



14 **MIN** **2.4KM RUN**

30 **REPS** **SIT UP • PUSH UP**

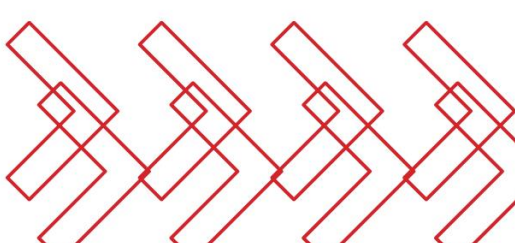
OWN

YOUR

HEALTH



**SINGAPORE
POLICE FORCE**
SAFEGUARDING EVERY DAY



Welcome to Your IPPT Success Plan!

Struggling to pass your IPPT? Don't worry—you're not alone, and we've got you covered! This program is specially designed for people who find it challenging to meet the IPPT standards. Whether you're struggling with the **2.4km run**, **push-ups**, or **sit-ups**, this plan will help you build the strength, endurance, and confidence you need to succeed.

By following this program **2-3 times per week** for **4-6 weeks**, you'll be on track to hit the **"1430" goal**:

- **14 minutes** for your 2.4km run.
- **30 reps** for your sit-ups and push-ups.

Let's get started—your IPPT success story begins today!

What's in this Program?

This plan is simple, time-efficient and designed for NSmen with busy lives. Here's what you'll do:

1. **Warm Up (5 minutes):** Light walking or dynamic warm-ups.
2. **Running Program (20 minutes):** Build speed and endurance for your 2.4km run.
3. **Strength Program (30 minutes):** Improve your push-ups, sit-ups, and overall strength.
4. **Cool-down (5 minutes):** Finish with stretches.

Each session takes just **60 minutes**, and you'll only need to train **2-3 times per week**. No fancy equipment or complicated routines—just consistent effort and a positive mindset!

Running Program (20 minutes) on treadmill

Goal: Achieve a 14-minute 2.4km run by working towards a pace of 10.3kph.

How to Use the Treadmill:

- Familiarize yourself with speed adjustments before starting.
- Begin at a comfortable pace and gradually increase speed as you improve.

Main Workout Overview: 5 sets of walk + run intervals

5 x	SLOW (Walk)	+	FAST (Run at target pace)
	2-1 minute walk @ Speed 4-6kph Start at speed 4 and work your way up.		1-2 minute run @ Speed 9-10.3kph Start at speed 9 and work your way up.

How it works

We will use **5 sets of run-walk intervals** to gradually improve your fitness. Here's the plan:

Week	Walk (Slow)	Run (Fast)	HR Target	RPE Target	Notes	Current 2.4km Timing
1-2	2 mins @ 4-6kph	2 mins @ 9-10.3kph	60-70% max HR	RPE 4-5 (Moderate)	Start at the lower end of the speed range (e.g., 9kph) and gradually increase.	18+ mins
3-4	1.5 mins @ 4-6kph	2.5 mins @ 9-10.3kph	70-80% max HR	RPE 6-7 (Hard)	Focus on maintaining the faster pace for a longer duration.	16-18 mins
5-6	1 min @ 4-6kph	3 mins @ 9-10.3kph	80-90% max HR	RPE 7-8 (Very Hard)	Aim to reach 10.3kph by Week 6 to hit your 14-minute 2.4km target.	14-16 mins

HR and RPE Guidelines:

Calculate your max HR using the formula (220 - your age)

Heart Rate (HR):	Rate of Perceived Exertion (RPE):
Example: If you're 25 years old, your max HR is ~195 bpm. 60-70% of max HR: Light to moderate effort (e.g., 117-137 bpm for a 25-year-old). 70-80% of max HR: Moderate to hard effort (e.g., 137-156 bpm for a 25-year-old). 80-90% of max HR: Hard to very hard effort (e.g., 156-176 bpm for a 25-year-old).	Use a scale of 1-10, where: 1-3: Very light effort (e.g., walking slowly). 4-5: Moderate effort (you can talk comfortably). 6-7: Hard effort (you can speak in short sentences). 8-9: Very hard effort (you can only say a few words). 10: Maximum effort (you can't speak at all).

Tips for Success:

1. Use a heart rate monitor or fitness tracker to stay within your target HR zones.
2. If you don't have a HR monitor, use the RPE scale to gauge your effort.
3. Train consistently 2-3 times per week to see improvements in your timing.
4. Test Your 2.4km Time: At the start of the program, run a 2.4km time trial to establish a baseline. Repeat the time trial every 2 weeks to track progress and adjust the plan if needed.
5. Incorporate a Long Run: Once a week, add a longer, slower run (e.g., 3-5km at a comfortable pace) to build aerobic endurance. This will complement the interval training.

Strength Program (30 minutes)

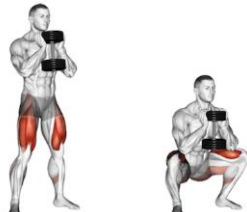
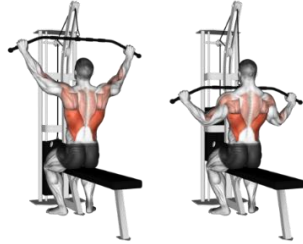
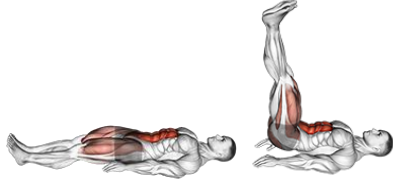
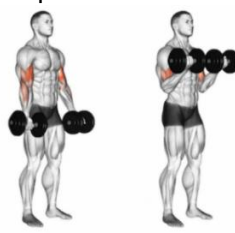
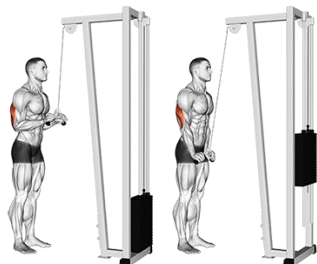
Goal: Build musculoskeletal strength to excel in the static stations (push-ups and sit-ups) and overall fitness.

Key Notes:

- **12 RM Load:** The heaviest load you can lift for 12 reps with good form. The last 2-3 reps of each set should feel challenging but doable with good form.
- **Recommended Load:** Minimum targets based on bodyweight (BW60 = 60kg, BW70 = 70kg, BW80 = 80kg).
- **Tempo:** Perform exercises slowly and with control to maximize muscle engagement.
- **Rest:** Take 1-minute active rest between sets (perform core exercises during this time).

Workout Structure:

Complete 3 sets of each exercise before moving to the next.

S/N	Exercise	Sets	Reps	Rec. Load	1-min Active Rest/Between Sets
1.	Chest Press Machine 	3	12 RM	BW60: 32kg BW70: 38kg BW80: 42kg	Sit Ups 15 reps 
2.	DB Goblet squat 	3	12 RM	BW60: 10kg BW70: 12kg BW80: 14kg	Plank 30s 
3.	Lats Pull Down 	3	12 RM	BW60: 32kg BW70: 38kg BW80: 43kg	Leg Raises 15 reps 
4.	Choice arm (choose 1) Bicep curl  Triceps Pushdown 	3 3	12 RM 12 RM	BW60: 8kg db BW70: 9kg db BW80: 11kg db BW60: 16kg BW70: 21kg BW80: 25kg	Sit Ups 15 reps OR choose 1 other 

Progression Tips:

1. Gradually increase weights or reps every 1-2 weeks to ensure continuous improvement.
2. Focus on maintaining proper form to prevent injuries and maximize results.

Additional Tips for Success

1. Practice Push Ups and Sit Ups:

- Do 2-3 sets of max reps every other day to build muscular endurance faster.
- Aim to do min 30 reps. Continue with regressions (assisted versions) if you can't maintain standard ones.

2. Injury Prevention:

- Listen to your body and avoid overtraining.
- If you experience pain (e.g., shin splints or lower back discomfort), reduce intensity or seek advice from a trainer.

3. Nutrition and Recovery:

- Fuel your body with a balanced diet rich in protein, carbs, and healthy fats.
- Stay hydrated and prioritize sleep for optimal recovery.

4. Track Your Progress:

- Keep a log of your running times, weights lifted, and reps completed.
- Celebrate improvements, no matter how small!

5. Stay Consistent:

- Aim for 2-3 sessions per week to see steady progress.
- Remember, every workout brings you closer to your "1430" goal.

	Regression 1	Regression 2	Standard
Sit Ups			
Push Ups			

Well done! Keep Going!

Passing your IPPT isn't just about meeting a requirement—it's about proving to yourself that you can achieve your goals with hard work and determination. Every step, every rep, and every drop of sweat is an investment in your health and fitness.

You've got this! Let's get started and make your IPPT success story a reality.