



# Prep for the Winnipeg Police

## Law Enforcement Fitness Assessment (LEFA)

### What is the LEFA?

The Law Enforcement Fitness Assessment (LEFA) is a physical test designed to simulate the kinds of tasks police officers face on the job. It consists of four stations, takes place in a gym, and applicants must wear clothing suitable for exercise. The test is timed, and the clock runs continuously through all four stations.

### To pass the LEFA, you must:

- Complete the entire test in 4 minutes and 20 seconds or less.
- Complete the RUN station in 2 minutes and 30 seconds or less.

## The Four Stations

### 1 Run

- Run 10 laps of a 36 metre course.
- Every second lap includes:
  - Going over a vault.
  - A speed check (side-to-side running around three cones).
- You must finish all 10 laps in at least 2 minutes and 30 seconds to pass this station.

### 3 Stairs

- Carry a 50 lb weight:
  - Up and down six stairs.
  - Around a cone.
  - Back over the stairs.
  - Repeat the same route with a 70 lb weight.
- This station usually takes about 35 seconds.

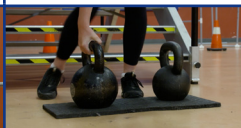
### 2 Agility

- Run through five upright dowels in a slalom (or weaving) pattern.
- Go over and under hurdles (low and high).
- Repeat slalom route.
- This station takes about 20 seconds, but touching any dowels or hurdles adds a 5-second penalty per touch.

### 4 Mannequin Drag

- Drag a 165 lb mannequin for a total of 24 metres:
  - 12 metres forward.
  - Around a cone.
  - 12 metres back.

The clock stops when the mannequin fully crosses the finish line.

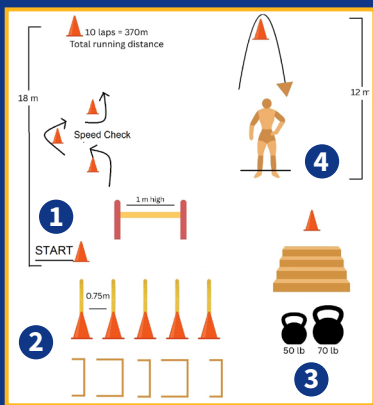


# Are you ready for the LEFA?

Here are some benchmarks to help you gauge your readiness. Meeting these doesn't guarantee you'll pass, but it's a good sign you're on track:

- Run 400 metres (1/4 mile) in 1 minute and 50 seconds or less.
- Carry a 70 lb weight up and down six stairs.
- Deadlift 135 lbs for 5 or more reps.
- Be able to do 1 or more pull-ups.

## Course Map



## Agility Training

- Set up 5 obstacles (cones or water bottles) spaced 75 centimetres apart.
- Practice weaving through them.
- Practice going over obstacles about 18 inches high (knee height).
- Practice going under obstacles about 36 inches high (waist height).

# How to Prepare

You can train for the LEFA at home, outside, or at a gym. Always start with a 5-10 minute warm up, such as:

- 4-5 minutes of light cardio.
- Dynamic stretches (e.g., leg swings, arm circles).

## Interval Training

- Run for 1 minute, rest for 2 minutes, repeat 10 times.
- Each time you do this workout, reduce the rest time by 5-10 seconds until you're running 1 minute on, 1 minute off.
- Run fast, but at a pace you can maintain for all 10 rounds.

## Strength Training

Building overall strength is recommended to complete the LEFA. Work toward building strength with these exercises:

- Back Squat, 5 sets of 5 reps.
- Bench Press, 5 sets of 5 reps.
- Deadlift, 5 sets of 3 reps.
- Pull-Ups, 5 sets of max reps (use assistance if needed, such as bands or machines. Aim for at least 5 reps).
- Back Extensions (Supermans), 3 sets of 10 reps.
- Lying Leg Lifts: 3 sets of 10 reps.

Start with a weight that allows you to complete the sets comfortably and increase the weight gradually to avoid injury.

## Weighted Stair Climbs

- Use weights between 50-70 lbs.
- Do 5 sets of 3 stair climbs with added weight.
- Each climb should be 8-12 steps.