



6 Weeks



To a Better Leger!



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Effective policing requires a certain level of physicality, making it necessary to test the physical ability of applicants. The Alberta Physical Readiness Evaluation for Police (A-PREP) is an unbiased physical assessment that determines if applicants are able to take on the rigors of what can be a very physically challenging career. The A-PREP includes the Leger 20m shuttle run, which is designed to measure participants' aerobic capacity relative to the demands of policing. The Leger can be fairly difficult and many participants don't anticipate the intensity of the test. To score well, it's important to train for the test, preferably for at least six weeks in advance. This brochure includes workouts and a training schedule to help you to maximize your Leger score.



The Rationale:

Approximately six weeks before the date of your testing, you should begin to prepare with a training program that mixes both steady-pace running and interval training. The steady-pace running will improve your endurance and help control pacing. Simply keep a steady pace throughout your training run; one that does not require you to slow down or stop. The best indicator that you've hit an optimal pace is if you can still speak while you run, with your breathing rhythm just beginning to "compete" with your

natural speech pattern. After a few minutes of easy jogging to warm up, hold it for as long as you can. Aim for 30 to 45 minutes, or four to six km. Schedule this kind of steady-pace run about twice per week, preferably on the days following those that include an interval workout.

The purpose of interval running is to improve the top-end results of your testing. Interval training helps you perform during periods of extreme exertion, when you push yourself to the point that you're breathing heavily and can't speak at all. When taking on interval training, be sure to properly warm up and cool down; ignoring these parts of your workout can slow down your progress or even force you to skip training days, which is especially detrimental when testing is only six weeks away.

How you define the word "interval" will change as your training progresses. For some training programs, an "interval" is measured in seconds, for others they can be as much as a half-hour long. When training specifically for the Leger, it's recommended that you aim for intervals between one and three minutes in length; with a 1:1 work-to-rest ratio (i.e. the length of each recovery segment is equal to that of the active interval). When working on interval training, keep in mind that it's more important to maintain the quality of work in each interval than completing a large quantity of intervals.

When starting your program, begin with one-minute intervals, followed by a two-minute recovery so that you're able to keep your pace within each interval. Avoid starting out with too quick a pace on your first couple of intervals, or you'll run out of steam by the time you reach the middle of your workout. This will compromise the quality and quantity of your reps.

Warm up time is standardized at 10 minutes and cool down at five minutes, but feel free to lengthen either if you feel you need it. Warm-ups and cool downs are not included in the notations of the workouts below, but do factor into the overall workout time so that you can accurately predict how much time to set aside for your training. Another note: "off" refers to a very slow jog, the slowest that you can manage without downgrading to a walk.

The Workouts:

1) 10x (1 minute on + 2 minutes off). Overall workload is 10 minutes, with double the recovery minutes. In the next workout you will strive to decrease the recovery time in order to reach a 1:1 ratio. Factoring in a 10-minute warm up and a five-minute cool down, total workout time is 45 minutes.

2) 2x (5x (1 minute on + 1 minute off)) + 5 minutes off between blocks. This is the same overall volume of 10 minutes, with a reduced recovery time between intervals. To help you make it through, the workout is broken into two five-rep blocks. The 5min "block" recovery time will be removed in the next workout. Total workout time is 40 minutes.

3) 10x (1 minute on and 1 minute off). Once again, the workload is 10 minutes, but all ten intervals are in one block. Total workout is 35 minutes.

Since you are now working at a 1:1 ratio of active and resting time, you could stop here and increase the number of intervals to make your workouts more difficult. By doing this, you may notice that your progress may become stagnant. The next way to stress the top end is by making each interval longer, as in the next series of workouts below.

4) 5x (2 minutes on + 3 minutes off). You're still doing 10 minutes of active time, but the intervals are now twice as long, a difference that you will definitely feel. You must strive to keep your speed the same as you did with the one-minute intervals. Do not push yourself too hard on the first interval, or you will lose steam by the end of the workout. Extra recovery time has been added to help maintain speed, but this will be reduced in the next workout. Total workout time is 40 minutes.

5) 5x (2 minutes on + 2 minutes off). The workout time is as same as the last workout, but you've now returned to a 1:1 ratio. Total workout time is 35 minutes.

At this point you could increase your workout by adding more two-minute intervals, though even adding one more interval can be quite stressful. The following workout will increase your workout time, while also granting you some extra recovery time.

6) 2x (3x (2 minutes on + 2 minutes off)) + 5 minutes off between blocks. This increases you from five to six intervals, with a chance to recover in the middle of the workout. Your active time is now at 12 minutes, with a total workout time of 44 minutes.

You can now continue to increase the duration of your intervals, going up to three minutes, which is the maximum recommended interval time for this type of training.

7) 3x (3 minutes on + 5 minutes off). To safely get you up to a three-minute interval we've decreased the overall active time to nine minutes and put in longer recovery breaks between each interval. Total workout time is 39 minutes.

8) 3x (3 minutes on + 3 minutes off). You're still at 9 minutes of active work, but again at a 1:1 ratio. Total workout time is short; 33 minutes.

9) 2x (2x (3 minutes on + 3 minutes off)) + 5 minutes off between blocks. You've now increased your active time to 12 minutes, which is tempered by the five minutes of extra recovery time. Total workout time is 44 minutes.

10) 4x (3 minutes on + 3 minutes off). This is the same workout as the one above, with the extra recovery time removed. Total workout time is 39 minutes.



Scheduling (ideal):

Week 1

Day 1: Interval run #1

Day 2: Slow and steady run

Day 3: Off

Day 4: Interval run #2

Day 5: Off

Day 6: Slow and steady run

Day 7: Off

Week 2

Follow the same pattern using interval runs #3 and #4.

Week 3

Follow the same pattern using interval runs #5 and #6.

Week 4

Follow the same pattern using interval runs #7 and #8.

Week 5

Follow the same pattern using interval runs #9 and #10.

Week 6

Since your A-PREP testing is later this week, do a 5x (1min on + 2min off) to stay sharp, preferably two days before the testing. Take the day before the test off so you're rested and ready to go!

Tips:

- Are you too tired to face your workout? Switch to an easier workout or take a day off before advancing to the next interval run.
- Do your workouts feel monotonous? Rather than working out on flat terrain, try running on a hill or stairs (the length and grade of the hill must be sufficient for the length of your interval; short, steep sprints aren't suitable for this kind of training).
- If weather doesn't allow you to workout outside, train in the gym on a treadmill.

Good Luck!



Presented by the Edmonton Police Service Fitness and Active Lifestyle Unit