

WITH A BIT OF EFFORT AND TRAINING ON YOUR PART, YOU WILL PASS THIS TEST WITH EASE. NOW YOU KNOW THAT YOU CAN RELAX AND EVEN ENJOY GETTING FIT. IF YOU FOLLOW THE SIMPLE WARM UP AND WARM DOWN ROUTINES IN THIS LEAFLET BEFORE YOU START EXERCISING, YOU'LL QUICKLY, AND SAFELY, REACH THE LEVEL OF FITNESS YOU NEED TO BECOME A PRISON OFFICER. FOR YOUR INFORMATION, THE TEST HAS THE SAME PASS LEVEL FOR BOTH SEXES AND EVERY AGE. IT'LL ALSO NEED TO BE TAKEN ANNUALLY THROUGHOUT YOUR PRISON SERVICE CAREER.

# THE JOB-RELATED FITNESS TEST

## **01 HEIGHT AND WEIGHT**

THESE ARE MEASURED TO CALCULATE YOUR BODY MASS INDEX – ENABLING US TO ESTABLISH WHETHER YOU'RE OVERWEIGHT. IF YOU ARE, YOU'LL BE ADVISED ON HOW MUCH WEIGHT YOU NEED TO LOSE AND HOW TO DO IT. JUST REMEMBER THAT IF YOU'RE OVERWEIGHT, IT'S LIKELY TO MAKE THE REST OF THE FITNESS TEST MORE DIFFICULT FOR YOU.

## **02 GRIP STRENGTH TEST**

THIS MEASURES THE STRENGTH OF YOUR FOREARM MUSCLES. YOU SQUEEZE A MEASURING DEVICE AS TIGHTLY AS YOU CAN. BOTH HANDS ARE TESTED. THIS TEST MUST BE PASSED.

## **03 ENDURANCE SHUTTLE RUN TEST**

AEROBIC ENDURANCE IS ESSENTIAL TO GOOD HEALTH. THIS TEST ESTIMATES YOUR LEVEL OF AEROBIC ENDURANCE AND INVOLVES RUNNING PROGRESSIVELY FASTER OVER A 15MTR COURSE UNTIL YOU REACH THE TARGET LEVEL. THIS TEST MUST BE PASSED.

## **04 DYNO TEST**

THIS MEASURES THE STRENGTH OF YOUR UPPER BODY AND UPPER ARM MUSCLES. IT INVOLVES COMPLETING A SET NUMBER OF PULLS AND PUSHES TO REACH A TARGET LEVEL OF FORCE. THIS TEST MUST BE PASSED.

## **05 SPEED AGILITY RUN**

PRISON OFFICERS HAVE TO BE ABLE TO RESPOND QUICKLY AND SAFELY WHEN INCIDENTS OCCUR. THIS TEST MEASURES YOUR ABILITY TO DO THAT WHILE NEGOTIATING OBSTACLES AND CHANGING DIRECTION. THIS TEST MUST BE PASSED.

## **06 SHIELD TEST**

YOU'LL ASSUME THE STATIC POSITION IN WHICH YOU'LL BE REQUIRED TO HOLD A 6KG SHIELD DURING CONTROL AND RESTRAINT TECHNIQUES. THIS TEST MUST BE PASSED.

## **YOUR HEALTH**

THE BENEFITS OF EXERCISE SHOULD FAR OUTWEIGH THE RISKS. SHOULD YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH, EITHER BEFORE OR DURING THE PROGRAMME, THEN CONSULT YOUR GP.

# **WARM UP**

TO PREPARE YOUR BODY FOR EXERCISE YOU MUST WARM UP BEFORE EVERY SESSION. YOUR WARM UP ROUTINE SHOULD INCLUDE A VARIETY OF LIGHT EXERCISES YOU ENJOY. FOLLOW SOME OF OUR SUGGESTIONS AND HAVE FUN USING A FEW OF YOUR OWN AS WELL.

**JOGGING:** START BY BRISKLY WALKING OR JOGGING FOR ABOUT 2-3 MINUTES. THEN INCREASE THE PACE OF YOUR JOGGING OR WALKING FOR ANOTHER 2-3 MINUTES.

**MOBILITY:** EXERCISE ALL YOUR MAJOR JOINTS FOR 2-3 MINUTES INCLUDING SHOULDERS, HIPS, KNEES AND ANKLES.

**STRETCHING:** LIGHTLY STRETCH MUSCLES AND JOINTS IN YOUR ARMS, SHOULDERS, CHEST, BACK, ABDOMEN, HIPS AND LEGS.

**REMEMBER:** STRETCH SLOWLY. NEVER BOUNCE WHILE STRETCHING. HOLD ALL STRETCHES FOR 5 SECONDS. RELAX UNDER CONTROL. NEVER ASK SOMEONE ELSE TO PUSH YOUR STRETCH FURTHER.

# **COOL DOWN**

JUST AS IMPORTANT AS WARMING UP IS COOLING DOWN. IT HELPS PREVENT MUSCLE STRAIN AND INJURY.

COOL DOWN EXERCISES SHOULD INCLUDE LIGHT JOGGING, WHILE SLOWLY REDUCING THE PACE OVER 2-3 MINUTES. YOU SHOULD ALSO INCLUDE A SERIES OF LIGHT STRETCHES. REPEAT EACH STRETCH 3 TIMES, TAKING CARE NOT TO OVER STRETCH OR HOLD THE STRETCH FOR LONGER THAN 10 SECONDS.

## JOGGING AND RUNNING

**RUN 1:** Walk/jog for 20 minutes, at a pace at which you could still hold a conversation with someone else. By the start of week 3 you should be able to jog continuously for 20 minutes.

**RUN 2:** Jog for a full 20-30 minutes, at a pace at which you could still hold a conversation with someone else.

**RUN 3:** Jog to warm up for 10 minutes, then pick up the pace slightly to one you can sustain, then run faster for 3 minutes. Jog for 3 minutes and then run faster again for 3 minutes. Jog to cool down for 6 minutes.

**RUN 4:** Jog to warm up for 10 minutes, then increase the pace slightly but so you can sustain it for 5 minutes. Jog for 5 minutes and then run faster again for 5 minutes. Jog to cool down for 5 minutes.

**RUN 5:** Jog to warm up for 10 minutes. Increase the pace and run faster at a pace you can sustain for 10 minutes. Jog for 10 minutes to cool down.

**RUN 6:** Jog to warm up for 10 minutes. Then find a row of 4 trees or 4 other

markers spanning 100 metres. Jog from 1 to 2, pick up the pace from 2 to 3 and sprint from 3 to 4. Walk slowly back to the start line and repeat the sequence 5 times. Jog to cool down for 10 minutes.

**RUN 7:** Set up 2 markers 13 metres apart. Jog for 5 minutes to warm up and practise turning on your left and right legs by running at about 70% of your sprinting pace from one marker to the other, turn as fast as you can around the second marker and jog back to where you started. Repeat 6 times. When turning stay as close to each marker as possible.

Next, sprint from one marker, around the other and back again. rest for 30 seconds and repeat but turn in the opposite direction. Complete the sprint 4 times, rest for 3 minutes and repeat another 4 times. Jog for 10 minutes to cool down.

### STRENGTH EXERCISES

Warm up for 5-10 minutes before each strength session.

**STRENGTH 1:** Complete 2 sets of 10 repetitions of each of the following exercises. Rest for 60 seconds between each set and for 2 minutes between each exercise type.

**SQUATS:** Stand with your feet shoulder width apart and put your hands on your hips. Keep your back straight and squat down until your knees are parallel with your thighs and stand up again. Keep your head and chest up throughout.

**DIPS:** Sit on the front edge of a chair. Place your hands either side of your thighs to grip this edge. Keep your knees bent and your feet flat on the floor. Ease yourself forward so that you are suspended over the front of the chair. Now bend your arms and dip down in front of the chair as low as possible, then return to your starting position.

**STEP-UPS:** Stand at the bottom of the stairs with your hands by your sides and head up. Step up onto the bottom stair so that both feet are on it and your legs are extended. Then return to the starting position.

**TENNIS BALL SQUEEZES:** Hold a tennis ball in each hand. Stand with your knees relaxed and your feet shoulder width apart. Keeping your hands by your sides but not touching them squeeze the ball as tightly as possible. Hold for 3 seconds then release.

**HAMSTRING LIFTS:** Lie on your back on the floor facing a chair with your knees bent and your calves resting on the seat. Keeping your hands by your sides, raise your pelvis off the ground as high as possible, then return to the start position.

**PRESS-UPS:** Lie on your front with your elbows bent, your hands palms down and level with your shoulders. Keep your back flat and push yourself up with your hands until your arms are straight. This is your starting position. Now lower yourself back to the ground until your chest is almost touching the floor, then push back up to the starting position. This counts as a complete press-up. To begin with you may need to do this exercise off bent knees. If initially you cannot complete a set of 10, do as many as you can and build up to 10.

**CRUNCHES:** Lie on your back with your knees bent. Keep your feet flat on the floor and raise your arms by your ears. Keeping your hips on the floor raise your head and upper back off the ground. Hold briefly and return to your starting position.

**STRENGTH 2:** Complete 3 full sets of the exercises in Strength 1.

# THE TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	RUN 1	STRENGTH 1	REST	REST	STRENGTH 1	RUN 1	REST
WEEK 2	RUN 1	STRENGTH 1	REST	REST	STRENGTH 1	RUN 1	REST
WEEK 3	RUN 1	STRENGTH 1	REST	REST	STRENGTH 1	RUN 1	REST
WEEK 4	RUN 2	STRENGTH 1	RUN 2	REST	STRENGTH 1	RUN 2	REST
WEEK 5	RUN 2	STRENGTH 1	RUN 2	REST	STRENGTH 1	RUN 2	REST
WEEK 6	RUN 3	STRENGTH 2	RUN 2	REST	STRENGTH 2	RUN 2	REST
WEEK 7	RUN 4	STRENGTH 2	RUN 6	REST	STRENGTH 2	RUN 2	REST
WEEK 8	RUN 6	STRENGTH 2	RUN 2	REST	STRENGTH 2	RUN 4	REST
WEEK 9	RUN 7	STRENGTH 2	RUN 2	REST	STRENGTH 2	RUN 5	REST
WEEK 10	RUN 7	STRENGTH 2	RUN 2	REST	STRENGTH 2	RUN 5	REST
WEEK 11	RUN 7	STRENGTH 2	RUN 2	REST	STRENGTH 2	RUN 5	REST
WEEK 12	RUN 2	STRENGTH 2	REST	RUN 7	REST	STRENGTH 2	REST

You can start at the level appropriate to your current fitness level