



Sault Ste. Marie
POLICE

Fitness Test Preparation Program

This is a suggested program, and the exercises herein are suggestions only. You can research different exercises that can also help you prepare.

You must determine for yourself the maximum level at which you can complete each exercise without overexerting yourself. Please be careful, go at your own pace, and stay within your abilities to prevent injury.

It is also recommended that you stretch all parts of your body before and after each workout to increase flexibility and avoid injury.

The results you get from this program depend on the effort you put into it. Completing this program does not automatically mean that you will pass the fitness test. It is your responsibility to make sure you are ready for the fitness test. The fitness testing is a maximal effort test, so prepare accordingly.

Applicants are asked to complete the [OACP Certificate Testing](#) program. To prepare yourself for the required fitness testing, visit [Police Fitness Personnel Ontario \(PFPO\)](#) for a full breakdown of the tests you will be required to perform.

Good luck!



Running

It is recommended that you complete the 'Running' portion of this program three (3) times per week.

Week 1-4

Complete a minimum 20-minute fast walk, jog, or run at any speed 3x per week.

Your goal by the end of the four weeks should be a slow jog for a full 20-30 minutes. Don't forget to stretch!

Week 5-8

Day 1 (35 MIN):

- Warmup – walking (5 MIN)
- Fast walk or jog at an easy pace, such as 4-5 mph (3 MIN)
- Run at a medium to hard pace, such as 8 mph (2 MIN)
- Repeat 5x
- Cool down – walking (5 MIN)
- Don't forget to stretch

Day 2 (30 MIN):

- Fast walk and/or jog (30 MIN)
- Don't forget to stretch

Day 3:

- Repeat Day 1

Week 9-12

Day 1 (40 MIN)

- Warmup – walking (5 MIN)
- Easy jog, such as 4-6 mph (3 MIN)
- Hard run, such as 7-10 mph (3 MIN)
- Repeat 5x
- Cool down – walking (5 MIN)
- Don't forget to stretch

Day 2 (30 MIN)

- Jog (30 MIN)
- Don't forget to stretch

Day 3:

- Repeat Day 1

Reminder – all recruit applicants **MUST** achieve a level 7 or higher on the 20-metre shuttle run in order to move on in the process. Download the Shuttle Run file to prepare for the test [MP3](#) [WAV](#) [M4A](#)



Core Endurance

It is recommended that you complete the 'Core Endurance' portion of this program three (3) times per week.

Here are some of our favourite exercises to help with overall back and core strength to prepare for the Core Endurance test. You can look them up on YouTube to learn how to do them.

- Romanian deadlift with bar
- Single leg Romanian deadlift
- Back extension machine-reps and holds
- Crunches / leg raises
- Superman and Quad superman
- Glute bridge
- Front and side plank holds (1-minute holds?)

Choose 2-3 of the above exercises per workout, completing approximately four (4) sets of ten (10) reps. Determine where you need to improve and adjust accordingly. Don't forget to stretch!



Push-Ups

It is recommended that you complete the 'Push-Ups' portion of this program three (3) times per week.

Below are some push-up routine suggestions. You can incorporate these into your own weight program or do them on their own. You can pick one or mix and match.

- **4 sets of 10 to 25 push-ups**
 - What is the maximum number of push-ups you can do? That will be your push up "number" to complete. You must complete the number of push-ups you picked, no matter how many breaks you need to take to complete them.
 - After completing the first set of push-ups, take a good long break (3-5 minutes), then do your second set, third set, and then the final set.
 - If you can complete the routine easily, increase the number of push ups.

- **Daily**
 - Do 2 sets of push-ups till failure.
 - After the first set, wait 3-5 minutes, then complete the final set.
 - You can start with...
 - First month: 3 days a week.
 - Second month: 5 days a week and the
 - Third month: 7 days a week.

- **Pyramid**
 - Start at 1 push-up with a 10 second break. Then 2 push-ups with a ten second break. Then 3, 4, 5, 6, 7,8,9,10 up to your maximum amount you can do – Then back down 10,9,8,7 etc all the way down until 1.
 - You might want to gauge what level you want to go to. It might be 5 to start. Try to increase the level weekly by 1.
 - This is a good routine to do with a partner as you would alternate back and forth. This routine is good to complete a couple times a week.

Remember to do the push-ups correctly! Lock out elbows and chin 2 inches from the floor! Please keep a tight plank form with your thumbs under your shoulders and keep a steady pace you are comfortable with.





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Sit and Reach

It is recommended that you complete this static stretching exercise after every workout.

Below is an excellent exercise to prepare for the 'Sit and Reach' portion of the fitness test.

- Grab something that has a bit of weight and stand on a bench.
- With the weight in your hands, bend over with straight knees and let the momentum of the weight pull your hands down towards or past your toes. Keep your knees straight.
- Hold this for 30-60 seconds. Try this for 3 sets.

Make sure the weight is not so heavy that it causes discomfort. You should only feel an easy pull on your hamstrings and lower back.

Don't forget to stretch your calves and quads, too!

It is recommended that you stretch all parts of your body before and after each workout to increase flexibility and avoid injury.