1
- 15 deadlifts
http://www.youtube.com/watch?v=8-O_MT72rck
- 25 box jumps
<http://www.youtube.com/watch?v=UweKybOuvA>
- 50 pull ups
<http://www.youtube.com/watch?v=tAZaHzd6qAY>
- 100 wall ball shots
<http://www.youtube.com/watch?v=FFIzwxz9EZU>
- 200 double unders
<http://www.youtube.com/watch?v=lx8TbKyvJcw>
- Run 400 m with a 45 lbs plate

WORKOUT OF THE DAYS		
Angie	<ul style="list-style-type: none"> • 100 pull-ups • 100 push-ups • 100 sit-ups • 100 squats 	For time
Barbara	<ul style="list-style-type: none"> • 20 pull-ups • 30 push-ups • 40 sit-ups • 50 squats 	5 rounds for time
Chelsea	<ul style="list-style-type: none"> • 5 pull-ups • 10 push-ups • 15 squats 	Each min on the min for 30 min
Cindy	<ul style="list-style-type: none"> • 5 pull-ups • 10 push-ups • 15 squats 	As many rounds as possible in 20 min
Diane	<ul style="list-style-type: none"> • Deadlift 225 lbs • Handstand push-ups 	21-15-9 reps, for time
Elizabeth	<ul style="list-style-type: none"> • Clean 135 lbs • Ring dips 	21-15-9 reps, for time
Fran	<ul style="list-style-type: none"> • Thruster 95 lbs • Pull-ups 	21-15-9 reps, for time
Grace	<ul style="list-style-type: none"> • Clean and jerk 135 lbs 	30 reps, for time
Helen	<ul style="list-style-type: none"> • 400 meter run • 45 pound dumbbell • Swing x 21 • Pull-ups 12 reps 	3 rounds for time
Isabel	<ul style="list-style-type: none"> • Snatch 135 pounds 	30 reps for time
Jackie	<ul style="list-style-type: none"> • 1.5 mile run • Thruster 45 lbs (50 reps) • Pull-ups (30 reps) 	For time
Karen	<ul style="list-style-type: none"> • Wall-ball 150 shots 	For time
Linda (aka "3 bars of death")	<ul style="list-style-type: none"> • Deadlift 1 ½ bw • Bench bw • Clean ¾ bw 	10/9/8/7/6/5/4/3/2/1 rep Rounds for time

WORKOUT OF THE DAYS		
Mary	<ul style="list-style-type: none"> • 5 handstand push-ups • 10 1-legged squats • 15 pull-ups 	As many rounds as possible in 20 min
Lynne	<ul style="list-style-type: none"> • Bodyweight bench press (eg. Same amount on bar as you weigh) • Pull-ups 	5 rounds for max reps
Kelly	<ul style="list-style-type: none"> • Run 400 meters • 30 box jump, 24 inch box • 30 wall ball shots, 20-pound ball 	Five rounds for time
Annie	<ul style="list-style-type: none"> • Double-unders (skipping) • Sit-ups 	50-40-30-20 and 10 rep rounds; for time
Nicole	<ul style="list-style-type: none"> • Run 400 meters • Max rep pull-ups 	As many rounds as possible in 20 minutes Note number of pull-ups completed for each round
JT	<ul style="list-style-type: none"> • Handstand push-ups • Ring dips • Push-ups 	21-15-9 reps, for time
Michael	<ul style="list-style-type: none"> • Run 800 meters • 50 back extensions • 50 sit-ups 	3 rounds for time
Murph	<ul style="list-style-type: none"> • 1 mile run • 100 push-ups • 200 push-ups • 300 squats • 1 mile run 	For time. Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty-pound vest or body armor, wear it.
Daniel	<ul style="list-style-type: none"> • 50 pull-ups • 400-meter run • 95-pound thruster, 21 reps • 800-meter run • 95-pound thruster, 21 reps • 21 reps • 400-meter run • 50 pull-ups 	For time
Josh	<ul style="list-style-type: none"> • 95-pound overhead Squat, 21 reps • 42 pull-ups • 95-pound overhead Squat, 15 reps • 30 pull-ups • 95-pound overhead Squat, 9 reps • 18 pull-ups 	For time
Jason	<ul style="list-style-type: none"> • 100 squats • 5 muscle-ups • 75 squats • 10 muscle-ups • 50 squats • 15 muscle-ups • 25 squats • 20 muscle-ups 	For time

Tips on Improving COOPER Test Results: Flexibility Training

- Flexibility is a joint's ability to move through a full range of motion.
- To improve - stretch a minimum of **3** days per week, however you can stretch every day.
- Stretch your muscles after they are warm.
- Incorporate stretching into your cool-down (following exercise).
- Be sure to use correct technique for each stretch, hold stretch for 15 – 30 seconds, rest 5 seconds and repeat (total 3 – 4 sets per body part). Recent studies show that slow, static stretching helps reduce muscle soreness after exercise. Static stretching involves a slow, gradual and controlled elongation of the muscle through the full range of motion. Hold for 15 - 30 seconds in the furthest comfortable position (without pain).

BENEFITS OF FLEXIBILITY TRAINING

- Improved physical performance and decreased risk of injury.
- Reduced muscle soreness and improved posture.
- Reduced risk of low back pain.
- Increased blood and nutrients to tissues.
- Improved muscle coordination.

STRETCHES TO INCREASE FLEXIBILITY ON HAMSTRINGS/LOWER BACK

TOWEL STRETCH

- Sit on the floor with legs straight. Wrap a towel around feet, holding each end of the towel with one hand. Lean forward and pull gently on the towel, extending the torso toward toes. Hold for 15 seconds. Repeat 5 times.
- Perform sitting type of stretching exercises daily to increase this area.

SIT AND REACH

- Sit on the floor with legs straight. Slowly bend forward at the waist and extend fingertips toward the toes (keep legs straight). Hold for 15 seconds. Repeat 5 times.
- It is too comprehensive to go into stretches for each body part; however, the same formula should be used for all major muscles on a regular basis.

Bench Press

TIPS ON INCREASING YOUR BENCH PRESS

- Train the triceps. Triceps are heavily involved in bench press.
- Keep your shoulder blades pulled together and tight. This creates a stable base.
- Keep pressure on your upper back and traps. Using your legs, drive yourself into the bench to put pressure on your upper back and traps.
- Push the bar in a straight line.
- Keep the elbows tucked and the bar directly over the wrists and elbows.
- Breathe from your belly not your chest. Greater stability can be achieved when you learn to breathe from your belly.
- Push the bar with MAXIMUM force. Learn to apply 100 % force to the barbell.
- Squeeze the barbell. Keep the body tight by squeezing the bar.

Push Ups

TIPS ON DOING MORE PUSH-UPS

- Generally, as your bench presses increase, so do your push-ups. If you break down the exercise you will notice that the motion and muscles involved are similar. The one very big difference is that bench press is based on strength whereas push-ups are based on muscular endurance and some strength.
- Training only on push-ups and/or bench presses can lead to a strength imbalance. Pull-ups and some type of rowing work should be done. (See attached programs)
- When training, pay attention to proper form. Keep your body straight and rigid. Lower yourself or the weight in a controlled manner so that you can gain a training effect. Try to do as many repetitions as possible during the first 45 to 60 seconds. This will decrease your time under tension and produce greater results.
- Place your hands at shoulder width with your fingers pointing forward and slightly outward. Keep your heels and toes together.
- Do not forget to breathe during training.
- Near your exhaustion point, try to change the position of your hands to a narrower or wider position after you are tired, and then try to do some more push-ups.
- Just as with bench press, keep some variety in your workouts.

Here are some ways to spice up your workout:

MODIFIED PUSH-UPS - HANDS ON AN OBJECT

- POSITION. Keep your body straight. The balls of your feet should be on the ground, and your hands
- should be on a wall, a desk, or steps of a staircase. You can gradually increase the difficulty of the exercise by first placing your hands on the wall, later on a desk, then on a chair or by progressing to lower stairs on a staircase. By progressing to lower levels of hand placement you increase the intensity of the exercise and your muscle strength.
- ACTION. This exercise involves the same action as the regular push-up. For instance, if your goal is 50 push-ups, do 40 modified push-ups; wait, do another 40; wait and do another 40. When this becomes easy, raise your sights and score.

MODIFIED PUSH-UPS - FEET ON AN OBJECT

- POSITION. Keep your body straight with your hands on the ground and your feet on the chair, steps, or some object. Progressively elevate your feet to higher levels to increase the intensity. You may also increase the difficulty, hence your strength, by doing push-ups between chairs with your feet elevated and lowering yourself as far as you can between them. Do sets and repetitions as above.
- ACTION. This exercise involves the same action as the regular push-up. Strive for three sets of 80 percent of your goal.

PHYSIO BALL PUSH-UPS

- Do your push ups with your hands or feet on a Physio Ball. This will add some instability to the exercise and help build the core and stabilizing muscles.
- **Try doing any of the above or simply do regular push ups while alternating lifting one of your feet off the ground.**

Sit Ups

TIPS ON IMPROVING SIT-UPS

- When practicing sit-ups, place a towel or other soft material under your tailbone or practice on a mat.
- Core strength has become very popular. There are many ways to improve your core strength (see attached program), which will in turn increase your results in most fitness tests. The basic premise behind building core strength is get off balance while exercising and make your core get you back in balance! Instead of always using a bench to do your presses, use a physio ball. When doing your bicep curls, implement sitting on the physio ball once in awhile. Buy or make a core board and implement some exercises into your work out.

TIPS FOR MAXIMUM NUMBER OF SIT-UPS

- Do not rest in the down position.
- Keep your chin tucked in your chest.
- Concentrate on maintaining rhythm.

The following are variations of the exercise to add variety and increase your score:

THE CURL-UP

- POSITION. Lie on your back with your feet as close to your buttocks as possible. Cross your arms over your chest with your hands on the opposite shoulders. DO NOT HOLD YOUR FEET DOWN, although they must remain in contact with the ground at all times.
- ACTION. Raise your head and shoulders off the ground, hold for five seconds, and return to the starting position. Repeat 10 to 20 times. Gradually increase the number of repetitions. Exhale as you sit-up.

LEGS ON A CHAIR

- POSITION. Lie on your back with feet and lower legs on a chair. Interlock your fingers behind your head. DO NOT HOLD YOUR FEET, although they must remain in contact with the chair at all times.
- ACTION. Raise your head and shoulders off the ground, hold for five seconds, and return to the starting position. Repeat 10 to 20 times. Gradually increase the number of repetitions during sessions. Exhale when you curl up.

ALTERNATING ELBOW TO KNEE

- POSITION. Lie on your back and interlock your fingers behind your head. Your legs should be off the ground, knees should be bent, and lower legs parallel to the ground.
- ACTION. While the left knee is pulled towards the chest and touched with the right elbow, straighten the right leg, but keep it off the ground. Reverse the action bringing the right knee up to the left elbow and straightening the left leg. Repeat the action continuously for 20 counts with each leg.

EXERCISE WITH A SLANT BOARD (only if your back is strong)

- POSITION. Lie on a slant board with your feet higher than your head. Interlock your fingers behind your head. Bend your knees and keep your feet flat on the slant board.
- ACTION. Sit up and touch your elbows to your knees. Return to the starting position. Repeat up to 30 times. When you can perform 30 repetitions, raise the slant board.

SIT-UPS DONE WITH WEIGHTS (only if your back is strong)

- POSITION. Perform any other previously mentioned exercises or sit-ups with a light weight held on your chest.
- ACTION. The same actions described above for each type of sit-up.

PHYSIO BALL SIT-UPS

- With your lower back on the Physio ball, complete crunches by pushing into the ball and crunching your torso towards your knees.

Grip Test

TIPS ON INCREASING YOUR GRIP STRENGTH

- Always do grip training at the end of your work out.
- While doing any weightlifting – squeeze the bar.
- Grip exercises should be done to failure.

SOME GRIP EXERCISES

- Farmer's walk - Hold a substantial weighted dumbbell – walk 100 feet before letting the weight down and repeating set.
- Grip something – Fill balloons with sand; buy a gripper; grab a tennis ball; grip a 4 X 4 piece of wood or grip a medicine ball. Hold the grips for 15 – 60 seconds or pulsate the grips until failure.
- Towel chin up – Throw a towel over the chin up bar and get chinning. Do not put knots in the towel.
- Plate pinches – Put 5 or 10 pound universal plates together – smooth side facing out and pinch them together until failure.

Running/Cardio Training Program

Below is a proposed training week. This assumes that you have been fairly active and are accustomed to running on a regular basis.

If you are not used to running, you may want to initially substitute other aerobic activities for some of the runs. Likewise, if you've been doing nothing but sitting on a couch for five years, you probably aren't ready to workout five days a week.

Use your common sense, but don't be lazy. Pain in your joints is bad. Aches in your muscles are a sign of training, and not nearly as serious. If you are not sure, err on the side of caution and seek medical advice.

If you wish to improve then I would suggest you run a minimum 4 times per week.

If you enjoy running and/or have greater aspirations than the 1.5-mile run/P.O.P.A.T. and you can handle the workload of life, school, family etc...then run 5 days per week.

If you currently run 3 days per week along with some cross training and are happy with that...then keep doing that. Improvements come slower, but you'll easily maintain your current level and you'll see there are things you can do to improve your overall run time still.

Warmup prior to a run simply could mean loosening up with some light stretching exercises. If your workout is to do a long run, then to warm up might mean to start your run slower than you plan to complete it and build into it. If you are doing a workout such as intervals, then you would jog for a bit to get blood moving and to warm up your muscles. Afterwards do some light stretching, followed by some accelerations...slow - pickup – slow. A couple of these tells the body its going to be doing a workout and it prepares you for it. It prevents muscle pulls and strains.

A warmup prior to exercise stimulates the cardiovascular system and various muscle groups, which increases performance and reduces risk of injury.

Warmup should be approx. 5 minutes long and should increase core temperature and muscle temperature.

It is very important that you have a good pair of running shoes. You should be properly fitted for the shoe, for your foot and your running style. This is not an area to get CHEAP on. Go to a qualified running store and spend the extra money to get the shoe that is best for you. Buying the proper shoe is the first and most important aspect in preventing Shin Splints.

If your timed run is on a track – ensure you regularly train on a track.

Run tall with good posture.

Let your arms swing at a 90-degree angle between the chest and the hipbone, not crossing them over your body. Your arm swing should complement your stride. Relax your wrists and hands. Do not clench your fists.

Stay relaxed.

Cool Down – Abrupt cessation of vigorous activity leads to pooling of the blood and sluggish circulation. It also contributes to cramping and soreness. This is the time to STRETCH. You can stretch any tight muscles before the run however the most benefit from stretching will come in the cool down...especially after lactic and speed workouts when you should expect to be sore and tight. Warm down jogging and stretching alleviates a lot of the tightness.

Typical misconception about running, we've all heard the person who says "I run "X" miles per day "X" times per week". This is great for maintaining weight and overall fitness. If you're trying to improve...this will NOT be sufficient.

SO, LET'S BREAK DOWN YOUR 7-DAY WEEK

- ☞ Since each week is different plan your week workout in advance.
- ☞ Make your workout week: Monday to Sunday.
- ☞ Plan to run every other day. Obviously, some weeks you might have to go back-to-back due to life's schedule.

A 4-day run workout week might include:
1 x long steady run
1 x threshold run
1 x lactic run
1 x economy run

If you are doing only 3 runs per week you should do:
1 x long steady run
1 x threshold run
1 x lactic run

Skip your economy run, but hopefully you add a cross training workout.

SO, WHAT'S A LONG RUN?

A long run is going to depend on what your goal is? It will also be a very personal number. A beginner's long run will be quite a bit less than an experienced runner. Both runners will however run much slower than their race pace. These runs are often the most enjoyable for runners because the goal is to simply log some miles.

WHY ARE WE LOGGING MILES?

The goal is to improve your overall cardiovascular endurance by working for extended periods. It's also used to improve biomechanical efficiency along with your bio-chemical system.

Distances will greatly vary depending on fitness level. Attempt to run minimum twice the amount of time it takes you to run the 1.5 mile.

WHAT'S A LACTIC WORKOUT?

The lactic workout is a speed workout. This is the workout that has you running at your race pace. Rather than simply running your race distance over every week, this type of workout breaks your race distance down and has you doing intervals at race pace or slightly quicker with recovery between each repetition. Obviously high volume at race pace is not going to be possible or recommended.

Example:

- 2 x (4 x 400 metres) with 3 minutes – (goal of 2 minutes later) recovery between reps and 5 minutes between sets. (Total distance covered will be 2 miles/3200metres)
- 8 x 300 meters with 2 minutes recovery between reps. (Total distance covered will be 2400 meters)

WHAT'S A THRESHOLD RUN?

The threshold run is a run workout that targets your near maximum run pace. Unlike the lactic workout this workout is not at race pace but just below. Its purpose is to have you working at a rate that allows you to do more volume than the lactic workout. This type of workout builds overall strength.

Example:

- 4 x 5 minutes running with 5 minutes recovery. This works out to be only 20 minutes of running but the goal is to run hard for 5 minutes...that means run near your max for 5 whole minutes...obviously not a sprint but a run that puts you at a pace that means after you hit 5 minutes you will be very very happy to walk and recover and you will be very out of breath and breathing heavy. Now, you get 5 minutes to recover then you do it 3 more times. Interval training is the best way to improve your speed.
- 8 x 3 minutes of running with 3 minutes recovery.
- Cut downs: 5 min, 4 min, 3 min, 2 min, 1min with 2 minutes between each interval. Total run time = only 15 minutes but not much recovery time between the longer intervals will mean that with each rep you complete your body will tire more, but since the interval time decreases you will be more inspired to try and maintain the faster pace the entire interval.

PACING

There is no set rule:

- If you're doing your long run, then make it easy...start slow, and pick it up from there if you feel good, otherwise just enjoy it, and log the miles. An easy rule of thumb is that you should be able to talk to your running partner while running.
- If you are doing a workout such as intervals, then the goal is to run faster than your race or goal pace because you are trying to learn or teach your body to endure the new desired pace.

HYDRATION: WATER

Run more = drink more.

Hot weather = more fluids.

Heavy sweating = more fluids.

Gatorade, etc. will put mineral and salts back into your system but it is not usually necessary unless exercise is in excess of 60 – 90 minutes.

CRAMPING

Cramping can come from several things:

- ☉ Often, it's associated with pushing your body to higher limits. Nobody has died from cramping and often if you are doing a run and get cramps you can back off and they will go away, and you can often pick it back up again afterwards.
- ☉ Sometimes it's from not being warmed up enough.
- ☉ Sometimes it's from your diet.
- ☉ Leg cramps and muscle cramps can be a result of dehydration, a reduction of minerals and salts. Alleviating cramps of this nature is done with increasing fluids; you may also try a calcium magnesium supplement as per label instructions. Massage if you can talk someone into it.

After your Run – Try to incorporate some PLYOMETRICS (6 week plan optional)

	Week 1	Week 2	Week 3	Week 4	Week 5
Ankle Hop	2 x 10	2 x 10	2 x 10		
Squat Jump	2 x 5	2 x 6	1 x 6		
Tuck Jump	1 x 6	2 x 6	1 x 6		
Split Jump			1 x 6	2 x 8	
Squat Jump, 1 Leg Land			2 x 4	2 x 6	1 x 6
1 Leg Squat Jump				1 x 4	2 x 6
Sprint	2 x 6	2 x 6	1 x 6		
Sprint & Weave			1 x 6	1 x 6	
Sprint & Cut				1 x 6	2 x 6
Long Jump	1 x 6	2 x 6			
Ankle Bound	1 x 10	2 x 10	2 x 10		
Running Long Jump			1 x 6	2 x 6	2 x 6
Scissor Jump			2 x 4	2 x 4	2 x 6
Squat Jump & Run		1 x 6	2 x 6		
Squat Jump, 1 Leg Land & Run			2 x 4	2 x 6	2 x 6

The Atlantic Police Academy does workouts similar to cross fit workouts which are intense but short in duration. There is no better program to get you physically prepared for your physical fitness program than going to the crossfit website, spending a small amount of time to research the philosophy, sign up for their workouts of the day and log your progress! Go to www.crossfit.com and get started.

I have listed some alternative programs below however I will once again stress that getting involved in the crossfit programs will better prepare you for the A.P.A. training.

SHORTCUTS TO THE PARE/COPAT TEST

Method to improving PARE/COPAT time:

- **Cut the cones** – The shortest distance between two points is a straight line, therefore do not make big, winding loops around the cones and between obstacles. Move directly from cone to cone and manoeuvre right beside the cone/obstacle. This can easily cut down 2 seconds per lap. Most athletes will do this automatically because they have the agility and quickness to make these sharp turns. (This is the best advice you can give anyone running through the TESTS)
- **Stairs** - Do not go up and down every stair. Come off the side of the steps after coming down two-three steps and proceed directly to the nearest cone. (I find taking two steps up and two steps down while running the stairs is most efficient.)
- **Mat** - Jump diagonally across the mat. This cuts off the turn and a few additional steps between the mat and the stairs. If you cut the mat diagonally and land in the direction of the stairs, this eliminates those extra steps taken to turn in the direction of the stairs. This does however create a longer jump, but if the individual doesn't have trouble with the jump, then it will save him/her some time.
- **Jump** - Problems with making the 5-foot jump. Practice, practice, practice. Have the individual measure out 5 feet and have them practice it as much as possible. It may also help them to land on their toes after the jump.
- **Landing** - Always land on one leg. This will keep the participants momentum while running through the POPAT. If the individual lands two footed after the 5-foot jump or stairs, then he/she has to pick up momentum again from a stop position. If they land single-footed, then their momentum will help to maintain their pace after each obstacle.
- **Vault** - Jump as close to the vault as possible. Keep one knee bent when on your chest, so you have something to push off on (Most people do this anyways)
- **Push/Pull Machine** - When pushing in the apparatus, already start moving the machine. Therefore, once the weight has been fully lifted, you have already made some of your first 180-degree arc. This also helps with momentum. Rather than stopping, push the weight in, then proceed to make the arc. The push machine isn't based primarily on upper body strength. I've seen 5 feet tall, 110-pound females handle the machine with ease. It comes down to core strength and lower body strength. The participant needs to keep their elbows in tight to their body and maintain a diagonal position with the machine. Then turn their hips to the side, but maintain their chest/upper body in contact with the machine. After every 180-degree arch, just rotate the hips.