

### **Suggested Workout Routine**

This routine was put together by the Golder Ranch Fire District peer fitness trainers to better prepare candidates for the rigors of the fire academy. Please utilize these suggested workouts to prepare yourself should you be selected for a position. Good luck!

Monday:

Dynamic Warm-up: Exercises that are done before PT

Max Pushup in 2 minutes (chest to deck)

Max flutters in two minutes (3 count)

Build up run: 5 minutes at 50% effort, 5 minutes @ 75%, 5 minutes at 50%, 5 minutes @ 75%, and an easy cool down walk for 5 minutes.

10 minute static stretch

Tuesday:

Dynamic Warm-up: Exercises that are done before PT

Max Pull ups in 2 minutes

Max Plank hold (3 sets)

Find stairs and run them. Start with 15 minutes and add 5 minutes per week. If you do not have access to stairs I recommend Tumamoc Hill

10 minute static stretch

Wednesday:

Dynamic Warm-up: Exercises that are done before PT

Max Pushup in 2 minutes (chest to deck)

Max flutters in two minutes (3 count)

Track workout: warm-up with an easy 1 mile. Then sprint 100m, easy jog 400m, sprint 200m, easy jog 400m, sprint 400, easy jog 800m.

Note: the easy jog should be slow enough that you recover and bring your heart rate down.

10 minute static stretch

Thursday:

Dynamic Warm-up: Exercises that are done before PT

Max Pull ups in 2 minutes

Max Plank hold (3 sets)

40 walking lunges (20 on each side)

Run: Long slow distance run. No less than 30 minutes. Do not go for distance, go for time. If you feel like you're in shape then do an hour.

10 minute static stretch

Friday:

Dynamic Warm-up: Exercises that are done before PT

Running Cindy: As many rounds as possible in 20 minutes.

- 5 pull-ups
- 10 pushups
- 15 air squats
- Run 400 meters

## **Nutritional tips**

<https://www.firerescue1.com/health/articles/868069-Nutrition-for-firefighters-3-simple-truths/>

<https://firerescuefitness.com/2012/05/the-best-nutrition-advice-for-firefighters/>

<https://www.healthline.com/health/fitness-exercise-eating-healthy#healthy-fats>