

Victoria Police Fitness Test Preparation Guide

Physical Competency Assessment

This preparation guide has been created by FITRME Performance to help you understand the physical demands of your entry assessment and prepare effectively. Use this checklist to structure your training and track your progress.

Note: Standards may change. Always confirm current requirements with the relevant recruiting authority. This guide is for general preparation purposes only.

TEST OVERVIEW: Victoria Police Fitness Assessment

The Victoria Police physical competency assessment tests cardiovascular fitness, grip strength and agility. All three components must be passed to progress through the recruitment process.

Test Components & Minimum Standards

Component	Minimum Standard
Beep Test (Shuttle Run)	Level 5.01 (20m multi-stage shuttle run)
Grip Strength	30kg in each hand (hand dynamometer)
Illinois Agility Run	Complete in under 20.0 seconds

Component Breakdown

BEEP TEST: A progressive shuttle run between two lines 20m apart. The pace increases each level. You must reach at least level 5.01 - this is a relatively low aerobic standard, but you should aim well above it for operational readiness.

GRIP STRENGTH: Measured using a hand dynamometer. You squeeze as hard as possible with each hand. Minimum is 30kg per hand. Grip strength is relevant to restraint, weapon handling and general operational tasks.

ILLINOIS AGILITY RUN: A timed agility course involving sprinting, weaving between cones and changing direction rapidly. You must complete it in under 20 seconds. This tests acceleration, deceleration and change-of-direction ability.

8-WEEK PREPARATION CHECKLIST

The Victoria Police fitness standards are achievable with consistent preparation. Aim to exceed each standard by a comfortable margin.

WEEKS 1-3: Establish Your Baseline

- Complete a baseline test: beep test level, grip strength (each hand), agility time
- Begin running 3x per week (easy runs + one interval session)
- Start grip strength training (dead hangs, farmer carries, crush grip exercises)
- Practice the Illinois agility course layout (set up cones at home or park)
- Include 2x strength sessions per week (full body)
- Book a FITRME assessment to get objective baseline data

WEEKS 4-6: Build Capacity

- Increase running intensity (add tempo runs and shuttle practice)
- Progress grip training (heavier farmer carries, towel hangs, gripper tools)
- Practice Illinois agility run 2-3x per week with timing
- Add lateral movement and change-of-direction drills
- Include plyometric exercises (box jumps, bounds) for agility power
- Mid-point progress test: compare to baseline

WEEKS 7-8: Sharpen & Test

- Simulate full test conditions (all three components in sequence)
- Fine-tune agility technique (tight turns, low centre of gravity)
- Maintain grip strength training volume
- Practice test-day warm-up routine
- Complete a full practice test to confirm readiness
- Book a FITRME retest to verify improvement
- Light taper in final 2-3 days before assessment

TRAINING TIPS & KEY RECOMMENDATIONS

Beep Test / Cardiovascular Training

- [] Run at least 3x per week with progressive overload
- [] Practice the 20m shuttle format with audio at least once per week
- [] Include interval training (e.g. 10x 200m with 60s rest)
- [] Build aerobic base with 30-40 minute easy runs
- [] Aim for at least Level 7-8 in training to give yourself margin

Grip Strength Training

- [] Train grip 3-4x per week (it recovers quickly)
- [] Dead hangs: work up to 60+ seconds
- [] Farmer carries: heavy, short distance (30-40m)
- [] Crush grip exercises: hand grippers, towel wringing
- [] Thick bar or towel pull-ups for functional grip strength
- [] Aim for 40kg+ per hand in training for comfortable margin

Illinois Agility Run

- [] Set up the course correctly (10m x 5m, 4 centre cones 3.3m apart)
- [] Practice the weave pattern until it becomes automatic
- [] Focus on low body position through turns (bend knees, lean into turns)
- [] Explosive starts: practice first 3-4 steps from prone position
- [] Include lateral shuffles, T-drills and pro-agility drills in training
- [] Aim for sub-18 seconds in training for comfortable margin

Test Day Checklist

- [] Get 7-8 hours sleep the night before
- [] Eat a familiar meal 2-3 hours before
- [] Arrive early and warm up thoroughly (10-15 minutes)
- [] Wear supportive shoes with good grip for the agility run
- [] Warm up your grip before the dynamometer test (squeeze a ball)
- [] Stay calm and controlled - these are achievable standards

HOW FITRME PERFORMANCE CAN HELP

FITRME Performance uses professional VALD testing equipment to objectively measure grip strength, agility, lower-limb power and aerobic indicators. Our testing identifies exactly where you stand relative to Victoria Police standards.

What We Test

- [] Isometric grip and upper-body strength (ForceFrame) - directly relevant to grip test
- [] Speed and agility with timing gates (SmartSpeed) - Illinois agility preparation
- [] Lower-limb power for explosive direction changes (ForceDecks)
- [] Movement screening to identify mobility limitations (HumanTrak)
- [] Hamstring strength for running and agility demands (NordBord)

Book Your Assessment

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