

SOUTH METRO FIRE RESCUE

STRENGTH & CONDITIONING

GENERAL PREPARATION CONDITIONING PROGRAM

PAGE 2 provides instructions on how to read program

Weekly Rotation/Frequency:	4 days / week	Cycle Length:	8 weeks	Objective(s)	Basic Work Capacity/GPP
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DAY 1	WEEK 1+2	WEEK 3+4	WEEK 5+6	WEEK 7+8
CONDITIONING	WARM UP: Jog / Bike / Row x3-5:00		Dynamic Warm-up (below)	
1.5 mile run for time	Record Time each week ↓	Record Time each week ↓	Record Time each week ↓	Record Time each week ↓
perform on a track or a treadmill	Week 1: _____	Week 3: _____	Week 5: _____	Week 7: _____
Utilize online calculator to ESTIMATE VO2max <small>*Divide VO2 score by 3.5 for MET score value</small>	Week 2: _____	Week 4: _____	Week 6: _____	Week 8: _____
Cool Down	Walk x3:00 and Stretch (routine below)			

DAY 2	WEEK 1+2	WEEK 3+4	WEEK 5+6	WEEK 7+8
CIRCUIT TRAINING	WARM UP: Jog / Bike / Row x3-5:00		Dynamic Warm-up (below)	
rest: 15s b/t exercises...2:00 b/t rounds	x3-4 rounds	x4 rounds	x4-5 rounds	x5 rounds
C1: Squat Jump	x5 (land soft each rep)	x5 (land soft each rep)	x6 (land soft each rep)	x6 (land soft each rep)
C2: Walking Lunge	x5e	x5e	x6e	x6e
C3: Flutter Kicks	x12e	x12e	x15e	x15e
C4: Hand-Release Push-up	x8-10	x8-10	x10-12	x10-12
C5: Alt Superman	x8e	x8e	x10e	x10e
C6: BIKE or RUN	x4-5:00 (low/mod pace)	x4-5:00 (low/mod pace)	x4-5:00 (low/mod pace)	x4-5:00 (low/mod pace)
Cool Down	Walk x3:00 and Stretch (routine below)			

DAY 3	WEEK 1+2	WEEK 3+4	WEEK 5+6	WEEK 7+8
CONDITIONING	WARM UP: Walk / Bike / Row x4-5:00		Dynamic Warm-up (below)	
Steady State Training	x45-50:00	x45-50:00	x50-60:00	x50-60:00
JOG / BIKE / ROW / HIKE / WALK	maintain steady light/moderate effort for entire Rx time ↑			
Cool Down	Walk x3:00 and Stretch (routine below)			

DAY 4	WEEK 1+2	WEEK 3+4	WEEK 5+6	WEEK 7+8
INTERVAL CONDITIONING	WARM UP: Jog / Bike / Row x3-5:00		Dynamic Warm-up (below)	
RUN or BIKE or ROW or STAIRS	x4 rounds		x4-5 rounds	
See chart on bottom right of page for effort levels	HI	x30s	HI	x30s
	MOD	x1:30	MOD	x2:00
	LOW	x2:30	LOW	x2:30
LOW	x3:00	LOW	x3:00	LOW
CIRCUIT TRAINING	x3-4 rounds		x3-4 rounds	
rest: 15s b/t exercises...2:00 b/t rounds	x3-4 rounds		x3-4 rounds	
C1: BW Squat	x12	x12	x15	x15
C2: Side Hip Lift	x10e	x10e	x12e	x12e
C3: SL Glute Bridge	x8e	x8e	x10e	x10e
C4: Push-up + Shldr Tap	x5-6e	x5-6e	x6-8e	x6-8e
C5: St Leg Sit-up	x10	x10	x12	x12
Cool Down	Walk x3:00 and Stretch (routine below)			

	Dynamic Warm-up (click exercise name for video demo)		Post-Workout Stretch		Effort Chart	
Click or tap exercise names to open a video demonstration of the exercise	BW Squat	x8	St. Leg Raise	x10e	Supine Hamstring	x30s ea.
	Knee Hug	x6e	Iron Cross	x5e	Pigeon Stretch	x30s ea.
	Ankle Grab	x6e	Monster Crawl	x5e	Kneel Hip Flex Stretch	x30s ea.
	Hurdle Step	x6e	Half-Kneel T-Spine	x5e	Monster Crawl Stretch	x30s ea.
	Toy Soldier	x6e	Jumping Jacks	x15	X-over Low Back	x30s ea.
					4-5 / 10	LOW INTENSITY <small>can speak full sentences</small>
					6-7 / 10	MOD INTENSITY <small>breathing pretty hard</small>
					8 / 10	HI INTENSITY <small>going very hard</small>

10 / 10 = maximum effort possible

Disclaimer: Completion of this fitness program does not in any way guarantee successful completion of SMFR candidate fitness assessment

SOUTH METRO FIRE RESCUE

STRENGTH & CONDITIONING

HOW TO READ YOUR WORKOUT

DAY 1	Week 1+2	Week 3+4	Week 5+6	Week 7+8
WARM-UP >>	Walk/Bike x4-5:00	Warm-up / Mobility (↓↓)	Stretch after workout (below)	
Hi-Intensity Intervals	x6 rounds		x8 rounds	
Perform on Treadmill OR Bike	HI 8/10 Effort x20s	HI 8/10 Effort x20s	HI 8/10 Effort x20s	HI 8/10 Effort x20s
	LOW 4/10 Effort x40s	LOW 4/10 Effort x40s	LOW 4/10 Effort x40s	LOW 4/10 Effort x40s
	*rest 2:00 after round 3	*rest 2:00 after round 4	*rest 2:00 after round 3	*rest 2:00 after round 4
Strength Circuit	x3 rounds		x3 rounds	
C1: BW Squat (to MB)	x8			
C2: DB Bench Press	x8			
C3: Strap Inverted Row	x8			
C4: 3-way Plank	x20s e	x20s e	x20s e	x20s e

Training Day and Week:
Day 1 & 2 are designed to be done on-duty, and Day 3 & 4 are for off-duty. Start at Week 1 and continue until Week 8 (leading to October VO2 testing).

Exercise Video Demonstration:
Click (or tap) on underlined exercise names to be taken to an online video demonstration of the movement

Warm-up:
Each day will have a warm-up. Make sure you complete the proper prep for the workout.
Post-workout Stretch:
Perform programmed stretch routine after each workout

DAY 2	Week 1+2	Week 3+4	Week 5+6	Week 7+8
WARM-UP >>	Walk/Bike x4-5:00	Warm-up / Mobility (↓↓)	Stretch after workout	
Steady State	x30:00	x30-45:00	x45-50:00	x50-60:00
Perform on Treadmill, Bike, Elliptical, Rower, or Stairmill	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑

RPE:
Rate of Perceived Exertion. Use a scale of 1-10. 10 = maximal effort you can attain 1 = very very light effort (resting)

DAY 3	Week 1+2	Week 3+4	Week 5+6	Week 7+8
WARM-UP >>	Walk/Bike x4-5:00	Warm-up / Mobility (↓↓)	Stretch after workout	
Conditioning	x4 rounds	x4 rounds	x4 rounds	x5 rounds
Treadmill RUN	MOD 6/10 Effort x3:00	MOD 6/10 Effort x3:00	MOD 6/10 Effort x3:00	MOD 6/10 Effort x3:00
Treadmill WALK	LOW 4/10 Effort x3:00	LOW 4/10 Effort x3:00	LOW 4/10 Effort x3:00	LOW 4/10 Effort x3:00
Strength Circuit	x3 rounds		x3 rounds	
C1: Walking Lunge	x5e	x5e	x6e	x6e
C2: Alt Superman	x8e	x8e	x10e	x10e
C3: Push-up	x8	x8	x10	x10
C4: Sit-up	x10	x12	x12-15	x12-15

Circuit Training:
For circuit training, perform one set of C1 for Rx reps, then immediately proceed to C2, C3, etc until all exercises and Rx reps are performed. Rest 2:00 between rounds of circuits and repeat for Rx rounds

Unilateral (1-arm/1-leg) Exercises:
When 1-arm or 1-leg exercises are programmed, be sure to do both limbs. For example, in the rep box "x8e" means 8 reps with each arm/leg for each set.

DAY 4	Week 1+2	Week 3+4	Week 5+6	Week 7+8
WARM-UP >>	Walk/Bike x4-5:00	Warm-up / Mobility (↓↓)	Stretch after workout	
Steady State	x45-50:00	x45-50:00	x50-60:00	x50-60:00
Perform on Treadmill, Bike, Elliptical, Rower, or Stairmill	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑	Constant Movement: maintain a steady low/moderate pace for Rx time ↑

Click on Exercise name for video demonstration →

Warm-up		Mobility		STRETCH (x45s all)	
Knee Hug	x6e	St. Leg Raise	x12e	Band Hamstring	
Ankle Grab	x6e	Iron Cross	x6e	Pigeon Stretch	
Toy Soldiers	x6e	Half-Kneel T-Spine	x8e	Kneel Hip Flex Stretch	
Hurdle Walk	x6e			Monster Crawl Stretch	
Hamstring Sweep	x6e				
Monster Crawl	x6e				

Effort Levels	
LOW	3-4 / 10
MOD	6 / 10
HI	8 / 10

*10/10 is maximal effort possible