

YOUR PRE-JOINING FITNESS TEST TRAINING PLAN

SAPS SPECIAL TASK FORCE

elite police tactical unit

INTRODUCTION

Train smarter not harder

This plan, if followed closely, will help you get fit to join and pass your STF test with ease.

Exercise is only one part of being fit and healthy, nutrition and lifestyle also plays a key role in your success and maximizing your.

Dos

- Ensure you are eating the right food to fuel your training
- Hydrate regularly
- Wear the right clothes for your training, this will help to keep you healthy and injury free
- Follow the plan closely and make

Don'ts

- Train if you experience any pain or discomfort whilst you are exercising. Please see medical advice and rest until you are given the all clear .
- Over-training can cause injury. Please follow the plan closely to ensure you stay fit and healthy.

NUTRITION & LIFESTYLE

(1 / 5)

In addition to exercise, proper nutrition plays a major role in attaining and maintaining total fitness.

Good dietary habits greatly enhance your ability to perform at your maximum potential.

A good diet alone & training plan alone, however, will not make up for poor lifestyle choices.

Your body needs carbohydrates, protein, some fat, vitamins, minerals, fibre, and water to be healthy and grow strong. Include foods from each of the main food groups in your diet to get all the nutrients you need.

NUTRITION & LIFESTYLE

(2 / 5)

Bread, Cereal, Rice, and Pasta - Carbohydrates

- Try to make at least half of your choices whole-grain products, such as 100 percent whole grain bread, brown rice or wild rice, barley, or oatmeal.

Fruits & Vegetables - Carbohydrate, vitamins, minerals, fiber

- **Vegetable** - at least 3 to 5 servings a day, especially deep green types and the red, yellow, and orange varieties.
- **Fruits** - at least 2 a day. Try to have a citrus fruit or juice (for example orange or grapefruit) plus a blue, red, purple, or orange type (such as blueberries, strawberries, plums or peaches) every day.

NUTRITION & LIFESTYLE

(3 / 5)

Milk, Yogurt, and Cheese

- Protein, carbohydrate in milk and yogurt, vitamins, and minerals (especially calcium).
- Select 1 percent or nonfat milk or cottage cheese, nonfat or low-fat yogurt and part-skim or fat-reduced cheeses.

Meats, Poultry, Fish, Eggs, Nuts, Dry Beans

- Protein, vitamins and minerals (especially iron and zinc) plus carbohydrate in beans
- Choose lean meats (ones with the words “round,” “loin,” or “leg” in the name), skinless chicken or turkey breast, ham, any fish or seafood (if not fried or in butter), egg whites, and veggie burgers.

NUTRITION & LIFESTYLE

(4 / 5)

Fats, Oils, Alcohol and Sweets

- Mostly extra calories
- A little is all right, but it's easy to get too much. Cut way back on fried, greasy, oily, creamy, alcohol and buttery foods.
- Limit high-sugar, nutrient poor foods like candy, desserts, and sugar-sweetened soda pop, alcohol and fruit drinks to once in a while and in small amounts.

NUTRITION & LIFESTYLE

(5 / 5)

Nutrition Tips

- ✓ At least two-thirds of your plate should be covered with foods from the grains, vegetables, and fruits groups and no more than one third should have a low-fat or lean protein source from the milk or meat group.
- ✓ Avoid most fast foods and processed foods (such as burgers and sausage, chips, fries and other deep-fried foods, snack crackers, snack cakes, and pastries).
- ✓ Drink 1 – 2 Litres of water per day.
- ✓ If you feel you are unable to meet your nutritional needs through your diet, consider taking a daily multi-vitamin, multi-mineral supplement that contains no more than 100 percent of the Recommended Daily Allowance.
- ✓ If you have questions, consult a registered nutritionist or dietitian.

YOUR TRAINING PLAN

Intensity	Description
Low Intensity	You should be able to easily hold a conversation whilst running – this will help you judge the pace.
Medium Intensity	You should be able to hold a conversation once in a while whilst running. You will be breathing heavily. Your heart rate should be above 70%.
High Intensity	You won't be able to talk running at this pace. You will be working as hard as you can. Your heart rate should be at its maximum

YOUR TRAINING PLAN

By the end of this plan, you should be able to run **5km in 27 minutes or less.**

To reach that you need to hold a **pace between 4:00 to 5:24** for the entire distance.

YOUR TRAINING PLAN

Warm up

It is very important to perform a proper warm up before any type of physical activity. The purpose of a warm up is to prevent injury by increasing the body's core and muscle temperature. Warm muscles increase the rate of energy production which increases reflexes and lowers the time it takes to contract a muscle.

The warm up should last approximately 15 minutes and occur just before the activities of the physical training session. On training days that concentrate primarily on strength, mobility, core and hip stability.

Warm up example

20 second plank 3 times – 20 second rest in between each plank

Shuttle drills 25 meters 4 times

20 push-ups 3 times 30 second rest in between each completed push up set

10 Knee tuck jumps 3 times 10 second rest in between each completed knee tuck set

YOUR TRAINING PLAN

You will go through session 1 to 11.

Each session is one days work.

Repeat session 1 – 11 until the end of a
two month cycle (5 times 11 sessions
repeats)

YOUR TRAINING PLAN

SESSION 1

ENDURANCE – ROAD RUNNING

The aim of this session is build endurance.

Hold a pace of 4:50 to 5:24

7KM RUN – medium to high intensity

Complete this in 35 – 39 minutes

YOUR TRAINING PLAN

SESSION 2

STRENGTH DAY – GYM SESSION

REGULAR DEADLIFTS – 5 reps 5 sets

SQUATS – 5 reps 5 sets

ARNOLD PRESS – 5 rep 5 sets

HAMSTRING CURLS – 12 reps 5 sets

BICEPS / HAMMER CURLS – 5 reps 5 sets

In this session, the aim is to lift heavy weights.

Use the heaviest weight for each exercise without injuring yourself and not compromising form.

YOUR TRAINING PLAN

SESSION 3

REST DAY

I have programmed a separate day for recovery work, but you can incorporate some recovery work here as well like form rolling, massages

Today, no training, just resting.

It is important to take a rest day to allow for optimal recovery for optimal performance

YOUR TRAINING PLAN

SESSION 4

SKILL WORK – GYM SESSION

PULL UPS - 20 reps (Required is 13)

SIT-UPS – 85 in 2 minutes (push for 95 in two minutes)

PUSH-UPS– 48 in 1 minute (push for 55 in 1 minute)

The aim of this session is to build you up to the STF qualifying requirements.

On this day, do as many repetitions and sets as you can, without compromising form, for each exercise.

Your goal is to meet the required time with each skill.

YOUR TRAINING PLAN

SESSION 5

SPEED DAY – ROAD / TREADMILL

Sprint for 20 seconds 10 second rest/walk – repeat 15 times.

Rest for 5 minutes

25 meter shuttle run 10 times in 60 second (push for 12 times in 60 seconds) repeat 3 times – with 1 minute rest in between each completed 60 seconds

The aim of this session is to build your speed and intensity.

This is a high intensity interval training session.

The sprints must be at your highest effort (high intensity)

The shuttles must be at your maximum effort (high intensity)

YOUR TRAINING PLAN

SESSION 6

SWIMMING DAY– POOL

Swim 50 meters unsupported with no rest (no back strokes) – repeat 5 times with 3 minute rest in between each completed 50 meter

In this session we aim to build your swimming skills and to swim the required length in terms of STF qualifying requirements

YOUR TRAINING PLAN

SESSION 7

REST DAY

I have programmed a separate day for recovery work, but you can incorporate some recovery work here as well like form rolling, massages

Today, no training, just resting.

It is important to take a rest day to allow for optimal recovery for optimal performance

YOUR TRAINING PLAN

SESSION 8

5KM TIME TRIAL- RAOD

RUN 5KM IN 27 MINUTES OR LESS

(High intensity pace)

Your pace must not drop below 5:24

STF requirement is to run 5km
in 27 minutes or less.

That is the aim of this session.

The 5k is at high intensity.

Over the weeks to come, you
will build up to this pace

YOUR TRAINING PLAN

SESSION 9

SMALL MUSCLE GROUPS - GYM

Lateral raises – 20 reps 3 sets

Triceps extensions - 20 reps 3 sets

Rear delt flies - 20 reps 3 sets

Front raises - 20 reps 3 sets

Calve raise - 20 reps 3 sets

Leg extensions - 20 reps 3 sets

Box step ups - 20 reps 3 sets

The aim of this session is to build the small muscle groups to help build overall strength.

Use lighter weights to target these muscles.

YOUR TRAINING PLAN


SESSION 10

REST & RECOVERY

Stretching

Massages

Form rolling



No training just
recovery work and
resting

YOUR TRAINING PLAN


SESSION 11

REST & RECOVERY

Stretching


Massages

Form rolling



No training just
recovery work and
resting

YOUR TRAINING PLAN



Repeat session 1 – 11
for 5 times (two month
cycle.

Improve and push
yourself each time

FINAL TEST

The SAPS STF qualifying requirements -

5K run in less than 27 minutes 15 seconds

13 Pull-ups


85 Sit-ups in 2 minutes

48 Push-ups in 1 minute

Shuttle runs 10 * 25 metre in 60 seconds

Swimming 50 meters unsupported with no rest, no back stroke

Medical Practitioner certificate



At the end of your 5
times Repeat of
sessions 1 - 11 ,test
yourself.

Complete the
exercises to the left
in one session

CONCLUSION

I hope you are proud of yourself
and how far you've come.

You did a good job.

WELL DONE : FIT FOR
PERFORMANCE & FUNCTIONS

Visit my website:

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