

BLUELINE

FITNESS TESTING

APREP FITNESS GUIDE



SETTING FITNESS GOALS

IDENTIFYING PERSONAL FITNESS OBJECTIVES

Setting clear fitness goals is the foundation of success, especially when preparing for a physically demanding test like the Edmonton Police Service (EPS) APREP. This workbook is designed to guide you through the process of setting realistic, measurable objectives to improve your strength, endurance, and agility—key components of the test. Whether you're just starting your fitness journey or fine-tuning your training, this resource will help you track progress, stay motivated, and develop a structured plan to achieve your goal of passing the APREP with confidence.

SPECIFIC

Your goal should be clear and detailed, answering the questions: What do I want to achieve? Why is this goal important? How will I accomplish it? Instead of saying, "I want to get in better shape," a specific goal would be, "I want to improve my cardiovascular endurance to complete the shuttle run portion of the APREP without stopping."



SMART GOALS

MEASURABLE

Progress should be trackable so you can stay motivated. Ask yourself, How will I measure my success? For example, "I will improve my shuttle run time from 6.5 minutes to 5.5 minutes within eight weeks."

ACHIEVABLE

Your goal should challenge you but still be realistic given your current fitness level, schedule, and resources. If you're new to training, aiming to run a full shuttle run flawlessly in a week may not be practical, but improving by one level each week is.

RELEVANT

Your goal should align with your overall objective and be meaningful to you. If your aim is to pass the APREP, focusing on improving sprinting, endurance, and muscular strength will be more relevant than setting a general weight loss goal.

TIME-BOUND

A deadline creates urgency and accountability. Instead of "I'll get better at the push/pull machine," set a time-specific goal: "I will increase my push/pull weight by 20 lbs within six weeks through progressive strength training."

NUTRITION ESSENTIALS

BALANCED DIET BASICS

Nutrition plays a crucial role in preparing for a fitness test like the APREP. Your body needs the right fuel to perform at its best, recover efficiently, and sustain energy throughout intense training sessions. A balanced diet—consisting of lean proteins, complex carbohydrates, and healthy fats—supports muscle growth, endurance, and overall strength. Equally important is hydration, as even mild dehydration can negatively impact performance, endurance, and mental focus. Proper nutrition and hydration not only help you train harder and recover faster but also give you the stamina and resilience needed to pass your fitness test with confidence.

PORTION CONTROL AND HEALTHY EATING HABITS

Portion control and healthy eating habits are essential when training for your fitness test, ensuring you get the right nutrients without overeating or feeling sluggish. Eating balanced meals with appropriate portions of protein, carbohydrates, and healthy fats helps fuel your workouts, support muscle recovery, and maintain steady energy levels. A good rule of thumb is to fill half your plate with vegetables, a quarter with lean protein, and a quarter with complex carbohydrates. Eating smaller, nutrient-dense meals throughout the day can help regulate blood sugar and prevent energy crashes. Additionally, avoiding processed foods, excessive sugar, and empty calories will optimize your performance and keep your body in peak condition for test day.

HYDRATION AND ITS ROLE IN FITNESS

Hydration is a key factor in fitness performance, recovery, and overall well-being, especially when training for a demanding test like the EPS APREP. Water helps regulate body temperature, transport nutrients, and lubricate joints, all of which are essential for endurance and strength training. Even mild dehydration can lead to fatigue, decreased coordination, and impaired focus, making it harder to perform at your best. To stay properly hydrated, aim to drink water consistently throughout the day, not just during workouts. Electrolytes, found in foods or sports drinks, can also help replenish lost minerals after intense training. Prioritizing hydration will improve your stamina, recovery, and overall ability to push through physical challenges.

WORKOUT ROUTINES



CARDIO



STRENGTH



FLEXIBILITY

SAMPLE WORKOUT PLANS

ENDURANCE CIRCUIT

JUMP SQUATS
DB WALKING LUNGES
MOUNTAIN CLIMBERS
BURPEES
SIT UPS
PUSH UPS
PLANK
INCH WORMS
BODYWEIGHT SQUATS
HIGH KNEES RUN
SIDE PLANK

40 SEC ON/20 SEC OFF
6 SETS OF EACH
EXERCISE BACK TO BACK

INTERVAL SET

1min on, 1 min off
5 TIMES

5 min break WALKING

1 min on, 1 min off
5 TIMES

5 min break WALKING

1 min on, 1 min off
5 TIMES

1 min on should be a very hard sprint where you struggle to finish the 1 minute time.
1 min off should be an easy walk or jog to recover

CARDIO CIRCUIT

RUN 40M
25 SQUATS
RUN 40M
15 PUSH UPS
RUN 40M
30 MTN CLIMBERS
RUN 40M
PLANK UP/DOWN
RUN 40M
SKATERS
RUN 40M

REPEAT 3 TIMES

STRENGTH TRAINING



Strength training is a critical component of preparing for the APREP, as it builds the muscular endurance and power needed for key test elements like the push/pull machine, vault, and weighted carry. A well-rounded strength program should focus on compound movements that mimic the physical demands of law enforcement tasks. Key exercises include squats and lunges for lower-body strength, deadlifts and farmer's carries for grip and core stability, and bench presses and push-ups to develop upper-body power. Pull-ups and rows are also beneficial for improving back and shoulder strength, which are essential for controlling the push/pull machine. Incorporating functional movements, such as sled pushes or battle ropes, can help build the explosive strength required for quick transitions and agility during the course. A consistent strength training regimen will enhance overall performance and improve your ability to pass the APREP with confidence.

Training with a personal trainer that is experienced with the APREP requirements and training on the specific equipment such as the Push/Pull machine and the dummy drag will be instrumental to helping you prepare and then PASS your APREP.



CARDIOVASCULAR EXERCISES



Cardiovascular training is essential for passing the APREP, as the test requires endurance, agility, and the ability to sustain high-intensity efforts. The shuttle run (beep test) specifically challenges aerobic capacity, while the obstacle course demands bursts of speed and agility.

To prepare, focus on a mix of steady-state cardio, such as running or cycling, to build endurance, and high-intensity interval training (HIIT) to improve speed and recovery. Sprint drills, stair runs, and shuttle sprints mimic the stop-and-go demands of the test.

Practice the BEEP test at any of our Open Gym sessions held every week at Blue Line.



REMEMBER - passing the APREP is just the beginning—recruit training will require an even higher level of cardiovascular fitness, as officers must handle long shifts, foot pursuits, and high-adrenaline situations without exhaustion.

Training beyond the minimum test requirements will not only help you pass but also set you up for long-term success in your law enforcement career.

TRACKING PROGRESS

JANUARY
FOUNDATION &
BASELINE TESTING

- Full-body strength training 3x per week (squats, lunges, deadlifts, push-ups, pull-ups).
- 3-4 days of steady-state cardio (running, cycling, rowing) for 30–45 minutes.
- Footwork drills, ladder drills, shuttle sprints 1-2x per week.
- Perform a mock APREP test to assess strengths and weaknesses.

FEBRUARY
STRENGTH &
ENDURANCE
DEVELOPMENT

- Progress to heavier weights with 3-4 sessions per week.
- Introduce interval training (HIIT) 2x per week, continue steady-state cardio 2x per week.
- Increase obstacle course drills, vault practice, and quick direction changes.
- Reassess progress with another mock APREP test.

MARCH
APREP-SPECIFIC
TRAINING & FUNCTIONAL
STRENGTH

- Functional strength training 3-4x per week (sled pushes, carries, battle ropes).
- Focus on shuttle run progression, sprint intervals, and stair workouts.
- Increased practice on obstacles, push/pull machine, and quick transitions.
- Begin practicing full APREP course under time constraints.

APRIL
SPEED & POWER
DEVELOPMENT

- Increase intensity with explosive movements (box jumps, Olympic lifts, med ball throws).
- Increase sprint-based training (hill sprints, shuttle sprints).
- More advanced footwork drills, faster obstacle transitions.
- Conduct a full timed APREP test.

MAY
PEAK
PERFORMANCE &
TEST READINESS

- Maintain heavy lifting while focusing on endurance-based strength work.
- Push for peak shuttle run performance, sustain endurance training.
- Focus on efficiency—smooth and quick obstacle transitions.
- Full APREP Simulations: Train in conditions as close to the real test as possible.

JUNE
TEST & RECOVERY
PHASE

- Reduce intensity slightly to allow the body to recover.
- Perform 2-3 full APREP test simulations with short recovery periods.
- Prioritize mobility work, stretching, and rest to ensure peak condition for test day.
- Complete a final timed APREP run to confirm readiness.

BLUE LINE

FITNESS TESTING

- PERSONAL TRAINING
- APREP WORKSHOPS
- PRACTICE TESTS
- FITNESS CLASSES
- INTERVIEW PREP



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