

Preparing yourself for the Victoria Police physical fitness test doesn't need to cost you an arm and a leg. Here are some simple cost effective ways to get ready for your fitness test.

Hand Grip Dynamometer Test (30 kg grip strength in each hand)

The hand grip dynamometer test is a measurement of your grip strength or forearm strength. You need to be able to squeeze 30kg with each hand individually. Any weight training will improve your grip strength however a simple way to strengthen your forearms and improve your grip strength is to do a 'wet towel wring'.

Wet Towel Wring – Take a wet towel and with 2 hands wring it out clockwise repeatedly until it is dry. Do the same thing, wringing the towel counter clockwise. Repeat this eight to ten times per day for the month leading up to your fitness test.



Push ups (five from the toes)

A great way to prepare for push-ups is to do push-ups! Be sure to be using the correct technique though.

The correct push-up technique is:

1. Start with your toes on the ground, your feet can be together or shoulder width apart and your palms flat on the ground. Your back should be straight and you can either be looking forward or down. Your arms should be locked straight. This is the up position.
2. To reach the down position, keep your body straight and bend your arms to a 90 degree angle from shoulder to elbow. After this has been achieved, push your body back up until your arms are locked straight, the up position. This is one push-up.

You need to be able to complete five push-ups, displaying correct technique. Train to do more than this though.



The Plank / Prone Bridge (held for 60 seconds)



You can practice this at home without any equipment. Just be sure that you are maintaining the correct body position (a nice straight back and body position from shoulders, through hips, to knees with your head held straight, looking at your hands) whilst training. Start with 15 seconds, once a day for the first week. Then 30 seconds per day for a week, 45 per day and so on.

Obstacle

You are expected to be able to climb over a 1.3 metre obstacle (a vaulting horse is used on test day) in a controlled manner. You can't have a run up. To train for this at home, find a wall, table, fence or other obstacle that is about 1.3 metres high and practice. Start standing in front of and with your hands resting on top of the obstacle. Jump up and push your body weight up until you can get one knee up and climb up and over. Repeat it a few times regularly to find your own best technique to climb over the obstacle. There is no time limit on the day.



100 metre swim (4 minutes)

You will be expected to swim 100 metres unassisted without stopping in less than four minutes. You can use any stroke or combination of strokes provided you do not stop. Practice in your local pool.

Multi Stage Fitness Test - Beep Test / Shuttle Run (level 5.01)

The beep test or shuttle run is a test of your aerobic fitness. To significantly improve your beep test score you need to do specific and general aerobic type training. You cannot avoid it. You will have to do some hard work!!

The amount of training that you need to do and the intensity required will depend on your current fitness level, though as a general guideline you should have 4-6 training sessions per week directed towards increasing aerobic fitness and your beep test score. The sessions could include some of the following:

Interval training, sprints and strength development

- **Hill sprints** – run as fast as you can to the top of a hill (or part way up) and then walk back down and repeat as many times as you can.
- **Track Sprints** – run 100 meters as fast as you can and then walk for next 100 meters. Repeat around track for as long as possible
- **Skipping** – skip at an intense speed for 30 seconds followed by 30 seconds at a slow pace. Repeat for as long as you can.
- **Interval Training** – Four minute jog, then increase to a challenging pace for two minutes, jog for three, then sprint for 30 seconds. Repeat the sprint/jog three times, ending with a cool down to return to normal breathing.

It is also important to practice beep test technique by doing the beep test itself. All you need is 20 metres of flat surface with a line or marker at each end and the beep test recording which can be downloaded from the internet or as a smart phone App. Remember, you only need to have one foot on or over the line and be efficient with your turns.



Illinois Agility Run (within 20 seconds)

The Illinois Agility Run tests speed and agility. Evidence shows that the best way to improve agility is to practice agility using numerous training techniques.

The Illinois Agility Run has you starting face down on the ground so it is important to practice starting from this position and transitioning into a sprint quickly.

Pro Agility Shuttle – set up three cones (or alternative) 5 metres apart. Begin with one hand touching the middle cone. Sprint to touch one of the outer cones, turn and sprint to the other outer cone then back to the middle cone to finish. Repeat 5 times.

Short Shuttle – set up four markers 5 metres apart. Start at the first. Sprint 5 metres up and back. Sprint 10 metres up and back. Sprint 15 metres up and back. Rest then repeat.

Interval Training – Four minute jog, then increase to a challenging pace for two minutes, jog for three, then sprint for 30 seconds. Repeat the sprint/jog three times, ending with a cool down to normal breathing.

