

# Fitness Test: Couch To Level 5.4 Training Guide



Devon & Cornwall  
**POLICE**

WORKING  
TOGETHER



**DORSET  
POLICE**

Taking  
**Positive Action**  
for a diverse and inclusive workforce

## Caution

If you have health conditions or injuries that could be affected by physical activity, you should consult a health professional prior to commencing any training. This guide is a general guide, not a personalised plan. Please workout within your own limits and with caution.

Drink plenty of fluids while exercising and do not train through injury or illness.

## Warming Up and Cooling Down

You should always warm up before commencing exercise and cool down on completion. Each should last about five to ten minutes.

Your warm-up should start without much physical effort and moving gradually to a dynamic warm-up which concludes at a physical state equal to that required by the activity to follow. Warming up helps prepare muscle groups for exercise and helps prevent injury. Hold stretches gently for 5-10 seconds.

Cooling down can assist in dispersing lactic acid that occurs during exercise and training. Hold stretches for 15-30 seconds.

# Week 1

|           | Warm Up           | Activity                          | Exercise                                                      |
|-----------|-------------------|-----------------------------------|---------------------------------------------------------------|
| Monday    | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Tuesday   | Rest Day          |                                   |                                                               |
| Wednesday | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Thursday  | Rest Day          |                                   |                                                               |
| Friday    | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Saturday  | Rest Day          |                                   |                                                               |
| Sunday    |                   | 20-minute gentle walk or swim     |                                                               |

## Week 2

|           | Warm Up           | Activity                          | Exercise                                                      |
|-----------|-------------------|-----------------------------------|---------------------------------------------------------------|
| Monday    | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Tuesday   | Rest Day          |                                   |                                                               |
| Wednesday | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Thursday  | Rest Day          |                                   |                                                               |
| Friday    | 5 mins brisk walk | 1½ mins run, 2 mins walk x 6 sets | 10 sit ups, 10 squats, 10 dorsal raises, 10 push ups x 2 sets |
| Saturday  | Rest Day          |                                   |                                                               |
| Sunday    |                   | 20-minute gentle walk or swim     |                                                               |

## Week 3

|           | Warm Up           | Activity                                                    | Exercise                                                      |
|-----------|-------------------|-------------------------------------------------------------|---------------------------------------------------------------|
| Monday    | 5 mins brisk walk | 1½ mins run, 1½ mins walk, 3 mins run, 3 mins walk x 2 sets | 15 sit ups, 15 squats, 15 dorsal raises, 15 push ups x 2 sets |
| Tuesday   | Rest Day          |                                                             |                                                               |
| Wednesday | 5 mins brisk walk | 1½ mins run, 1½ mins walk, 3 mins run, 3 mins walk x 2 sets | 15 sit ups, 15 squats, 15 dorsal raises, 15 push ups x 2 sets |
| Thursday  | Rest Day          |                                                             |                                                               |
| Friday    | 5 mins brisk walk | 1½ mins run, 1½ mins walk, 3 mins run, 3 mins walk x 2 sets | 15 sit ups, 15 squats, 15 dorsal raises, 15 push ups x 2 sets |
| Saturday  | Rest Day          |                                                             |                                                               |
| Sunday    |                   | 20-minute gentle walk or swim                               |                                                               |

## Week 4

|           | Warm Up           | Activity                                                                                 | Exercise                                                      |
|-----------|-------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Monday    | 5 mins brisk walk | 3 mins run, 1½ mins walk, 5 mins run, 2½ mins walk, 3 mins run, 1½ mins walk, 5 mins run | 20 sit ups, 20 squats, 20 dorsal raises, 20 push ups x 2 sets |
| Tuesday   | Rest Day          |                                                                                          |                                                               |
| Wednesday | 5 mins brisk walk | 3 mins run, 1½ mins walk, 5 mins run, 2½ mins walk, 3 mins run, 1½ mins walk, 5 mins run | 20 sit ups, 20 squats, 20 dorsal raises, 20 push ups x 2 sets |
| Thursday  | Rest Day          |                                                                                          |                                                               |
| Friday    | 5 mins brisk walk | 3 mins run, 1½ mins walk, 5 mins run, 2½ mins walk, 3 mins run, 1½ mins walk, 5 mins run | 20 sit ups, 20 squats, 20 dorsal raises, 20 push ups x 2 sets |
| Saturday  | Rest Day          |                                                                                          |                                                               |
| Sunday    |                   | 20-minute gentle walk or swim or cycle                                                   |                                                               |

## Week 5

|           | Warm Up                    | Activity                                                                                                                | Exercise                                          |
|-----------|----------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| Monday    | 5 mins brisk walk          | 1 min sprint, 2 mins jog, 1 min sprint, 2 mins jog, 1 min sprint, 3 mins jog, 3 mins fast jog, 1 min sprint, 3 mins jog | 25 situps, 25 dorsal raises x 4 sets              |
| Tuesday   | Rest Day                   |                                                                                                                         |                                                   |
| Wednesday | 5 mins brisk walk          | 1 min sprint, 4 mins jog, 1 min sprint, 4 mins jog x 3 sets                                                             | 25 situps, 25 dorsal raises, 20 push ups x 4 sets |
| Thursday  | Rest Day                   |                                                                                                                         |                                                   |
| Friday    | Repeat Monday or Wednesday |                                                                                                                         |                                                   |
| Saturday  | Activity of your choice    |                                                                                                                         |                                                   |
| Sunday    | Rest Day                   |                                                                                                                         |                                                   |