

CPAT Preparation Tips by Ned Norton

There are two very important steps you need to take to prepare yourself to pass the CPAT.

Step one: You need to join a gym that has a Step Mill. There are many local options.

Step two: You need to purchase a weighted vest. Online is best.

The first event of the CPAT is the stair climb and is done on a step mill. It is the hardest part of the test and is most often the difference between passing and failing. That's why it is so important to join a gym with a step mill and to get yourself a vest.

Once you've joined a gym and purchased your vest you're ready to get to work. In my many years of preparing candidates to pass the test I have designed Step Mill workouts that will not only get you thru the first event but condition you to pass the entire test.

I recommend three step mill workouts a week Monday- Wednesday -Friday using CPAT protocol on machine.

Monday Workout- With 75# vest go as long as you can. Your goal is to eventually perform over 10 minutes.

Wednesday Workout- With 75# vest pass test 3:20....take 5 minute rest and pass test again. Your goal is to eventually pass the test 3 times in one night.

Friday Workout- NO VEST for as long as possible. Your goal is to be able to perform 20 minutes.

All Step Mill workouts are done hands free of the machine. Grab your vest instead.

If you reach the goals listed not only will you sail thru the first event but you will be conditioned to pass the entire CPAT.

Strength training should also be part of your preparation. Free weight, multiple joint exercises build strength like nothing else. Squats, deadlifts, Romanian deadlifts, farmers walks and power cleans are some examples. Increasing your leg, back, grip and core strength will greatly enhance your ability to pass the CPAT. You should perform a series of core strengthening exercises at the end of every workout (planks, bridges, etc). A strong well-conditioned core will prevent injury as well as improving your CPAT performance.

To pass you need to do the CPAT in 10:20 or less. To guarantee you will pass you must dedicate yourself to spending hours in preparation. Develop a solid routine and you will pass.

If you have any questions please email me warriorsonwheels@yahoo.com and I will get back to you ASAP.