

**“Fire Fit” (sustain fitness, mitigate injury, team building)
Fire Season Fitness Module - Workout Template (24 weeks)**

| Fitness Component | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|--|---|--|---|--|--------------|------------------------------------|
| Cardiovascular | | | | | | | |
| <u>Moderate Intensity</u> | Cross training activity lasting 45-60 minutes | | Cross training activity lasting 45-60 minutes | | Cross training activity lasting 45-60 minutes | * Rest | * Optional Rest |
| <u>Vigorous Intensity</u> | | Crew hike or optional team building | | Crew hike or optional team building exercises | | * Rest | * Optional team building exercises |
| Muscular Training | | | | | | | |
| <u>Muscle Strength & Endurance</u> | Incorporate calisthenics (abs, low back, triceps dips) | 2-3 sets of 12-20 reps w/light - moderate weight | Incorporate calisthenics (abs, low back, triceps dips) | 2-3 sets of 12-16 reps w/light - moderate weight | Incorporate calisthenics (abs, low back, triceps dips) | * Rest | * Rest |
| Flexibility | 5-10 minutes | 5-10 minutes | 5-10 minutes | 5-10 minutes | 5-10 minutes | * Optional | 5-10 minutes |

** Cross training and variety will be the important thing here as well as team building exercises