

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
----------------------------	---------------	---------------	---------	--------------	-------------------------

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 ↓	
perform on a track or a treadmill	Week 1: _____	Week 3: _____	Week 5: _____	Week 7: _____
Utilize online calculator to ESTIMATE VO2max *Divide VO2 score by 3.5 for MET score value	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 See chart on bottom right of page for effort levels	x4 rounds		x4-5 rounds		x4 rounds		x4-5 rounds	
	HI	x30s	HI	x30s	HI	x1:00	HI	x1:00
	MOD	x1:30	MOD	x2:00	MOD	x2:00	MOD	x2:00
	LOW	x2:30	LOW	x2:30	LOW	x3:00	LOW	x3:00
CIRCUIT TRAINING rest: 15s b/t exercises...2:00 b/t rounds	x3-4 rounds		x3-4 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)							

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

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	x6 rounds	
Perform on Treadmill OR Bike	HI 8/10 Effort x20s LOW 4/10 Effort x40s *rest 2:00 after round 3	HI 8/10 Effort x20s LOW 4/10 Effort x40s *rest 2:00 after round 4	HI 8/10 Effort x20s LOW 4/10 Effort x40s *rest 2:00 after round 3	HI 8/10 Effort x20s LOW 4/10 Effort x40s *rest 2:00 after round 4
Strength Circuit	x3 rounds	x3 rounds	x3 rounds	x3 rounds
C1: <u>BW Squat (to MB)</u>	x8			
C2: <u>DB Bench Press</u>	x8			
C3: <u>Strap Inverted Row</u>	x8			
C4: <u>3-way Plank</u>	x20s e	x20s e	x20s e	x20s e

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 ↑

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	x3 rounds	x3 rounds
C1: <u>Walking Lunge</u>	x5e	x5e	x6e	x6e
C2: <u>Alt Superman</u>	x8e	x8e	x10e	x10e
C3: <u>Push-up</u>	x8	x8	x10	x10
C4: <u>Sit-up</u>	x10	x12	x12-15	x12-15

DAY 4	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	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 ↑

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

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

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.

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