Fitness Test Training Programme

Special Constabulary Recruits

Exercise is not without its risks and this or any other exercise programme may result in injury.

If you have any medical conditions or injuries, please consult with your doctor before beginning this exercise programme.

The instructor, and advice presented, is in no way intended as a substitute for medical consultation. The instructor disclaims any liability from and in connection with this programme.

As with any exercise, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort you should stop immediately and consult a doctor.

Suggested are 3 cardiovascular training programmes.
Include at least 1 interval or pyramid session.
Aim for 3 different sessions each week.

Always warm up for at least 5 minutes before beginning!

Programme 1 - Interval training

(To increase exercise intensity, tolerance and speed)

- **Treadmill 30 seconds jog / walk > 30 seconds sprint**

Speed needs to be determined by yourself, but it must be a full on sprint speed.

Gradually increase number of intervals performed to 10; then increase the speed and reduce the intervals to 5, building up to 10 again.

Programme 2 - Pyramid training
(To increase exercise tolerance along with intensity)

Begin jogging at 8k/hour for 1 minute. Increase by 0.5k every minute for as long as you can, then reduce speed to a slow jog or walk, allow adequate time to recover then repeat.
Try to increase the maximum speed you reach each time (aiming for a minimum of 10.5k/hour).

Programme 3 - Endurance training
(To increase stamina)

Steady state exercise (moderate pace cycling, cross trainer, rowing or running) for 20 or more minutes.

Always cool down for at least 5 minutes after your session!

Resistance training

2 - 3 times a week (alternate days).
3 sets of 6 repetitions (reps), heavy weight.
To increase upper body strength, exercises **must be** performed to **your maximum** effort

- chest press or full press ups
- using dumbbells or resistance machines
- standing or seated row
- LAT pulldown or assisted chin ups / pull ups
- upright row
- shoulder press
- alternatively you can use a stretchy band, but this must be a challenging resistance