



CLEVELAND POLICE

The Police Job Related Fitness Test

Know what your test involves

Recruits, Transferees and Police Officers (Non Specialist Roles)

Bleep Test Pass Mark is Level 5.4

The test involves running back and forth along a 15 metre track, arriving at each end line in time with a series of audio bleeps. At the end of each level the time interval between each bleep will decrease meaning you need to run faster to keep in time.

At the start, participants will be taken through a warm up which involves running to the start of Level 3. This gives opportunity to understand the bleep system as well as warming you up. The test then starts back at Level 1.

5.4 is the minimum standard required and Police Officers will be expected to pass this test on an annual basis.

Bleep Test (Shuttle Run) Explained

The required Level is 5.4 which means the participant is required to keep running in time with the bleeps until they have completed 4 shuttles at level 5.

Total Time	Distance Covered	Shuttles Completed
3 min 35 seconds	525 metres	35
Levels	Shuttles Per Level	Seconds Per Shuttle
1	7	6.9
2	8	6.4
3	8	6.1
4	8	5.6
5	4	5.5

Ways to Improve your Cardiovascular Fitness

IMPORTANT: If you are not used to exercise it is advisable to get yourself checked out by your doctor before you start.

Always warm up before a session and cool down afterwards!

Rhythmic, aerobic type exercises involving large muscle groups are recommended for improving cardiovascular fitness i.e. running, cycling, swimming, aqua-aerobics, rowing, aerobics or use of machines such as a cross-trainer.

Progression depends on your health status and may consist of increasing the duration, intensity or frequency of activity. Any progression should be made gradually avoiding large increases to minimise risks of muscular soreness and injury.

In order to make gains your system must be overloaded i.e. work harder than normal.

Guidelines:

During your cardiovascular training sessions aim to work hard enough to feel out of breath.

As your aim is to run in the test, ideally your training should include running but this could be done in conjunction with other sessions which could be anything that raises your heart rate, for example swimming, cycling, cross trainer, rowing machine, etc.

Rest:

Don't over do it!

Especially if you are not used to training, but in any case, your body needs to have rest periods to enable recovery and repair.

If the impact of running is causing you problems then a good way of managing this is to engage in different activities, all of which raise your heart rate and get you fit. If you integrate low impact activities such as swimming, rowing and cycling with high impact activities such as running, you can reduce the pressure on joints.

Couple this with integrating rest days into your training will help to allow your body to adapt to fitness training.

Starting out:

As training sessions can be intensive they should only be undertaken by physically healthy people. Medical advice should be sought prior to undertaking any physical training activities. A warm up should be performed prior to the training, this will prepare your body for the training ahead and you will be performing at a high intensity and therefore there is a risk of injury.

Always start at a lower intensity & duration to allow your body to adjust to the new demands you are placing on it.

Progression

You can improve your fitness by increasing any or a combination of the below:

Frequency: gradually build up the number of times you exercise a week.

Intensity: gradually build up the effort you put into the activity. Slowly increase the intensity of each session i.e. the amount of work your heart and related systems has to do. A simple example would be to initially walk, then to walk with running bouts in between and eventually build up to running the whole way. Then it would be a matter of running faster each time or up hills etc to make your heart work harder.

Time: gradually increase the amount of time you exercise. As you increase your fitness you will be able to exercise for longer. An initial 10 minute run could increase over time to 30 minutes or more.

Type of activity: the type of activity can vary in its level of demand on the body. Walking at a brisk pace on the flat would be a low level of demand. Walking up hills would increase the demand, start running and it increases further.

Progressive and Interval Training

One training method to improve bleep test performance is to employ a mixed approach.

In this method the training sessions involve a mixture of running sessions of varying distances (running a longer, slower pace for 20 to 30 minutes) mixed with interval or progressive training.

Progressive and Interval training can help to increase your cardiovascular fitness and can be included in your training program. Examples of these types of training are given below;

Progressive training

Progressive training comprises of gentle increases in intensity until high intensity is reached. This mirrors the demands of the fitness test albeit without twisting and turning which if done repeatedly in training could increase risk of injury.

Example:

Once warmed up, run at your normal pace for 5 minutes. Then every couple of minutes increase the pace slightly. Toward the end of your workout you will be running flat out and only able to sustain the speed for a matter of seconds. At this point, reduce speed substantially but keep running until you recover. Then run at a slower pace for a further 5 minutes and cool down.

Interval training

Interval training comprises of repeated work bouts interspersed with recovery periods. The bursts of harder work allow your body to adapt in a manageable way.

Example:

Once warmed up, run at your normal pace for 5 minutes. Then for 30 seconds to a minute, sprint as fast as you can without stopping, slip back into your normal pace for a couple of minutes to recover. Once recovered, repeat the short sprint and recovery. Aim for 3 times initially and then increase as your fitness improves. Ensure the last five minutes are a normal running pace and then cool down including stretching of the main leg muscles to end.

NOTE: Both methods can be adapted to a variety of exercises.

Warm Up and Cool Down

Warm up

Mobilise joints by gentle flexing or rotating the joint several times in the joint's natural plane of movement. This aims to generate heat and stimulate synovial fluid release that will cushion your joints when training.

Gently and gradually raise your heart rate by moving your whole body; walking, jogging or low intensity work on cardio machines. This will also increase oxygen delivery to your muscles.

After this if you wish to stretch ideally utilise **dynamic stretches** as these prevent cooling and assist with letting the body know it is about to work. A dynamic stretch is a controlled progressive range of movement of a joint. Start with a small range of movement and build to the end of the movement range over approximately 8 times.

Continue raising your heart rate with whole body movement until you reach the intensity that you wish to train at.

Cool Down

Reduce intensity gradually. Keep moving for a few minutes at low intensity.

Whilst warm conduct static stretches of all major muscle groups used. Hold still for approximately 15-30 seconds. This will help prevent blood pooling in your legs and ensure your body comfortably returns to a pre exercise state. It will also help reduce delayed onset of muscle soreness.

Help

In order to maximise your chances of achieving the standards and successfully passing the fitness requirement, the following advice is given.

- Ensure you are suitably dressed for the fitness test with running shorts & clothing, with suitable running footwear.
- Ensure you are well hydrated for the test (a 2% drop in hydration can lead to up to 35% loss of efficiency).
- Ensure that you are well rested for the Assessment and arrive early for the briefing.
- Have two or three days rest from training prior to the test date.
- If you want to familiarise yourself with the test we can give you the opportunity to attend an informal session without obligation prior to the formal assessment. This will also give yourself the chance to measure your progress.
- You can also measure out a 15 metre course and do the test yourself without the need to attend a formal location.
- Download the 15m bleep test and give it a try you can measure out a 15 metre course and do the test yourself without the need to attend a formal location. Various sites offer downloads and quite often a free download can be obtained from sites such as www.college.police.uk and www.policeuk.com sites, occasionally access to these downloads are not possible but blogs usually suggest an alternative if this happens.

Useful Links;

Couch to 5k

Although the advice is for a slightly different discipline to running the JRFT a website you may find useful is the NHS 'Couch to 5k' site which gives some basic running advice as well as advice on running technique, warm up, cool down and stretching. The link is as follows;

<http://www.nhs.uk/Livewell/c25k/Pages/C25K-tips-for-new-runners.aspx>

Nutrition

If you require advice on nutrition then there is a NHS Webpage called 'Eatwell Plate' which can offer advice in this area.

The link to this site is as follows;

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

Post Pregnancy Exercise

If you require advice on physical activity following pregnancy then there is a NHS Webpage called 'Keeping fit and healthy with a baby' which offers good advice in this area.

The link to this sit is as follows;

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/keeping-fit-and-healthy.aspx>

Stopping Smoking

If you require advice on stopping smoking then there is a NHS Webpage called 'Stop Smoking' which can offer advice in this area.

The link to this site is as follows;

<http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>