

A close-up photograph of a barbell with a weight plate. The weight plate is light-colored with a dark border and has some markings on it. The barbell is positioned horizontally across the frame. The background is dark and out of focus.

Firefighter Fitness Programme: Month Three



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 3 - Overview

Welcome back to month three of your fitness programme. This month is going to add in more of our fire kit, running and working out in fire boots makes such a difference to the intensity of a workout, and this is something that practice at will make you better equipped to carry out the requirements of a fire fighter.

Hopefully by now you should be seeing a few changes to your physical being, whether that be strength, fitness, or even just confidence with lifting weights and your new routine. Month three also consists of 3 workouts as before, 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!

As before there is no need to invest in any significant equipment, below is a list of the things as before, but highlighted are some different things required in addition to that of month one, so it's worth digging these out before you begin! 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)
- Selection of weights, these can be as simple as some bottled water. In the videos we have some
- 1.5 litres 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 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.

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

As with month one and two, you can decide when works for you to workout around your everyday routine. As you have the structure to your training and can continue to accommodate these new workouts in easily. The intensity has increased, so you may wish to shift around your rest days, this is completely down to you. The workouts still all come in between 15-30 minutes.

Hopefully we have converted you to the earlier morning working out, however if its not for you that's fine. Keep doing what you are doing if the routine works for you!

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 9	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 10	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 11	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 12	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST

Home Workout Plan & Video

Click this link 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!



Home workout video link:

[Home Workout Month 3 \(vimeo.com\)](https://vimeo.com)

Below is the workout planner for you to see the exercises, work out details and there is space for you to be able to record your performance each time. Remember if you want to increase intensity you can by either increasing the weights you are using or increasing the repetitions, and circuit repeats, if time allows.

Part One

Exercise Name	Time/REPs	Week 9	Week 10	Week 11	Week 12	Notes
		Weights/REPS	Weights/REPS	Weights/REPS	Weights/REPS	
Stair climbs	30 secs					
Squat jumps	10 reps					
Mountain climbers	20 reps					
	15 sec rest					
Stair climbs	30 secs					
Stair press-ups	10 reps					Hands on stairs
Bunny hop jumps	20 reps					
	15 sec rest					
Stair climbs	30 secs					
Triceps dips	10 reps					
Lunge knee driver	20 reps					
	15 sec rest					
Stair climbs	30 secs					
Stair Press - ups	10 reps					Feet on step
Bulgarian split squat	20 reps					
	15 sec rest					

Home Workout Plan & Video Continued

Part Two

Exercise Name	Time/REPs		Week 9	Week 10	Week 11	Week 12	Notes
			Weights/ REPS	Weights/ REPS	Weights/ REPS	Weights/ REPS	
Bent over single arm row	20 reps	30 sec rest after Superset x 2					
Curls x 10 & triceps press x 10	20 reps						
Deadlift to upright row	20 reps	30 sec rest after Superset x 2					
Plank row	20 reps						
Squat curl	20 reps	30 sec rest after Superset x 2					
Tilted shoulder press	20 reps						
Bear crawl shuttle finisher	1 min						

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 video link:

[Park Workout Month 3 \(vimeo.com\)](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. Remember if you want to increase intensity you can by either increasing the weights you are using or increasing the repetitions, and circuit repeats, if time allows.

Exercise Name	Time/REPs		Week 9	Week 10	Week 11	Week 12	Notes
			Weights/REPS	Weights/REPS	Weights/REPS	Weights/REPS	
Weighted bag drag (with rucksack)	5 x 25 m	Superset x 4 30 sec rest after					Replicating hose reel management
Rucksack shuttles	1 min						Replicating carrying BA set and CV fitness
Repeat above x 4 - 30 seconds rest between sets – 2 minutes rest before next two exercises							
Shuttles with frontal hold	5 x 25 m	Superset x 4 30 sec rest after					Replicating hose running
Rucksack rope extension/lower	1 min						Replicating extending & lowering ladder
Repeat above x 4 - 30 seconds rest between sets – 2 minutes rest before next two exercises							

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 9	Week 10	Week 11	Week 12
		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 3 \(vimeo.com\)](https://vimeo.com/300000000)

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. Remember if you want to increase intensity you can by either increasing the weights you are using or increasing the repetitions, and circuit repeats, if time allows.

		Week 9	Week 10	Week 11	Week 12		
Exercise Name	Time/REPs	Variation	Variation	Variation	Variation	Notes	
Side plank	30 sec						
Plank knee to opposite	30 sec						
Side plank	30 sec						
Superman plank	30 sec						
Repeat above exercises. Rest - 1 minute							
	Round 1	Round 2					
Squat thrusts	20 reps	5 reps					
Pummel jumps	15 reps	10 reps					
Back extensions	10 reps	15 reps					
V-sits	5 reps	20 reps					
Repeat above exercises. Rest - 1 minute							

The Final Month...

At the end of this four-week programme we have rapidly closed in on your final few weeks before your selection tests, so next month, dig out your thickest 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!). We are going to mimic wearing our full fire kit to prepare you for getting extremely hot when working out... the boots and gloves are also here to stay!

The exercises will be a combination of all the exercises that have been done previously, with a main focus on those necessary for the selection tests! Do continue to 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!

