

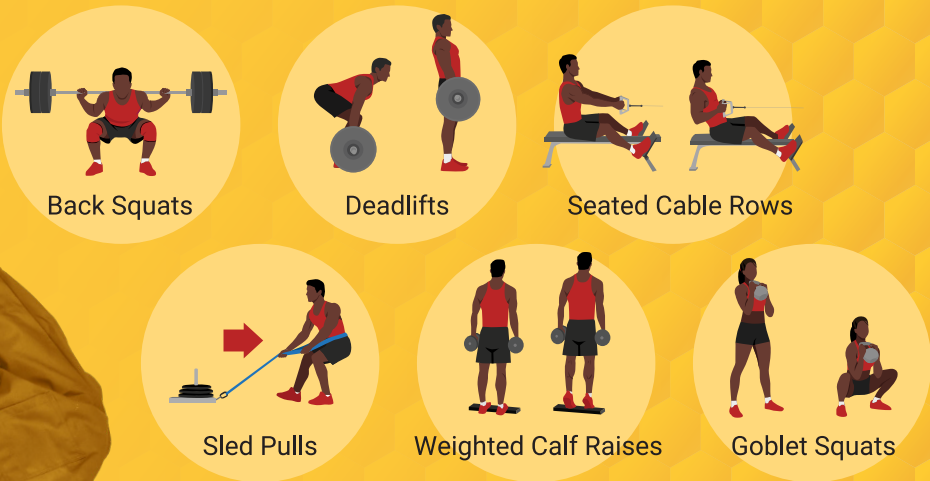
A-PREP RECOMMENDED TRAINING EXERCISES

Select the exercises you need (about 6-8 per workout), then target 3-4 sets of 8-12 reps, or 3-4 sets of 30-40 seconds of work. Rest 30-60 seconds between sets.

Strength training at least 2-3 times per week is recommended.

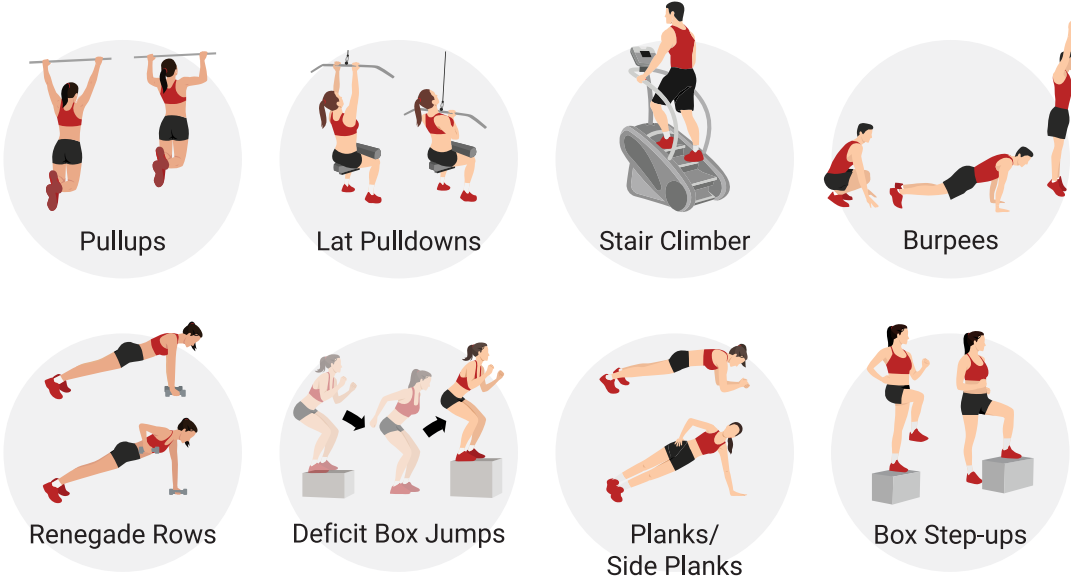
PURSUIT RESTRAINT CIRCUIT

BODY DRAG



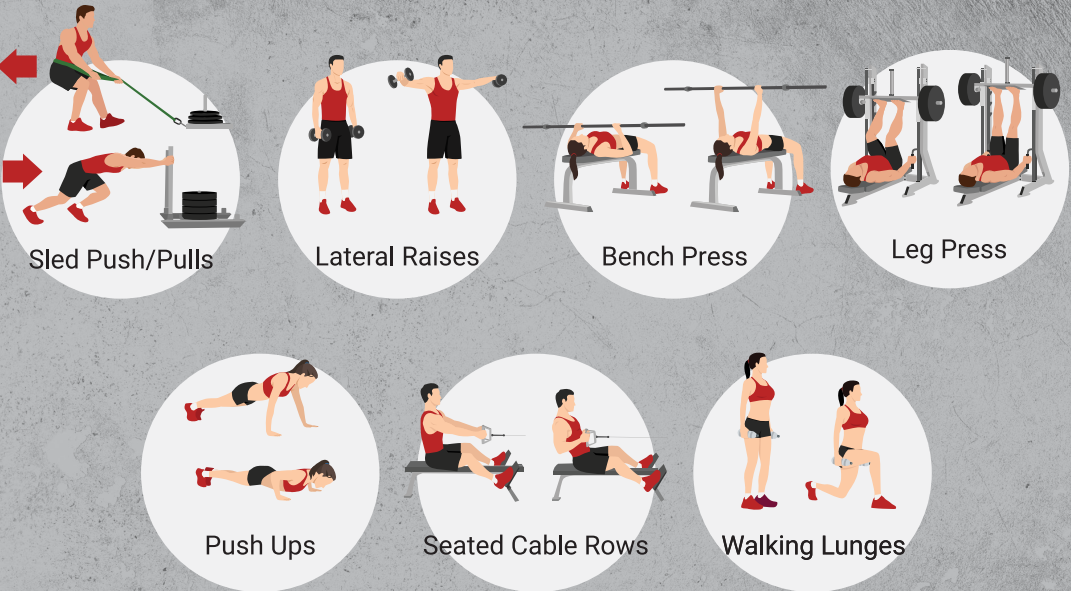
PURSUIT RESTRAINT CIRCUIT

STAIRS + WALL CLIMBS



PURSUIT RESTRAINT CIRCUIT

BODY CONTROL SIMULATOR



LEGER 20M SHUTTLE RUN

To prepare for the Leger 20m Shuttle Run, practice your pacing on a treadmill while increasing speed every minute following the chart below.

If a treadmill is in accessible, try running outside. Increasing speed every minute or doing speed intervals within your run will help improve aerobic fitness and agility.

Make sure you can run at the 5:13 min/km pace required to complete stage 7.

STAGE	KM/H	MPH	MINUTES/KM
1	8.5	5.3	7:04
2	9.0	5.6	6:40
3	9.5	5.9	6:19
4	10.0	6.2	6:00
5	10.5	6.5	5:43
6	11.0	6.8	5:27
7	11.5	7.1	5:13

