

VANCOUVER POLICE DEPARTMENT

Mini POPAT and Cardio Training



Do two Mini POPAT workouts a week

Warm up on your cardio machine of choice for five minutes

AMRAP: as many rounds as possible

Treadmill run: Set level to 5.5 - 6 at 2 incline

For time: how quickly can you complete this

Workout 1

Workout 2

Workout 3

Workout 4

30 seconds per exercise x 3	30 seconds per exercise x 3	5-minute AMRAP	For time:
Run	Mock pull on cable machine with a Side Shuffle	Run 30 seconds	2-minute run
Wall Sit holding a 25-plate weight out in front with a bend in the elbows	Chest Touch Burpees	10 lateral bounds (5/side)	10 quick box step-overs
Run	Goblet Squat with DB or KB (20-30 lbs.)	Run 30 seconds	10 inverted rows
Side Shuffle floor touch	Back touch burpees	Six step-ups (3/leg)	1-minute Burpees alternating from chest to back

NEXT:
Cardio Training

Cardio Training:

Week 1

Steady - 12 minutes SI - 6x LI - 3x	Steady - 12 minutes SI - 8x LI - 3x	Steady - 15 minutes SI - 10x LI - 4x	Steady - 15 minutes SI - 8x LI - 4x
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Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Steady - 17 minutes SI - 10x LI - 5x	Steady - 17 minutes SI - 12x LI - 5x	Steady - 20 minutes SI - 14x LI - 6x	Steady - 20 minutes SI - 12x LI - 6x
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Light cardio for five minutes to warm up before starting

Steady – Choose a pace you can maintain for the entire time without stopping. Run the same route for the same amount of time the following week, but try to increase your distance. You want the pace to be challenging, and the last three to four minutes should be mentally challenging.

Shot Intervals (SI) – 30-second sprint (85-95% MHR) followed by slow walking until your heart rate gets back down to 50-60%. Repeat six times. This will help you improve your running economy and the rate at which your feet hit the ground (foot turnover). Each week, add an extra repetition.

Long Intervals (LI) – 400-metre (or 2:30 minute) run at 70-80% MHR, followed by two-minute rest (slow walking). The run should be hard and challenging. Aim to get the same time (within five seconds) for every 400-metre run, or the same distance if you are going by time. Start by running four repetitions the first week and add a rep each week to a maximum of six times.

Hill Repeats – Run up a small- to moderate-grade hill or stairs for 30 seconds. Cambie Bridge stairs off the seawall are great. Walk back down and take a 30-second rest at the bottom. Repeat six times, adding a rep each week. Go up at a pace that you can maintain until you reach the top, with the last few steps feeling very hard. On the last set of stairs, you should feel like you are digging deep to complete.

Important to note

If interval runs are performed on the treadmill, do them on a 2-3% incline to mimic the resistance of running outside.

If possible, do your running workouts on non-strength training days, or do them several hours before strength.