"Fire Fit" (muscular strength, cardio/aerobics) Pre-Season Fitness Module - Workout Template (weeks 1-6)

Fitness	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Component Cardiovascular:							
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Moderate	Aerobic		Aerobic		Aerobic activity	* Rest	* Optional
Intensity	activity		activity lasting		lasting 30 - 45		Rest or team
	lasting 30 -		30 - 45		minutes		building
	45 minutes		minutes				activity
• <u>Vigorous</u>		Pack hike		Pack hike w/		* Rest	* Optional
<u>Intensity</u>		w/gradual		gradual			Rest or team
		weight x 20-		weight x 20-			building
		30 minutes		30 minutes			activity
NA							
Muscular							
Training:				0			# O . I .
Muscle Strongth		Strength		Strength			* Optional
Strength		training,		training			Strength
		70% +		70%+ weight,			Training
		weight, 1-3		1-3 sets, 8-12			
		sets, 8-12		reps			
		reps					
Flexibility:	5-10 minutes	5-10	5-10 minutes	5-10 minutes	5-10 minutes	* Optional	5-10 minutes

"Fire Fit"

Pre-Season Fitness Module - Workout Template (weeks 7-8)

(final 2 week transition to 'fire season' module)

Fitness	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Component							
Cardiovascular:							
Moderate Intensity	Aerobic activity lasting 45-60 minutes		Aerobic activity lasting 45-60 minutes		Aerobic activity lasting 45-60 minutes	* Rest	* Optional team building exercises
<u>Vigorous</u><u>Intensity</u>		Pack hike w/weight x 30 minutes (power hike)		Pack hike w/weight x 30 minutes (power hike)		* Rest	* Optional team building exercises
Muscular							
Training:							
Muscle	70% or less		70% or less		70% or less max	* Rest	
Endurance	max weight,		max weight, 1-		weight, 1-3		
	1-3 sets of		3 sets of 12-		sets of 12-20		
	12-20 reps		20 reps		reps		
Flexibility:	5-10 minutes	5-10	5-10 minutes	5-10 minutes	5-10 minutes	* Optional	5-10 minutes
		minutes					