

VANCOUVER POLICE DEPARTMENT

Running Program



Training Week

Week 1

Week 2

Week 3

Week 4

<p>Steady - 12 minutes</p> <p>SI - 6x</p> <p>LI - 3x</p>	<p>Steady - 12 minutes</p> <p>SI - 8x</p> <p>LI - 3x</p>	<p>Steady - 15 minutes</p> <p>SI - 10x</p> <p>LI - 4x</p>	<p>Steady - 15 minutes</p> <p>SI - 8x</p> <p>LI - 4x</p>
--	--	---	--

Week 5

Week 6

Week 7

Week 8

<p>Steady - 17 minutes</p> <p>SI - 10x</p> <p>LI - 5x</p>	<p>Steady - 17 minutes</p> <p>SI - 12x</p> <p>LI - 5x</p>	<p>Steady - 20 minutes</p> <p>SI - 14x</p> <p>LI - 6x</p>	<p>Steady - 20 minutes</p> <p>SI - 12x</p> <p>LI - 6x</p>
---	---	---	---

Warm up for all runs by doing a light jog for five to 10 minutes

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-seconds sprint (90-95% effort) followed by a 30-second rest (slow jog/walking). Repeat six times.

Long Intervals (LI) – 400 metres (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 (within five seconds) for every 400-metre run, or the same distance if you are going by time. Repeat six times.

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

Make sure to cool down for five to ten minutes once you are finished the workout.