

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

Fitness Component	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Cardiovascular:</b>							
• <u>Moderate Intensity</u>	Aerobic activity lasting 30 - 45 minutes		Aerobic activity lasting 30 - 45 minutes		Aerobic activity lasting 30 - 45 minutes	* Rest	* Optional Rest or team building activity
• <u>Vigorous Intensity</u>		Pack hike w/gradual weight x 20-30 minutes		Pack hike w/gradual weight x 20-30 minutes		* Rest	* Optional Rest or team building activity
<b>Muscular Training:</b>							
• <b>Muscle Strength</b>		Strength training, 70% + weight, 1-3 sets, 8-12 reps		Strength training 70%+ weight, 1-3 sets, 8-12 reps			* Optional Strength Training
<b>Flexibility:</b>	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 Component	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Cardiovascular:</b>							
<ul style="list-style-type: none"> <li><u>Moderate Intensity</u></li> </ul>	Aerobic activity lasting 45-60 minutes		Aerobic activity lasting 45-60 minutes		Aerobic activity lasting 45-60 minutes	* Rest	* Optional team building exercises
<ul style="list-style-type: none"> <li><u>Vigorous Intensity</u></li> </ul>		Pack hike w/weight x 30 minutes (power hike)		Pack hike w/weight x 30 minutes (power hike)		* Rest	* Optional team building exercises
<b>Muscular Training:</b>							
<ul style="list-style-type: none"> <li><b>Muscle Endurance</b></li> </ul>	70% or less max weight, 1-3 sets of 12-20 reps		70% or less max weight, 1-3 sets of 12-20 reps		70% or less max weight, 1-3 sets of 12-20 reps	* Rest	
<b>Flexibility:</b>	5-10 minutes	5-10 minutes	5-10 minutes	5-10 minutes	5-10 minutes	* Optional	5-10 minutes