



AFP Pre-course Fitness Program

This program has been designed to help applicants in preparing for the physical components of AFP recruit courses. It is recommended that you **seek medical advice from your doctor or physio** before undertaking any new fitness program. Prospective applicants of the AFP should consider the required fitness standards in preparing for their EPCA (Entry Physical Competency Assessment) gateway.

Applicants are encouraged to **enlist a fitness professional** to guide them in carrying out this fitness program.

It is **highly recommended** applicants commence this program after the EPCA has been passed and maintain their physical fitness in preparation for undertaking recruit training with the AFP.

AFP EPCA/PCA Fitness Standards	Male	Female	Gender X
Beep Test (20m shuttle run)	6.5	6.5	6.5
Push-ups (90 degree angle in elbow, 5cm from ground)	15 (30*)	8 (15*)	Minimum
Sit-ups	Level 4	Level 4	Level 4

* During the first week of recruit training, all recruits must pass the Physical Competency Assessment (PCA) which includes an increased number of push-ups and is considered to be the standard AFP fitness level.

IMPORTANT NOTE:

This physical preparatory program is only to be used by applicants of AFP recruit training programs. **If you experience any pain in the chest, discomfort, dizziness and/or any symptoms that are unusual, activity should be ceased and further medical advice sought immediately.**



Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.2km) On oval: Mark out 40m x 60m square Warm up (2 full circuits): <ul style="list-style-type: none"> • 40m: sprint (building from 50-80% effort) • 60m: walk/jog (20% effort) Rest 1-2 mins 3 x circuits <ul style="list-style-type: none"> • 40m: sprint (90% effort) • 60m: walk/jog (20% effort) Rest 3 mins 3 x circuits <ul style="list-style-type: none"> • 40m: sprint (90% effort) • 60m: walk/jog (20% effort) 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Body weight circuit Set: (As many rounds as possible in 20mins) <ul style="list-style-type: none"> • Push ups x 5 • Squats x 10 • Sit ups x 15 • 20m Shuttle runs x 10 3 mins rest <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

If limited experience, please complete the strength components with a qualified trainer.

Aim to increase resistance used over the course of the program.

^a See additional PDFs with complete instructions for Warm up, Strength and Stretch sessions

* Squat: Progress to goblet or back squats.

^o Perform horizontal pulls if needed OR add load if possible

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.4km) On oval: Mark out 40m x 60m square Warm up (2 full circuits): <ul style="list-style-type: none"> • 40m: sprint (building from 50-80% effort) • 60m: walk/jog (20% effort) Rest 1-2 mins 3,5 x circuits <ul style="list-style-type: none"> • 40m: sprint (90% effort) • 60m: walk/jog (20% effort) Rest 3 mins 3,5 x circuits <ul style="list-style-type: none"> • 40m: sprint (90% effort) • 60m: walk/jog (20% effort) 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Body weight circuit Set: (As many rounds as possible in 20mins) <ul style="list-style-type: none"> • Push ups x 5 • Squats x 10 • Sit ups x 15 • 20m Shuttle runs x 10 3 mins rest <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

If limited experience, please complete the strength components with a qualified trainer.

Aim to increase resistance used over the course of the program.

^aSee additional PDFs with complete instructions for Warm up, Strength and Stretch sessions

* Squat: Progress to goblet or back squats.

^o Perform horizontal pulls if needed OR add load if possible

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.8km) On oval: Mark out 40m x 60m square Warm up (2 full circuits): <ul style="list-style-type: none"> • 40m: sprint (building from 50-80% effort) • 60m: walk/jog (20% effort) Rest 1-2 mins 3 x circuits <ul style="list-style-type: none"> • 40m: sprint (90% effort) • 60m: walk/jog (20% effort) Rest 3 mins (Complete 3 circuits x 3 times - resting between each set)	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Beep test Go as far as you safely can	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

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Aim to increase resistance used over the course of the program.

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^o Perform horizontal pulls if needed OR add load if possible

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.4km) Warm up: 200m run (building from 50-70% effort) 3 x 200m sprints at 70-80% effort – walk back slowly as recovery Rest 3 mins 4 x 200m sprints at 90% effort – walk back slowly as recovery	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Body weight circuit Set: (As many rounds as possible in 20mins) <ul style="list-style-type: none"> • Push ups x 10-20 • Lunges x 10 each leg • Sit ups x 15 • 10m forward shuttle + 10m back shuttle x 5 3 mins rest <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

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Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.6km) Warm up: 200m run building from 50-70% effort – walk back slowly as recovery 4 x 200m efforts at 70-80% effort – walk back slowly as recovery Rest 3 mins 4 x 200m effort at 90% effort – walk back slowly as recovery	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Body weight circuit Set: (As many rounds as possible in 20mins) <ul style="list-style-type: none"> • Push ups x 10-20 • Lunges x 10 each leg • Sit ups x 15 • 10m forward shuttle + 10m back shuttle x 5 3 mins rest <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

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^o Perform horizontal pulls if needed OR add load if possible

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm up 1^a			Warm up 2^a			Rest day
All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Mountain climbers 2 x 5 each leg • Band reverse fly or pull apart 2 x 15 • Plank hold 2 x 30-60 sec • Glute bridge 2 x 10-20 sec 			All warm up exercises to be performed slow and controlled <ul style="list-style-type: none"> • Kneeling rotations 2 x 5 each side • Band y's 2 x 15 • Bird dogs / arm + leg raise 2 x 6 each side • Glute bridge 2 x 10-20 			
Interval sprints (1.8km) Warm up: 200m run building from 50-70% effort – walk back slowly as recovery 4 x 200m efforts at 70-80% effort – walk back slowly as recovery Rest 3 mins 5 x 200m effort at 90% effort – walk back slowly as recovery	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 reps • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Horizontal pulls x 10-15 reps • Kettlebell deadlift x 10 reps Superset 3 (4 sets) <ul style="list-style-type: none"> • Farmers carry x 30m • Max reps push ups Set 4 <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	Cardio program Warm up: 5 mins fast walk or light jog 20 mins cover as much distance as possible Cool down: 5 mins fast walk or light jog	Active recovery (optional) Complete the following in water waist deep at low intensity. Reps = 10m <ul style="list-style-type: none"> • Walk fwd/back/side x 5 each • Jog fwd/back x 5 each • Carioca x 2 each way • Swim-mix of strokes x 4 laps • Lunges (ext. step fwd) x 2 • Walking lunges + rotations x 2 • Hurdle steps fwd x 1 • Hurdle steps backwards x 1 • Walking glute stretch x 2 • Walking quad stretch x 2 • Walking hamstring stretch x 2 • Standing leg swings x 15 • Walk fwd/back/side x 5 each 	Strength program^a Superset 1 (4 sets) <ul style="list-style-type: none"> • Dumbell bench press x 10 • Static lunge x 8 each leg Superset 2 (4 sets) <ul style="list-style-type: none"> • Dumbell bent over row x 10 • Squat* x 10 Superset 3 (4 sets) <ul style="list-style-type: none"> • Pull ups^o x 6 • Dumbell shoulder press x 10 Superset 4 (4 sets) <ul style="list-style-type: none"> • Dead bugs x 10 (slow) • Hang x 15 sec (advanced option: use towel) 	Body weight circuit Set: (As many rounds as possible in 20mins) <ul style="list-style-type: none"> • Push ups x 10-20 • Lunges x 10 each leg • Sit ups x 15 • 10m forward shuttle + 10m back shuttle x 5 3 mins rest <ul style="list-style-type: none"> • Side plank 3 x 30 sec each side – go to knees if needed 	
Stretch ^a	Stretch ^a		Stretch ^a	Stretch ^a	Stretch ^a	

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Aim to increase resistance used over the course of the program.

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* Squat: Progress to goblet or back squats.

^o Perform horizontal pulls if needed OR add load if possible