

VANCOUVER POLICE DEPARTMENT

POPAT Training Program



Training Week

Day 1 Long Intervals and weight training

Day 2 Jumping workout and steady run

Day 3 Short Intervals and weight training

Day 4 Beep test practice and mock POPAT

**Try to have one or two rest days during the four-day cycle, and a minimum of two rest days per week.*

Warm up before each workout: Five minutes of light to moderate intensity aerobic activity

Weight Training: Perform as a circuit 3x, 4- to 5-minute break between circuits

- Standing Band or Cable Press Close Grip Bench Press - 10 reps
- Goblet Squat followed by three Jump Squats - 10 reps (three jumps)
- Front Plank - 30-60 seconds
- Squat and Row with the rope followed by Six Side Shuffle jumps - 10 reps (six shuffles)
- Narrow push-up lowers - max reps

Jump Practice (ensure you absorb your weight on the landing and power up)

	Week 1	Week 2	Week 3	Week 4	Week 5
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 & Weave			1 x 6	1 x 6	
Long Jump	1 x 6	2 x 6			
Running Long Jump			1 x 6	2 x 6	2 x 6
Squat Jump & Sprint		1 x 6	2 x 6		
Squat Jump, 1 Leg Land & Sprint			2 x 4	2 x 6	2 x 6

Running Workouts:

20-minutes steady - Choose a pace that you can maintain for the entire time. Run the same route for the same amount of time the following week, but try to increase your distance. This is the slowest run out of all the running workouts.

Shot Intervals (SI) - 30-second sprint (90-95% effort) followed by a 30-second rest (slow walking). Repeat six times.

Complete **10 Burpees** immediately after your last round - alternate between going onto your stomach and going onto your back.

Long Intervals (LI) - 400-metre (or 1.5- to 2-minute) run, followed by 2-minute rest (slow walking). The run should be hard and challenging. Aim to get the same time (give or take five seconds) for every 400-metre run or the same distance /time. Repeat six times.

Complete **10 Burpees** immediately after your last round - alternate between going onto your stomach and going onto your back.

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

Beep Test Practice:

OPTION A - Measure out 20 metres. Download the beep test app and practice.

OPTION B - On the treadmill, at an incline of 2-3%, start at level 4. Run at level 4 for 60 seconds and then increase it to 4.5. Every 60 seconds increase the speed by 0.5

NEXT:
Mock POPAT
Obstacle Course



Mock POPAT Obstacle Course Training Options:

OPTION 1:

- Find a place where you can run stairs.
- Warm up with a 5-minute jog.
- Run stairs for two minutes (gets your legs tired and raises your heart beat).
- Do 20 Mountain Climbers (in a push-up position, keep arms straight, bring one knee to your chest, return foot and bring other knee to chest – 10x per leg at a controlled steady pace. Do not do it as quickly as you can, as it will challenge your core while you are out of breath.
- Drop stomach to ground, get up, do a tuck jump, land, go onto your back – keep alternating until you have done five of each.
- Cool down with a light jog/walk.

OPTION 2:

- Use a workout partner if possible.
- Find a playground that has objects to jump over or run up.
- Choose a route through the playground that has a leap component, some stairs, and some objects to jump over, and run through it for 2 minutes 15 seconds.
- Record how many times you run the route so next time you can try to increase the number.
- Face your partner, put your hands on their hips, and try and push them backward while they resist you for 30 seconds. They should still allow you to move them, but slowly. Get them to change directions/weave so you are not just pushing in one line.
- Grab your partner's hand and do the same as above, but pulling, for 30 seconds. If you have a rope you could do a tug-of-war.
- If there is a bar to vault over, do so as you would in the POPAT - back for five and stomach for five or as above.
- Drop stomach to ground, get up, do a tuck jump, land, go onto your back - keep alternating until you have done five of each.
- Cool down with a light jog/walk.

OPTION 3:

- Warm up with a 5-minute jog.
- Run on the treadmill for one minute at an incline of 5 or 6 (this will be slower than your regular running pace).
- Get off the treadmill and do five squat jumps (keep treadmill going if you feel you can get on/off safely).
- Do another minute of the incline run.
- Get off the treadmill and do 20 Mountain Climbers, followed by a 30-second low push-up and hold (hands under your shoulders, torso rigid, and lower yourself until your chest is six to eight inches off the floor).
- 10 burpees - alternating between chest touches and sit-ups on the ground.

For additional resources, please visit [JoinVPD.ca](https://www.joinvpd.ca)