



Firefighter Fitness Programme: Month Four



HEREFORD & WORCESTER
HWFR
FIRE AND RESCUE SERVICE

Introduction

**Designed by Danielle Chinn,
Crew Commander**

With over 20 years' experience in the fitness industry from personal training, sports massage, and fitness club management, combined with 15 years as a Firefighter with Hereford & Worcester FRS, Danielle was the perfect fit to work on this programme, preparing new recruits for the physical aspects of the role of a Firefighter.

"As challenging as some of these workouts may feel, they are preparation for the demands that you may face in your careers. Remember anyone can achieve their goal to be a Firefighter - you just need to put in a little effort, show your passion and have some perseverance to get that end result...

Good luck!"



Month 4 - Overview

Welcome to the final countdown before your selection tests! This month is a shorter month and is working out in a makeshift full fire kit, which you will be expected to wear on the day! It is going to make such difference to the intensity of these final pre-selection test workouts!

Your fitness and strength should be pretty much up to where we should be for your selection tests. All we are doing now is preparing you for the increase in body heat from the additional clothing, and the side effects extra heat in the body can have on decision-making and ability to carry out certain tasks. Month four consists of 2 workouts, one which can be done at home (where you will feel much more comfortable dressed up in your ski gear!!) and one which is recommended for the park (where you will feel silly I'm sure, but you have to remember the reason you are doing this, to pass these tests. Do what it takes!).

As before there is no need to invest in any significant equipment, below is a list of the things as before, but highlighted is one differing thing, your clothing! Each video will explain what to do with the kit and how to select weights for each exercise.

You will need:

- A rucksack that can carry a load up to 20-30 kg (plus a plastic bag for life to cover rucksack to prevent damage to rucksack, video will explain more)
- 2 x strong bags for life (not the basic plastic ones, see video) that can carry a load up to 10 kg
- Pair of thick gloves – ski type gloves are good, ones with no grip are better
- Pair of walking boots/wellies or similar (not trainers, some shoes like our heavy fire boots)
- Thick winter jacket, and trousers (ski gear is perfect but thick joggers and a puffer type coat will also be fine, don't go out buying anything, you can improvise!)
- Selection of weights, these can be as simple as some bottled water. In the videos we have some 1.5 litre and 5 litre bottles and build this as necessary. 1 kg = 1 L of water. If you have weights even better but no need to invest in any.
- Timer/stopwatch or mobile timer app, which we use in the videos

- Have in mind a park with a pull up type bar (swings/climbing frame) or a pull up bar at home/gym (This is used in the 'Park Workout') and space to run
- As previously, a mat or towel plus a drink
- Workout notepad to record progress
- Approx. 5-7 m length of rope - to be used in the park workout

Main areas we will be training:

- Physical strength lifting, carrying, raising, and lowering
- Cardiovascular fitness and stamina
- Grip Strength
- Coordination
- Mental strength and fitness – the ability to keep pushing when it's feeling hard/tiring

NB: If you have a medical condition, are in any doubt about the suitability of these exercises for your personal circumstances or feel unwell then please seek medical advice before undertaking any of the exercises in this programme.

Warm Up/Cool Down for All Workouts

As mentioned in the videos we recommend that you warm up and cool down after each workout, however this month we have created two separate videos, one warm up and one cool down.

You can carry out any warm up/cool down you wish, these are just for some ideas for you.



Warm up video:
[Warm Up \(vimeo.com\)](#)



Cool down video:
[Cool Down \(vimeo.com\)](#)

Timing/Frequency of Workouts

There is a significant increase in the intensity of these workouts this month as you come towards the end goal, however on the week of the tests, take it easy and don't do anything more what you are used to. The workouts still all come in between 15-30 minutes.

The core workout can be any of the core sessions we have completed in the last 3 months, we don't want to introduce anything new into this month as we prepare for the tests, to prevent injury and chance of not being able to take part.



Month one core video link:
[Core Workout Month 1 \(vimeo.com\)](#)



Month two core video link:
[Core Workout Month 2 \(vimeo.com\)](#)



Month three core video link:
[Core Workout Month 3 \(vimeo.com\)](#)

Keep doing what you are doing if the routine works for you!

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 13	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 14	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 15	TEST WEEK	TEST WEEK	TEST WEEK	TEST WEEK	TEST WEEK	TEST WEEK	TEST WEEK

Home Workout Plan & Video

Click the link below to view and workout alongside the team. The video will show you demonstrations of each of the exercises and motivate you through the workout! Remember this month we are adding in both boots and gloves to your workouts!



Here is your home workout video link:

[Home Workout Month 4 \(vimeo.com\)](https://vimeo.com)

Below is the workout planner for you to see the exercises, work out details and then there is space for you to be able to record your performance each time. See the video link above for this to be made clearer through demonstration. Please bear in mind that you will get very hot doing these workouts, and keep the fluid intake up during and even more so afterwards.

Part One

Exercise Name	Time										Week 13	Week 14	Notes
											Weights	Weights	
This is a building pyramid workout – start with one exercise, 15 seconds rest, then two, 15 seconds rest, then three etc. Go up the pyramid to five back to back exercises then come back down to just one.													
Burpees	15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec	15 sec rest	20 sec					
Press-ups		15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec	15 sec rest	20 sec				
Rucksack squats press			15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec	15 sec rest	20 sec			
Mountain climbers				15 sec rest	20 sec	20 sec	20 sec	20 sec	15 sec rest	20 sec			
Lunge with frontal hold					15 sec rest	20 sec	20 sec	20 sec	20 sec	15 sec rest	20 sec		

Home Workout Plan & Video Continued

Part Two

Exercise Name	Time										Week 13	Week 14	Notes
											Weights	Weights	
This is a building pyramid workout – start with one exercise, 15 seconds rest, then two, 15 seconds rest, then three etc. Go up the pyramid to five back to back exercises then come back down to just one.													
Jumping squats	20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest							
		20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest						
			20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest					
				20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest				
					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
Walkout press-ups		20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest						
			20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest					
				20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest				
					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
						20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest		
Curl, press and overhead triceps			20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest					
				20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest				
					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
						20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest		
Squat thrusts				20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest				
					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
						20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
							20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec/ 15 sec rest		
								20 sec/ 15 sec rest	20 sec	20 sec	20 sec/ 15 sec rest		
Weighted swings					20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
						20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec/ 15 sec rest			
							20 sec/ 15 sec rest	20 sec	20 sec	20 sec	20 sec/ 15 sec rest		
								20 sec/ 15 sec rest	20 sec	20 sec	20 sec/ 15 sec rest		
									20 sec/ 15 sec rest	20 sec	20 sec/ 15 sec rest		

Park Workout Plan & Video

Click the link below to view and workout alongside the team. The video will show you demonstrations of each of the exercises and motivate you through the workout! Remember this month we are adding in both boots and gloves to your workouts!



Here is your park workout video link:

[Park Workout Month 4 \(vimeo.com\)](#)

Below is the workout planner for you to see the exercises, work out details and then there is space for you to be able to record your performance each time.

Exercise Name	Time/REPs	Week 13	Week 14	Notes
		Weights/REPS	Weights/REPS	
Farmers walks – using bags for life	4 x 25 m			Replicating carrying equipment
Shuttles wearing rucksack	4 x 25 m			Replicating carrying BA set and CV fitness
Repeat x 3 then rest 1 minute to set up				
Squat press	1 min / 15 sec rest			Lifting ladder
Rucksack rope extension/lower	1 min / 15 sec rest			Replicating extending & lowering ladder
Repeat x 3 then rest 1 minute to set up				

Hopefully you can hang for a significantly longer time since you first started these. Adding the gloves will have taken a hit on this timing for a short amount of time, but by now you should be somewhere back towards your month one timings. There are options to take your dead hangs on a level, and we demonstrate this on the videos, and this is hanging using a towel. If this is an option for you then remove your gloves and have a try!

Exercise Name	Time/REPs	Week 13	Week 14
		Time	Time
Dead hangs	Failure		
Dead hangs	Failure		
Dead hangs	Failure		

Post Selection Test Week...

Hopefully now you will be coming closer to becoming a Firefighter and be ready to pass these selection tests! Once you do pass (see what we are doing here, positive attitudes!) you must not just rest there... this is where the real hard work starts as you continue to prepare for your career in the Fire Service.

When you come to starting your recruits' course, this will be both physically and mentally demanding, so if your fitness is still at the best level, you don't have to worry about if you can deal with that side of it. You can just use your energy on making sure you can learn all you need too and be mentally prepared to take it all on.

Good luck with your tests, and we will be in touch soon!

