



Firefighter Fitness Programme: Month One



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 1 - Overview

Welcome to 'Month One' of your fitness programme. This plan has been designed to prepare you for the recruitment process selection tests, fitness test and then, if successful, progressing you on to preparation for your recruits' training course!

Each month the workout plans will evolve, as you begin to get stronger, and the muscles get used to some of the type of movements you can expect to be doing in the role of firefighter.

Month one consists of 3 workouts, one which can be done at home or the gym, one which is recommended for the park, and a core workout that can be done anywhere!

There is no need to invest in any significant equipment; below is a list of the things you can get sorted before you start the workouts. Each video will explain what to do with the kit and how to select weights for each exercise.



Please click the link below:

[Fitness Plans - Introduction](#)

You will need:

- A rucksack that can carry a load up to 20-30 kg
- 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')
- Mat or towel
- Space to run
- Drinks bottle

- 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 its 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.

Month 1 - Overview Continued

Warm Up/Cool Down for All Workouts

Feel free to use your own warm up or add any requirements you may have due to injury or medical history; this however is detailed within the workout videos for you to join in on. Your warm up should include mobilising the joints and pulse-raisers to increase the blood flow around the body to prepare it for the work it is about to do.

Cool downs are done post sessions – within this use some gentle mobilisation exercises and stretches keep them simple and effective. The home workout video contains some cool down stretches that you can use after the park workout too.

Timing/Frequency of Workouts

It is completely up to you as and when you work out around your everyday routine. There are benefits to working out at certain times of the day, especially mornings, however just getting your workout done is the most important thing! Exercising in the morning gives your body a healthy kind of fatigue and stress at the end of the day which results in deeper and better sleep, so might be worth considering if you can accommodate that in

your day! The workouts all come in between 15-30 minutes, so you don't have to dedicate hours and hours to get the results you want.

We have included below a rough weekly workout planner, which includes a breakdown of which workout to do and when to take rest days etc. This is just purely a guide to give you an idea of where to start and can be adapted to whichever days' work for you. The best thing you can do is plan your workouts in your diary, or put a planner on the fridge, just somewhere that can remind you of your plan for the week. By putting this plan in place, you are already committing to working out, and if you plan and prepare, you can succeed!

As quoted by Benjamin Franklin: "By failing to plan, you are preparing to fail". Each week you should be feeling fitter and increasing your confidence with following a training plan. You will begin to get an idea of your strengths and weaknesses, but also start seeing improvements by weeks 3 - 4. The more you work on your fitness and strength, your recovery will speed up. Start steady and build up your workout intensities, week on week! Recording your performance each session will help you plan for your next workout, knowing what weights you lifted and what you may be able to add to make the workout more intense as time moved forwards.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1	Home Workout	Park Workout	REST	Home Workout	Core	REST	REST
Week 2	Home Workout	Park Workout	REST	Home Workout	Core	REST	REST
Week 3	Home Workout	Park Workout	REST	Home Workout	Core	REST	REST
Week 4	Home Workout	Park Workout	REST	Home Workout	Core	REST	REST

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!



Here is your home workout video link:

[Home Workout Month 1 \(vimeo.com\)](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

Exercise Name	Time/REPs	Week 1		Week 2		Week 3		Week 4		Notes
		Weights/REPS		Weights/REPS		Weights/REPS		Weights/REPS		
Wide squats with rucksack rise/lower	30 sec work/ 15 sec rest x 3 rounds									Replicating picking up equipment
Frontal rucksack squats	30 sec work/ 15 sec rest x 3 rounds									Preparing for lifting casualties to chest height
Farmers walks - weighted	30 sec work/ 15 sec rest x 3 rounds									Grip for carrying equipment
Rucksack curl & shoulder press	30 sec work/ 15 sec rest x 3 rounds									Replicating pushing ladders back onto appliances
Burpees	2 mins AMRAP*									CV exercise
Rucksack swings	20 sec work/ 10 sec rest x 4 rounds									Grip & full body workout
Split press-ups	20 sec work/ 10 sec rest x 4 rounds									Upper body strength
Repeat Above 3 Exercises										

*AMRAP – As many REPS as possible within the time given

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!



Here is your park workout video link:

[Park Workout Month 1 \(vimeo.com\)](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.

Exercise Name	Time/REPs	Week 1		Week 2		Week 3		Week 4		Notes
		Weights/REPS		Weights/REPS		Weights/REPS		Weights/REPS		
Rucksack rope extension & lower	2 mins/ 30 sec rest									Replicating extending & lowering ladder
Split shuttles & rucksack carry	2 mins/ 30 sec rest									Replicating transporting heavy equipment over a distance
Squat press	Alternate exercises - x 20 reps each									Upper body strength
Lunges with lat raise	Repeat for 2 mins/ 30 sec rest									Leg & shoulder strength
Repeat Above 4 Exercises										

The exercise below, dead hangs, can be carried out as often as possible throughout the week, we have given you space to record 4 times each week, but the more often you can do them the better your grip will become! You may want to have a little notepad to record all the times you complete this part of the workout.

Exercise Name	Time/REPs	Week 1		Week 2		Week 3		Week 4	
		Time		Time		Time		Time	
Dead hangs	Failure								
Dead hangs	Failure								
Dead hangs	Failure								

Core 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!



Here is your core workout video link:

[Core Workout Month 1 \(vimeo.com\)](https://vimeo.com)

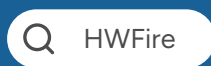
Below is the workout planner for you to see the exercises, work out details and then there is space for you to be able to record your performance each time.

Exercise Name	Time/REPs	Week 1	Week 2	Week 3	Week 4	Notes
		Variation	Variation	Variation	Variation	
Reverse sit-ups	2 x 20 sec work/ 10 sec rest					
Leg raises	2 x 20 sec work/ 10 sec rest					
Elbow knee cycles	2 x 20 sec work/ 10 sec rest					
Back extensions	2 x 20 sec work/ 10 sec rest					
Rotating plank	2 x 20 sec work/ 10 sec rest					
REST	2 minutes					
Mountain climbers	2 x 20 sec work/ 10 sec rest					
Alt. elbow to knee plank	2 x 20 sec work/ 10 sec rest					
Alternating superman's	2 x 20 sec work/ 10 sec rest					
Squat thrusts	2 x 20 sec work/ 10 sec rest					
V-sit variations	2 x 20 sec work/ 10 sec rest					

Next Month...

Following on from this programme, next month's will progress these exercises on and add in new exercises and variations to some of the ones we have been doing previously!

Do come along to our live fitness sessions, these will be sent out by HR and booking is required to guarantee a space. These sessions are for you to meet others going through the fitness programme, ask questions, see some new exercises to also have a go at when you have time, and above all have a great workout!



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