

"FIRELINE FITNESS" by bequi livingston
 Firefighter Fitness (PT) Program – Basic Weekly Schedule

| EXERCISE: | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| <u>Cardiovascular/Aerobics:</u> | | | | | | | |
| Pack Hike: | X | | X | | X | | |
| Cross-Train: Run, bike, aerobics, etc. | | X | | X | | X | |
| <u>Muscle Strength/Endurance:</u> | | | | | | | |
| Upper Body: | X | | X | | X | | |
| Lower Body: | | X | | X | | X | |
| Abs/Lower Back: | X | X | X | X | X | X | |
| <u>Flexibility: Stretching</u> | X | X | X | X | X | X | X |
| REST | | | | | | | X |

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Cardiovascular/Aerobics: any activity that raises the heart rate (Target Heart Rate) and keeps it elevated for a sustained period of time (20-60 minutes).

- Pack Hike: use a pack that is comfortable, fits snug and the weight is evenly distributed. Start with 10-15 lbs. And gradually increase weight to 25-30 lbs. Only use 45 lbs. when taking or training for WCT. Use a variety of terrain and courses. Train 3 – 6 days weekly.
- Cross-Training: use a variety of aerobic activities avoiding "impact" exercise everyday. Running, biking, aerobics classes, are good examples. Wear the appropriate PPE for the specific activity.

Muscle Strength/Endurance: avoid heavy weight, concentrate on muscle endurance, use rest intervals.

- Upper Body Exercises: use large muscle groups (shoulders, upper back, chest, biceps, triceps). Use moderate weight, 12-20 reps x 1-3 sets with 60 second interval. Alternate days with 24-48 hours rest between workouts. Work opposing muscles equally!
- Lower Body Exercises: use larger muscle groups (quads, hamstrings, abs, lower back, calves, lower leg). Use moderate weight, 12-20 reps x 1-3 sets with 60 second interval. Alternate days with 24-48 hours rest between workouts. Abs and calves can be worked everyday. Work opposing muscles equally!

Flexibility/Stretching: stretching is recommended everyday in order to minimize injury, optimize fitness, and reduce stress.

- Stretch prior to workout and stretch afterwards (minimum 5 minutes), no bouncing

REST: Rest and relaxation is recommended a minimum of 1 day a week to optimize training, reduce stress and fatigue and avoid overuse injuries.