



Prep for the Winnipeg Police Service **PHYSICAL ABILITIES TESTING**

The WPS-PAT includes a 400-meter circuit in which the applicant must maneuver around and over obstacles such as stairs, hurdles and a 1-meter high vault. The circuit takes, on average, 2-3 minutes to complete.

Following the circuit there is a physical restraint simulator which serves to mimic a confrontation with a resisting offender.

During this event, applicants must push and pull 80 lbs of weight interspersed with several sprawls to the floor. The physical restraint simulator generally takes 70-90 seconds to complete. The time cap is 4:15.

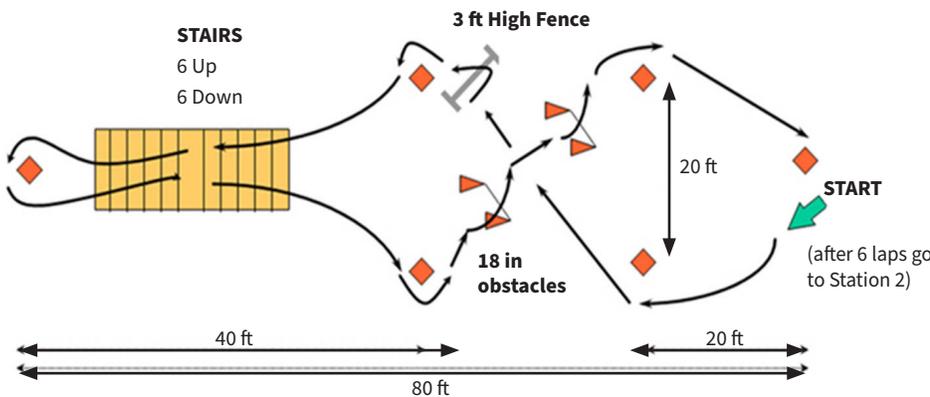
Following this, applicants must immediately carry an 80 lb bag a distance of 50 feet. For this reason, most of your training should be in short, intense bursts of near maximal exertion.

The following are examples of workouts that you can do to prepare for the WPS-PAT either at home, outside or at a local gym.

Prior to each workout spend 5-10 minutes warming up. A great option for this is 4-5 minutes of light cardio training plus a few minutes of dynamic stretching such as leg swings and arm circles.

Station 1 | 400 Meter Run (1/4 mile)

Six laps of 20 ft by 80 ft course



ARE YOU READY FOR THE WPS-PAT?

Here are some benchmarks you should shoot for to gauge if you are ready for the WPS-PAT. If you can complete these it does not necessarily mean you can complete the WPS-PAT in under 4:15 but it will give you some indication of how demanding the test is.

- ✓ Run 800m (1/2 mile) in 3:30 or faster
- ✓ Carry an 80 lb sandbag 50 feet
- ✓ Deadlift 135 lbs for 5+ reps
- ✓ 1+ Pull ups

Questions?

Please contact the Winnipeg Police Recruiting Unit at wps-recruiting@winnipeg.ca



Station 2 | Pull/Push/Sprawls



- a. Pull 80 lbs for 3 arc
- b. 2 sprawls – on mat B, fall to chest, rollover and stand x 2
- c. Push 80 lbs for 3 arcs
- d. 2 sprawls – on mat A, fall to chest, rollover and stand x 2
- e. Repeat sequence a through d
- f. After final sprawl stand and tap timing cart

NOTE

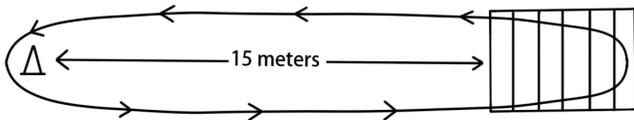
Total of 6 pulls/6 pushes/8 sprawls completed

1 10 x 1 minute run, 2 minutes rest

- Use of treadmill is optional.
- Every time you complete this workout, decrease the rest period by 5-10 seconds until you are running 1 minute on, 1 minute rest.
- Each interval should be fast but not too fast that you are not able to maintain the pace throughout the 10 intervals.

2 Find a set of stairs that are 6-12 steps high and mark off a course that is about 15 meters from the base of the stairs

- Run as many laps as possible in 90 seconds.
- Rest 2 minutes and repeat this 5-6 times.
- Be careful on the stairs but strive to be smooth and consistent going up and down.



3 It is important to be strong enough to handle the physical restraint simulator

Training with a barbell and weights is a great method for improving overall pushing and pull strength. The following exercises are recommended to improve your strength for the WPS-PAT:

- Back squat: 5 sets of 5
- Bench Press: 5 sets of 5
- Deadlift: 5 sets of 3
Example: <https://youtu.be/vRKDvt695pg>
- Pull ups: 5 sets of max reps (use assistance if required, a buddy, a band or even a chair. Strive for at least 5 reps)
- Back extensions (supermans): 3 sets of 10
Example: <https://youtu.be/cZxtPxeR2H8>
- Lying leg lifts: 3 sets of 10
Example: <https://youtu.be/0tzBVqiDwSs>

Aim to begin with a heavy enough weight that you are comfortably able to complete 5 sets of 5 and work your way up in increments to avoid injury.

4 Run hard for 2 minutes then immediately:

- 2 rounds of:
 - 5 squats
 - 5 push ups
 - 5 sit ups
 - 5 burpees
- Rest 3-4 minutes and complete the entire sequence 3-4 times.
- This can be done at home on a treadmill or at a local indoor or outdoor track, green space with lines or pylons.

5 This can very easily be done in a basement with no equipment:

- 10 Jumping jacks
- 2 flights of stairs (10-12 steps)
** If you have more than 12 stairs total, only go up and down once!
- 10 high knees
- 2 flights of stairs
- 5 sprawls Example: <https://youtu.be/pgZ7qaEhyWk>
- 2 flights of stairs
- 10 walking lunges (total)
- 2 flights of stairs
- 10 butt kicks
- 2 flights of stairs
- 10 squat jumps
- 2 flights of stairs
- One time through should take about 2.5-3 minutes.
- Rest 3 minutes and repeat 2-3 times.

6 Run 1 minute followed by:

- Heavy object carry – 30 seconds
- Burpees – as many as possible in 30 seconds
- Rest 2 minutes
- Repeat 5 times (20 minutes total)

Try to maintain a fast pace on the run but one you can keep throughout the 5 intervals.

*The heavy object can be anything you have such as 2 dumbbells, a heavy medicine ball, a sandbag, or piggyback your little brother... Walk at a consistent pace for 30 seconds.