



## Six Weeks to a Better Leger



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 can take on the rigors of what can be a very physically challenging career.

The A-PREP includes the *Leger 20m Shuttle Run*, or “Leger”, which is designed to measure participants aerobic capacity relative to the demands of policing. The Leger can be 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 document includes a workout plan and schedule to help you to maximize your Leger score.

### **The Rationale:**

No less than six weeks before the date of your testing, you should begin to prepare your body with a workout regime that mixes steady pace running with an interval training routine. The steady pace running will improve your mental and physical endurance over longer periods, as well as your sense of pace control. Maintain a steady pace throughout your training run, so that you don’t push yourself so hard that you’ll need to slow down or stop to catch your breath. 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. Once you find that pace, hold it for the prescribed duration.

The purpose of interval running is to improve the higher end of the aerobic system. Higher intensity intervals help 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. The rest intervals are meant to be an easy jog to help keep the aerobic system active. If you have selected/calculated the speed/pace of the work intervals correctly, you should be able to easy jog during the recovery periods and not have to walk or stop.

Keep in mind that it’s more important to maintain the quality of work in each interval than completing a large quantity of intervals. The prescribed pace on your first couple of intervals may feel a bit easy, however, overdoing things early will exhaust you by the time you reach the mid-point of your workout and compromise the quality of later intervals. For the work intervals, we recommend selecting a speed/pace that has you feeling like the final 15 seconds of the first 1-minute interval requires you to really focus to finish it. Subsequent intervals should remain achievable at that same speed/pace without you having to slow down.

When running outdoors or on a track, a good indicator of correct pacing is that you run the same distance for each interval versus running more/less distance. As the program progresses, you will be holding a similar speed/pace and increasing the number of intervals and/or the length of the intervals to challenge your cardiovascular system.

Be sure to properly warm up and cool down - ignoring these parts can slow your progress and increase the chance of injury. Warmups are standardized at ten minutes and cooldowns at five minutes, but feel free to lengthen either if you like. We have not included warmups and cool downs in the notations of the workouts below, but make sure to factor them into the overall workout time when scheduling your training.

### **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 long, shallow hill (the size of the hill must be sufficient for the length of your interval — short sprints aren’t suitable for this kind of training).

## Six Weeks to a Better Leger - General Version

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	<b>1 set (10x 1min on + 2min easy jog).</b>	Steady-Aerobic Run for 20-40min <i>(depending upon your comfort with running at this time).</i>	Rest Day	<b>2 sets (5x 1min on + 1min easy jog) + 5min easy jog/walk between sets.</b>	Rest Day	Steady- Aerobic Run for 20-40min <i>(depending upon your comfort with running at this time).</i>	Rest Day
2	<b>1 set (10x 1min on + 1min easy jog).</b>	Steady-Aerobic Run for 20-40min	Rest Day	<b>1 set (5x 2min on + 3min easy jog).</b>	Rest Day	Steady-Aerobic Run for 25-50min <i>(begin adding additional running minutes).</i>	Rest Day
3	<b>5x (2min on + 2min easy jog).</b>	Steady-Aerobic Run for 25-50min.	Rest Day	<b>2 sets of (3x 2min on + 2min easy jog) &amp; 5min easy walking between sets.</b>	Rest Day	Steady-Aerobic Run for 30-50min.	Rest Day
4	<b>3x (3min on + 5min @ easy jog).</b>	Steady-Aerobic Run for 30-50min.	Rest Day	<b>3x (3min on + 3min easy jog).</b>	Rest Day	Steady-Aerobic Run for 30-50min.	Rest Day
5	<b>2 sets (2x 3min on + 3min easy jog) + 5min rest between sets.</b>	Steady-Aerobic Run for 30-50min.	Rest Day	<b>4x (3min on + 3min easy jog).</b>	Rest Day	Steady-Aerobic Run for 30-50min.	Rest Day
6	Rest Day	Easy Aerobic Run for 20-40min.	Rest Day	<b>1 set (10x 1min on + 2min easy jog).</b>	Rest Day	<b>A-PREP!</b>	Celebrate!

## Six Weeks to a Better Leger - Treadmill Version

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	<b>1 set (10x 1min @ 95-100% of Tempo speed + 2min easy jog @ 50% of Tempo speed).</b>	Easy Aerobic Run @ 50-70% of Tempo for 20-40min (depending upon your comfort with running at this time).	Rest Day	<b>2 sets (5x 1min @ 95-100% of Tempo speed + 1min easy jog @ 50% of Tempo speed) + 5min easy walk between sets.</b>	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 20-40min (depending upon your comfort with running at this time).	Rest Day
2	<b>1 set (10x 1min @ 95-100% of Tempo speed + 1min easy jog @ 50% of Tempo speed).</b>	Easy Aerobic Run @ 50-70% of Tempo for 20-40min.	Rest Day	<b>1 set (5x 2min @ 90-100% of Tempo speed + 3min easy jog @ 40-50% of Tempo speed).</b>	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 25-50min (begin adding additional running minutes).	Rest Day
3	<b>5x (2min @ 90-100% of Tempo speed + 2min easy jog @ 50% of Tempo speed).</b>	Easy Aerobic Run @ 50-70% of Tempo for 25-50min.	Rest Day	<b>2 sets of (3x 2min @ 90-100% of Tempo speed + 2min easy jog @ 50% of Tempo speed) &amp; 5min easy walk between sets.</b>	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 30-55min.	Rest Day
4	<b>3x (3min @ 90-100% of Tempo speed + 5min easy jog @ 40-50% of Tempo speed).</b>	Easy Aerobic Run @ 50-70% of Tempo for 25-50min.	Rest Day	<b>3x (3min @ 90-100% of Tempo speed + 3min easy jog @ 40-50% of Tempo speed).</b>	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 40-60min.	Rest Day
5	<b>2 sets of (2x 3min @ 90-100% of Tempo speed + 3min easy jog @ 40-50% of Tempo speed) + 5min easy walk between sets.</b>	Easy Aerobic Run @ 50-70% of Tempo for 25-50min.	Rest Day	<b>4x (3min @ 90-100% of Tempo speed + 3min easy jog @ 40-50% of Tempo speed).</b>	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 20-40min.	Rest Day
6	Rest Day	Easy Aerobic Run @ 50-70% of Tempo for 20-40min.	Rest Day	<b>1 set (10x 1min @ 100-105% of Tempo speed + 2min easy jog @ 50% of Tempo speed).</b>	Rest Day	<b>A-PREP!</b>	Celebrate!

This program requires that you perform a treadmill test to determine your “Tempo” speed to calculate percentages of training intensity. Without knowing your Tempo speed, you won’t really know how hard you should be training based on your current ability level. You must put forth a maximal effort for this to be meaningful and accurate! Stop too quickly, you will have a submaximal running speed and set yourself up with lower than ideal training intensities resulting in minimal to no improvements.

Set the treadmill to 1.0% incline. Begin with 5min easy walk progressing to a brisk walk.

Start the test @ 4.5mph (7.2kph). Every minute, increase by 0.3mph (0.5kph) until you can no longer run a full 1-minute stage.

Based on our experience, adding between 0.5-1.5mph (0.8-2.4kph) will best equate to your 100% Tempo speed. Use this to calculate the prescribed % speeds (e.g., 8.0mph x 0.95 = 7.6mph). Note: 0.95 = 95%