



# Tasmania Police Recruiting - Cardio Training Program

## Day One

### Run/Walk – Middle Distance

20min

Non-stop at RPE 6+ (see below)



To make this harder, run/walk faster, not longer. Always ensure you wear appropriate footwear.

## Day Two

Rest

## Day Three

### Stationary Bike – Steady State

30min+

Non-stop at RPE 5 (see below)



Set bike seat and handlebars at appropriate height before beginning. To make this harder, ride longer.

## Day Four

Rest

## Day Five

### Run/Walk – Intervals

Fast (RPE 8+) x 1min

Slow (RPE 3-4) x 1min

x10 Rounds



To make this harder, add extra rounds. Do not decrease rest or increase working interval.

## Day Six

Rest

## Day Seven

Rest

<b>RPE 1</b> – No noticeable change in heart rate or breathing
<b>RPE 2-3</b> – Can maintain for hours, easy to breathe but slightly elevated heart rate
<b>RPE 4-6</b> – Breathing heavier, still talking normally. Uncomfortable (4) to challenging (6)
<b>RPE 7-8</b> – Very challenging. Able to hold short (7) to very short (8) conversations
<b>RPE 9</b> – Very difficult to maintain. Heaving breaths and unable to speak full sentences.
<b>RPE 10</b> – Maximum effort. Completely out of breath and unable to talk at all.



Accountability



Integrity



Respect



Support