

École nationale
de police
du Québec

**2017 POLICE SPAT-ENPQ
Preparatory Training Plan**

February 27, 2017

2017 POLICE SPAT-ENPQ presentation

The standardized physical abilities test of the École nationale de police du Québec (SPAT-ENPQ) was designed to measure the candidates' physical abilities for the Basic Training Program in Police Patrolling (BTPPP). Passing this test constitutes one of the admission requirements of the program.

The SPAT-ENPQ is a timed circuit consisting of three laps made up of stations using the most required physical abilities during the BTPPP training activities that are deemed demanding. The circuit mainly exploits the capacity to deploy muscular power while engaging the aerobic system. Many of the motor tasks of the circuit require coordination, agility and a calibrated reaction time while making a proper decision. The sequence of the stations in the circuit allows reproducing, in terms of time and intensity of efforts, the intervals observed during the accomplishment of the BTPPP physically demanding tasks.

Objectives of the training plan

This training plan was developed to help the candidates prepare for the SPAT-ENPQ. It is merely a suggestion; the candidates can seek the help of a certified professional trainer to have a personalized training plan developed based on the one suggested. Also, if the equipment presented in this plan is not available at the facility where the candidate trains, other equivalent tasks can be used.

The training plan is a guide designed to help the candidate successfully complete the SPAT-ENPQ. This 12-week plan involves a two-phase progression to improve the physical abilities required to pass the test. Each phase will improve the following physical abilities:

1. **Muscle.** The objective of this component is to improve muscular strength. This is a progressive program in terms of muscle quality and intensity.
2. **Agility/coordination.** The objective of this component is to improve the agility and coordination of the lower and upper body.
3. **Cardiovascular.** The objective of this component is to improve the cardiovascular fitness in order to complete the test as fast as possible. This is an interval workout-oriented component.

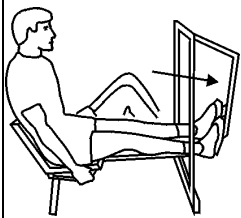
Here is some information that will facilitate reading the suggested plan regarding the muscle component (free definitions):

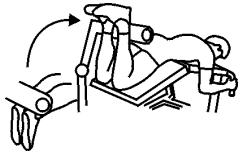
- **Week:** indicates the progress from the first to the sixth week of training;
- **Sets:** indicates the number of repetitions in a row that must be completed;
- **Repetitions:** indicates the number of times the movement must be executed without stopping;
- **Tempo:** indicates the execution speed of a movement. For example, 2-0-2 means that the person takes two seconds to lift the load, does not rest at mid-point and takes two seconds to go back to the starting position;
- **Rest:** indicates the rest interval between sets. The “Super Set” workout means that the candidate executes one exercise right after the other without any rest interval in between.

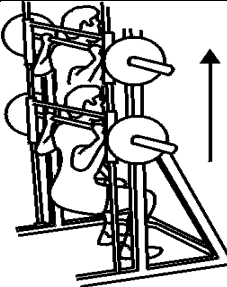
Phase 1: initial phase (6 weeks – 3 days/week)

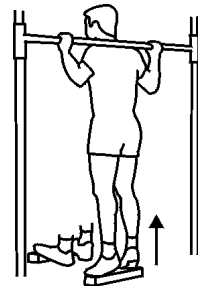
Muscular component (conditioning)¹

Day 1

Exercise 1: Quadriceps					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
Note					

Exercise 2: Hamstrings					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
Note					

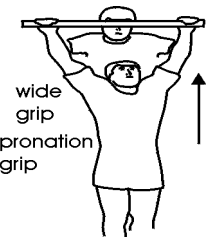
Exercise 3: Legs					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
Note					

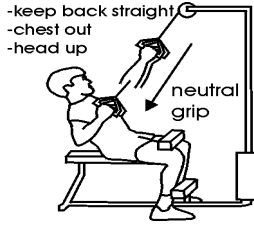
Exercise 4: Calves					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
Note					

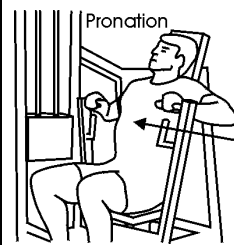
¹ The images used in the muscular component of Phase 1 and Phase 2 come from the Physigraphe software.

Muscular component (conditioning)

Day 2

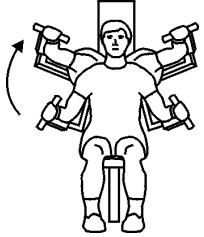
Exercise 1: Dorsal muscles (1)					
 <p>wide grip pronation grip</p>	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
	Note	Using an apparatus with a spotter			


Exercise 2: Dorsal Muscles (2)					
 <p>-keep back straight -chest out -head up</p> <p>neutral grip</p>	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super Set
	6	3	8	1-0-1	Super Set
	Note				


Exercise 3: Pectorals					
 <p>Pronation</p>	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	75s
	6	3	8	1-0-1	75s
	Note				

Muscular component (conditioning)

Day 3

Exercise 1: Shoulders					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super set
	6	3	8	1-0-1	Super set
	Note				

Exercise 2: Triceps					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	Super set
	6	3	8	1-0-1	Super set
	Note	Using an apparatus with a spotter			

Exercise 3: Biceps					
	Week	Sets	Repetition	Tempo	Rest
	1	5	10	2-0-2	60s
	2	5	10	2-0-2	60s
	3	3	6-8	2-0-2	90s
	4	3	6-8	2-0-2	90s
	5	3	8	1-0-1	75s
	6	3	8	1-0-1	75s
	Note				

Agility/coordination component (initial phase)

The candidate who is training must favour fluidity of execution rather than speed. When the task becomes easy to accomplish, the speed can be increased. Repeat each task three times per week.



Task: Going up and down wall bars.

Goal: Increase the fluidity and speed of execution of the task.

Duration: 3 climbs/descents, rest, and 3 climbs/descents.

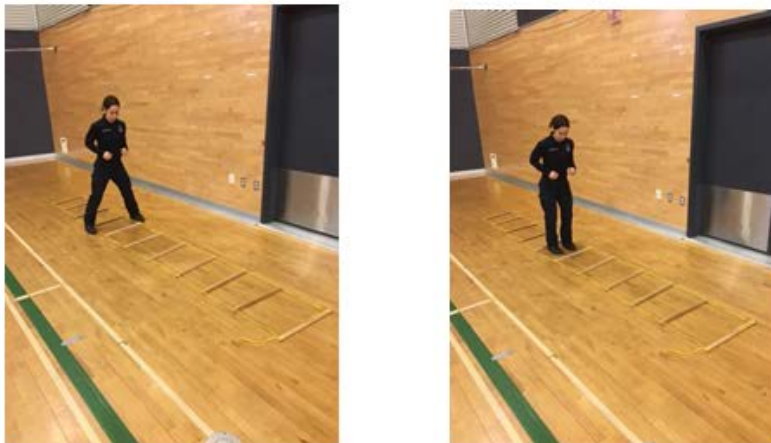


Task: Going over an obstacle.

Goal: Increase the fluidity and speed of execution of the task.

Duration: Going over the obstacle 10 times, rest, and going over the obstacle 10 times.

Note: The obstacle over which the candidate must go during the workout can be of variable height. However, the SPAT-ENPQ requires that the candidate go over 1.06 m high walls.

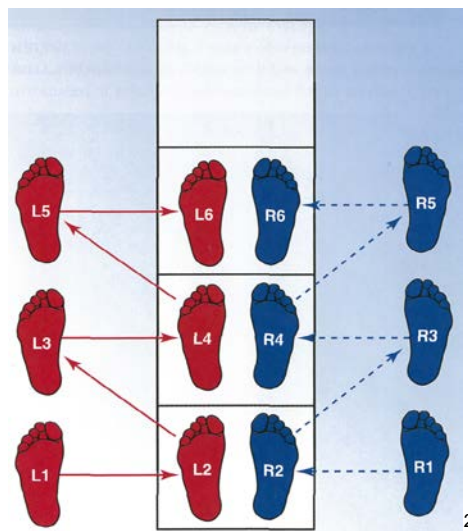


Task: Positioning the feet with the help of marks on the ground.

Goal: Increase the fluidity and speed of execution of the task.

Duration: 3 sequences of 30 seconds each, with a rest in between each of them.

Example



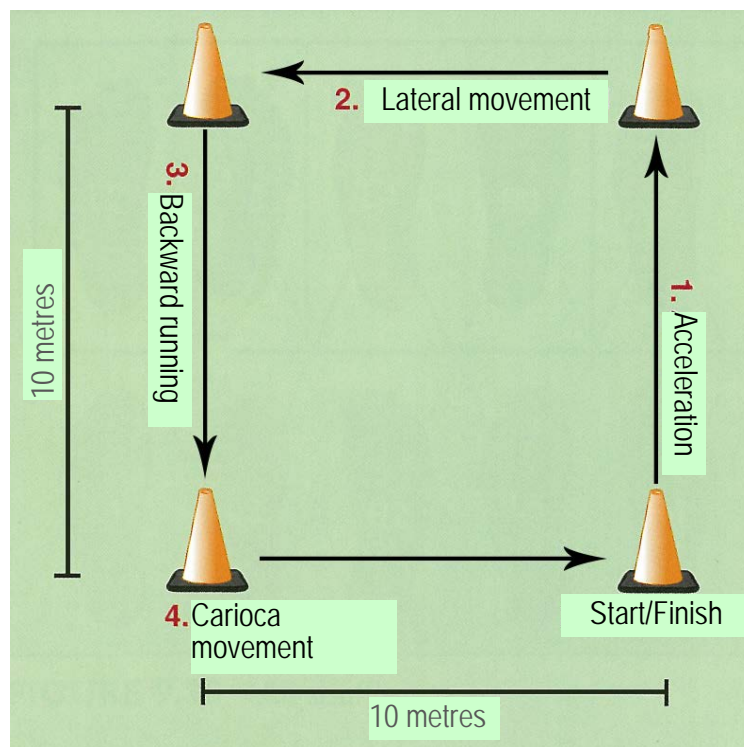
² The images presented in this document come from Clarks, M. A., Lucett, S. C. et Kirkendall, D. T. (2010). *NASM's Essentials of Sports Performance Training*. Philadelphia: Lippincott Williams & Wilkins.



Task: Moving from one point to another in front/back, left/right and front diagonal/back diagonal directions.

Goal: Increase the fluidity and speed of execution of the task.

Duration: 3 sequences of 30 seconds each, with a rest in between each of them.

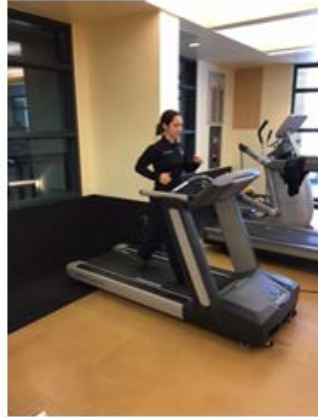


To view an example of Carioca movement, you can watch the following video:

www.youtube.com/watch?v=E6SKcfQBZlc

Cardiovascular component (initial phase)

Repeat 3 times per week



Task: Interval running.

Goal: Increase the run duration and decrease the rest interval.

Duration: Variable according to the phase.

Zone 1 60 – 75% of (220 – age)

Zone 2 75 – 85% of (220 – age)

Zone 3 85 – 110% of (220 – age)

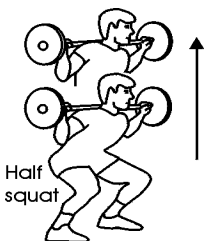


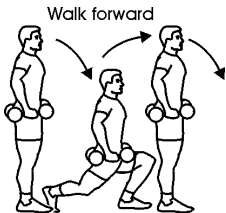
Warm-up / Cool-down	Zone 1: Aerobic	Zone2: Anaerobic threshold	Zone 3: Peak interval
5 – 10 min			30 s
		30 s	30 s
		30 s	30 s
		30 s	30 s
2 – 5 min			30 s
		30 s	30 s
		30 s	30 s
		30 s	30 s
2 – 3 min			30 s

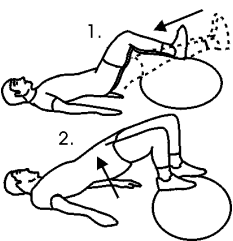
Phase 2: progressive phase (6 weeks – 3 days/week)

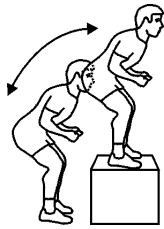
Muscular component (progression leading to explosive movements)

Day 1

Exercise 1: Legs (1)					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note				

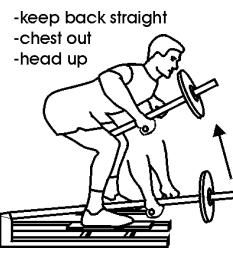
Exercise 2: Legs (2)					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note	Do it as you walk			

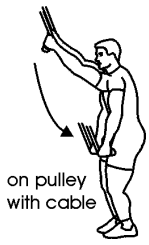
Exercise 3: Legs (3)					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note				

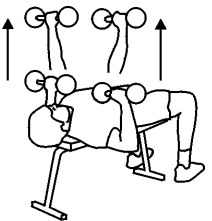
Exercise 4: Legs (4)					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6		90s
	8	3	10		60s
	9	3	10		60s
	10	3	10		60s
	11	2	12		60s
	12	2	12		60s
	Note				

Muscular component (progression leading to explosive movements)

Day 2


Exercise 1: Dorsal Muscles (1)					
 <p>-keep back straight -chest out -head up</p>	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
Note					

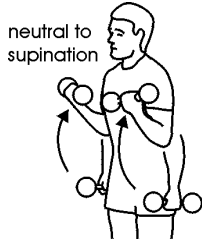
Exercise 2: Dorsal Muscles (2)					
 <p>on pulley with cable</p>	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
Note					

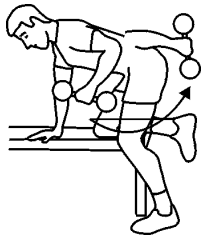
Exercise 3: Pectorals					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
Note					

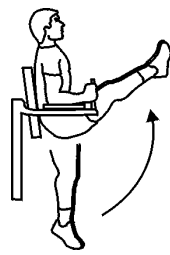
Muscular component (progression leading to explosive movements)

Day 3

Exercise 1: Shoulders					
 <p>On pulley</p>	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note				

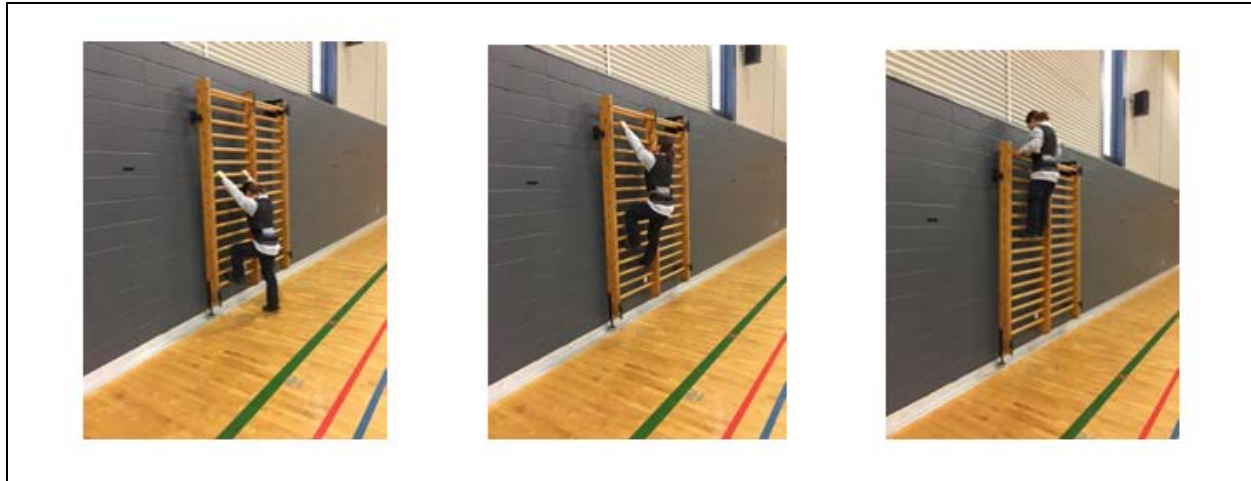
Exercise 2: Biceps					
 <p>neutral to supination</p>	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note	Do it as you walk			

Exercise 3: Triceps					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6	3-0-3	90s
	8	3	10	2-0-2	60s
	9	3	10	2-0-2	60s
	10	3	10	2-0-2	60s
	11	2	12	xxx	60s
	12	2	12	xxx	60s
	Note				

Exercise 4: Abdominal Muscles					
	Week	Sets	Repetition	Tempo	Rest
	7	3	6		90s
	8	3	10		60s
	9	3	10		60s
	10	3	10		60s
	11	2	12		60s
	12	2	12		60s
	Note				

Agility/coordination component (progression phase)

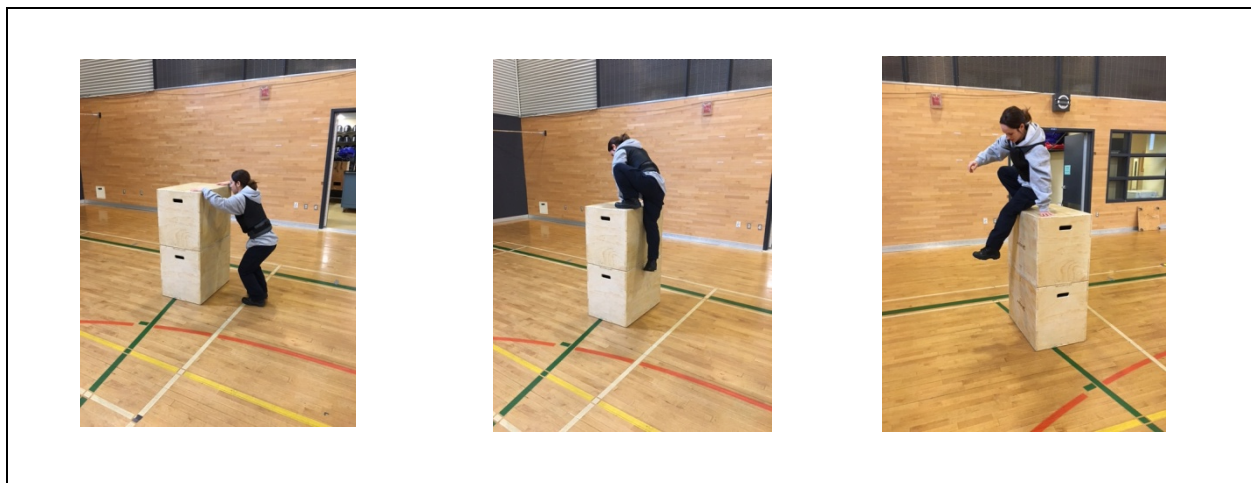
Repeat each task 3 times per week



Task: Going up and down wall bars with extra weight.

Goal: Increase the fluidity and speed of execution of the task

Duration: 3 climbs/descents, rest, and 3 climbs/descents.



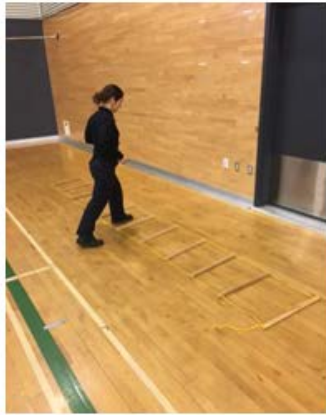
Task: Going over an obstacle with extra weight.

Goal: Increase the fluidity and speed of execution of the task.

Duration: Going over the obstacle 10 times, rest, and going over the obstacle 20 times.

Note: The obstacle over which the candidate must go during the workout can be of variable height. However, the SPAT-ENPQ requires that the candidate go over 1.06 m high walls.

The two previous tasks are the same tasks as in the initial phase except that they are performed with extra weight. During the SPAT-ENPQ, the candidate's physical abilities are evaluated while the candidate has an additional weight of 6 kg (15 pounds) on him.

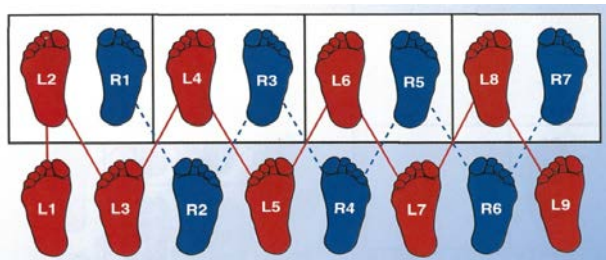


Task: Positioning the feet with the help of marks on the ground.

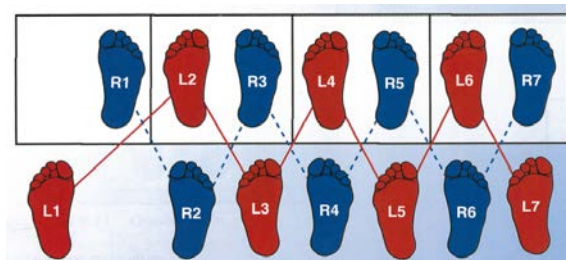
Goal: Increase the fluidity and speed of execution of the task.

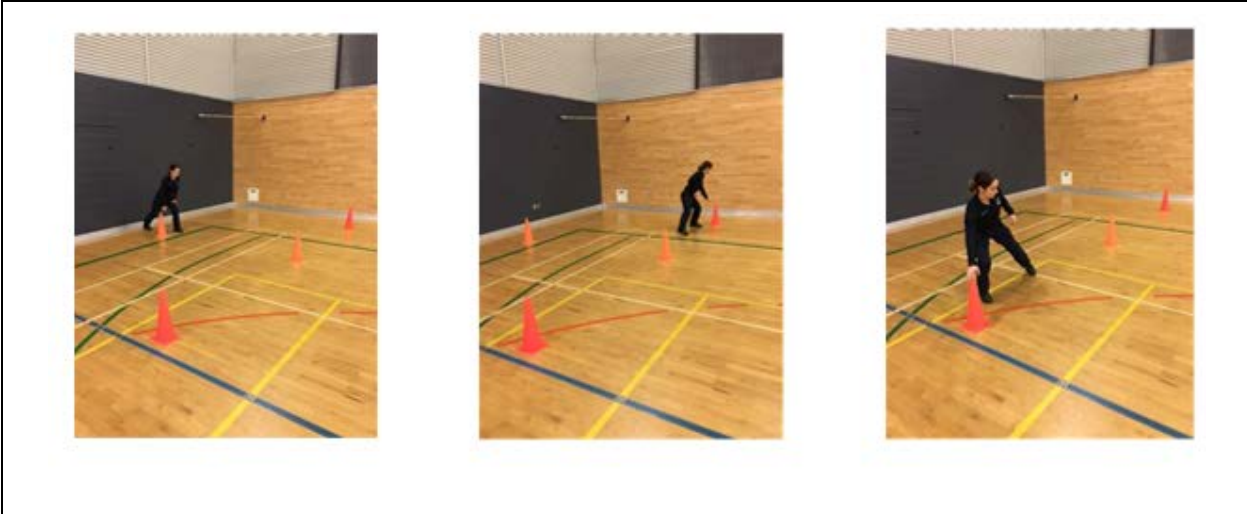
Duration: 3 sequences of 30 seconds each, with a rest in between each of them.

Example 1



Example 2

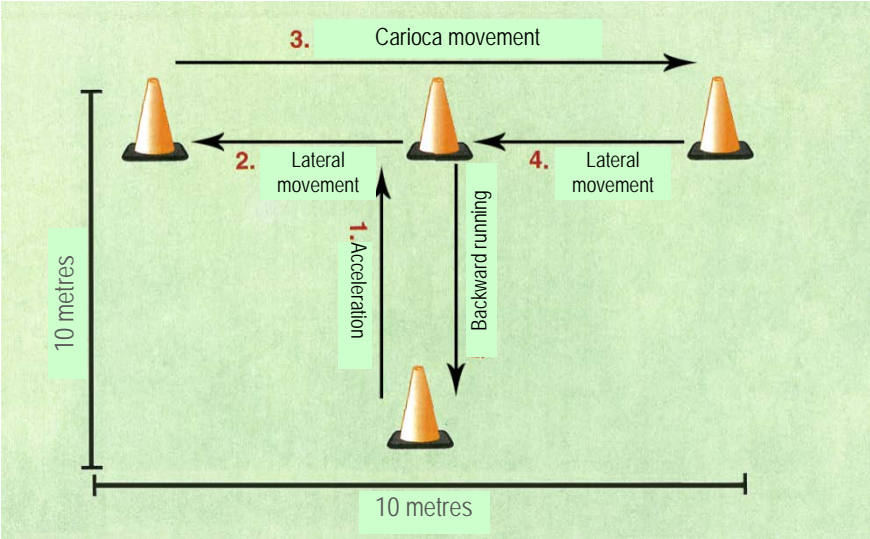




Task: Moving from one point to another in front/back, left/right and front diagonal/back diagonal directions.

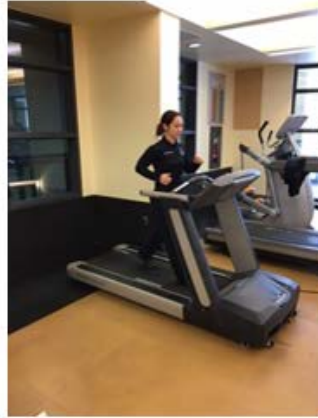
Goal: Increase the fluidity and speed of execution of the task.

Duration: 3 sequences of 30 seconds each, with a rest in between each of them.



To view an example of Carioca movement, you can watch the following video:
www.youtube.com/watch?v=E6SKcfQBZlc

Cardiovascular component (progressive phase)



Task: Interval running.

Goal: Increase the run duration and decrease the rest interval.

Duration: Variable according to the phase.

Zone 1 60 – 75% of (220 – age)

Zone 2 75 – 85% of (220 – age)

Zone 3 85 – 110% of (220 – age)



Day	Warm-up / Cool-down	Zone 1: Aerobic	Zone 2: Anaerobic threshold	Zone 3: Peak interval
1		30 – 60 min		
2	5 – 10 min	1 min	10 – 30 min	
3	5 – 10 min	2 – 5 min	30 s	30 s
			30 s	30 s
			30 s	30 s
			30 s	30 s
			30 s	30 s
			30 s	30 s
	2 – 3 min		30 s	30 s