



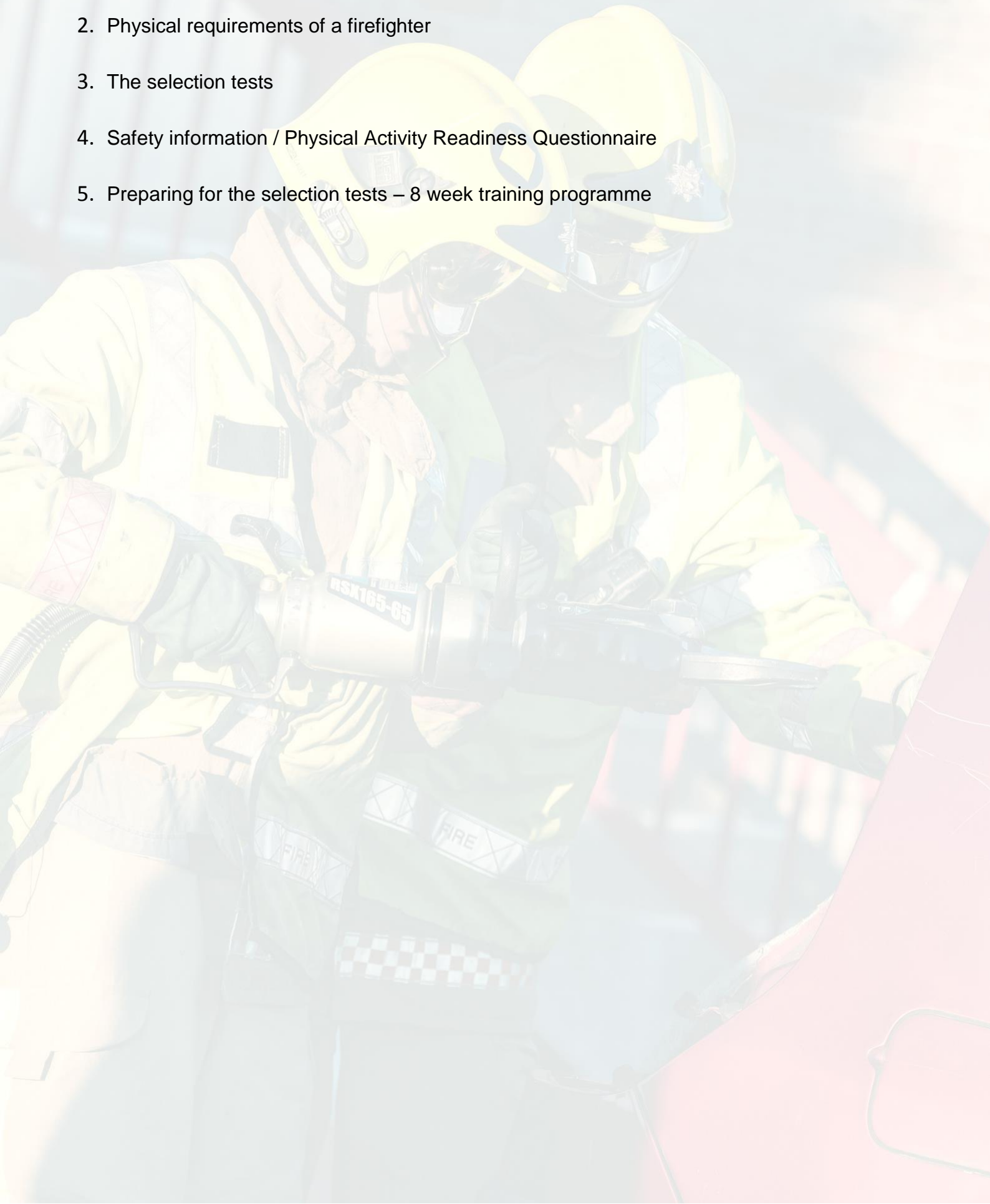
# FIT FOR DUTY

---



# Contents

1. Introduction
2. Physical requirements of a firefighter
3. The selection tests
4. Safety information / Physical Activity Readiness Questionnaire
5. Preparing for the selection tests – 8 week training programme



## Introduction

The role of a firefighter can be physically demanding and while this may seem a daunting prospect, especially if you don't deem yourself as particularly fit, do not let this put you off pursuing this extremely rewarding career. With a bit of commitment and effort meeting these standards is extremely achievable.

All potential new recruits will undertake specific physical tests to ensure they meet the required fitness standards to enable them to carry out the role effectively and safely. All the tests mirror the work of a firefighter - lifting and carrying equipment, evacuating casualties, climbing ladders and stairs, using pulley systems, working under duress, at times in extreme heat all whilst wearing personal protective equipment (PPE) and sometimes even breathing apparatus are all common features of the job.

All firefighters are required to carry out an annual fitness test to ensure they maintain the required level of fitness. What great motivation to keep yourself physically active which in turn is going to help you maintain a healthy body composition, improve your general health and wellbeing?

Passing the physical tests is all about preparation, so, with this in mind, we have put together this guide to ensure that you are fully aware of what the requirements are and how you should be able to achieve them by following this comprehensive, suggested, 8 week training programme.

***"Don't Wish for it, **Work** for it!"***

# Physical Requirements of a Firefighter

There are many physical activities that a firefighter must be able to carry out as part of their role, all requiring a different component of fitness.

The key components of fitness for a firefighter are...

- Aerobic endurance
- Muscular strength
- Muscular endurance
- Grip Strength
- Flexibility

**Aerobic Endurance** is the ability to exercise or carry out physical activity for extended periods without tiring. Firefighting activities that require aerobic endurance include

- Climbing and descending stairs repeatedly (with or without breathing apparatus)
- Walking with urgency continuously to and from the appliance (fire engine) whilst wearing fire kit
- Working in extreme heat whilst wearing breathing apparatus

**Muscular Strength** is the ability of a muscle or group of muscles to contract and produce force. The more strength you have the more force you can produce, increasing your ability to lift, lower, push and pull heavy objects. Firefighting activities that require muscular strength include

- Lifting a 13.5m ladder back on to an appliance
- Handling and operating equipment such as heavy duty cutting tools or a door enforcer.
- Lifting and removing a casualty from a dangerous situation e.g. a road traffic collision (RTC)

**Muscular Endurance** is linked to both aerobic endurance and muscular strength and is the ability to lift, carry, push and pull heavy objects over a prolonged period of time. Firefighting activities that require muscular endurance include

- Dragging an unconscious casualty out of a building whilst wearing breathing apparatus
- Maintaining a safe posture or holding a certain position for a long duration whilst carrying out a task such as during an animal rescue or RTC.

**Grip Strength** is directly related to muscular strength and endurance but focuses on the hand's and fingers' ability to grip by exerting and maintaining pressure on an object. Firefighting activities that require grip strength include

- Extending a 13.5m ladder using a pulley system
- Carrying a 33kg light portable water pump
- Carrying two lengths of hose, one in each hand

**Flexibility** is the range of movement (ROM) available at an individual or group of joints and/or muscles. The greater your flexibility, the better your ability to move your limbs and joints into specific positions at the end of their normal ROM.

Firefighting activities that require flexibility include

- Crawling through small spaces in a building whilst searching for casualties
- Safely lifting an object or casualty from the floor whilst maintaining the correct posture

# The Selection Tests

Now that you are aware of the key components of fitness that a firefighter must have its time to look at how these physical requirements will be tested during the selection process.

During the physical testing day you will carry out a number of tests that replicate operational activities, some of which will challenge the specific components of fitness. Focusing on these in particular, below is a list of the tests. For each test the key components of fitness are listed and a demonstrational video is provided for the bleep test (click the blue text to view).

## [Bleep Test](#)

- Aerobic Endurance

## Equipment Carry

- Aerobic Endurance
- Muscular Endurance
- Muscular Strength
- Grip Strength
- Flexibility

## Ladder Lift

- Muscular Strength
- Grip Strength
- Flexibility

## Enclosed Spaces

- Aerobic Endurance
- Flexibility

## Ladder Extension

- Muscular Strength
- Grip Strength

## Casualty evacuation

- Muscular Endurance
- Muscular Strength
- Grip Strength

## Safety Information

Prior to commencing any physical training programme, if you are in any doubt about your health and physical ability please consult with your doctor.

If you have not done so already, such as part of your application, please ensure that you complete the Par-Q Plus questionnaire prior to commencing any training and follow the guidelines recommended on the form. To view the PAR-Q Plus for you to print and complete please click [here](#)

Always ensure you wear appropriate clothing and footwear during your training sessions

Ensure your training sessions commence with a thorough warm up and end with a sufficient cool-down. Guidance on how to warm up correctly is given later in this booklet

The training programme that has been written is for guidance only and does not consider specific individual needs. It is therefore recommended that you seek guidance from a fitness professional to ensure that you are carrying out the exercises safely and that they are appropriate for you to do

As with any form of exercise, there is a risk of injury, even if you have followed a correct warmup procedure and carried out the exercises correctly. Therefore, by taking part in this suggested programme you are accepting that such risks exist when training



# Preparing for the Selection Tests

Having read the previous chapters of this book you should now be fully aware of the components of fitness a firefighter should have and have a good understanding of how these requirements will be assessed during the physical tests. To help you prepare for these tests and your potential career as a firefighter we have supplied you with an 8 week strength and fitness programme. All of the exercises and movements within the programme have been carefully selected to ensure they are relevant to the physical requirements needed.

## The Programme

The programme includes both conditioning (aerobic) and strength sessions. There are two conditioning sessions (conditioning session 1 & 2) and two strength sessions (strength session 1 & 2) all of which progress on a week to week basis.

## Strength Programme

Each strength session includes a number of super sets where you will carry out the first exercise (exercise A e.g. 1A) followed immediately by the second exercise (exercise B e.g. 1B). Once you have done both exercises A and B for the required repetitions rest for 1-2mins before starting the superset again until you have done the required sets. Once all sets have been completed move on to the next superset e.g. 2A and 2B. Continue in this manner until all supersets have been completed.

Print off the programme and write down the resistance you use in the spaces provided for every set so you can track your progress.

Ensure you are making progress each week. You may not increase the maximum weight you lift in the next week but you could increase the weight you start at e.g. week 1 do 10,12.5, 15kg then week 2 do 12.5,12.5,15kg. Remember if you do not challenge yourself and push your threshold your strength will not improve.

For all the exercises there is a technique demonstration (click on the blue highlighted text within the programme). Please ensure you carry out the exercise as demonstrated and don't sacrifice your technique by lifting too heavy.

Prior to each session follow the [warmup/flexibility video demonstration](#)

## Conditioning Programme

For each conditioning session watch the demonstration video which explains how the workout is carried out.

Print off the programme and where required ensure you write down your progress week on week

Each week try and do a little more, a little quicker than you did in the previous week. Remember if you do not challenge yourself and push your threshold your level of fitness will not improve.

Prior to each session follow the [warmup/flexibility video demonstration](#)

## Training Schedule

Please see below your suggested training schedule over the 8 weeks. Please note this is only a suggestion, the days you train can be changed to fit in with your other commitments.

Try and complete all the listed sessions for each week. The closer you can follow the programme the more progress you will make during the 8 weeks.

### **Weeks 1-4**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Flexibility Strength Session 1	Conditioning Session 1	OFF	Flexibility Strength Session 2	Conditioning Session 2	OFF	OFF

### **Weeks 5-8**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Flexibility Strength Session 1	Conditioning Session 1	OFF	Flexibility Strength Session 2	Conditioning Session 2	OFF	OFF



## Norfolk Fire & Rescue Recruit Training Programme - Strength Session 1

<b>Strength 1 - Week 1</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
<a href="#">1A) Deadlift</a>	6		6		6			
<a href="#">1B) Dumbbell Overhead Strict Press</a>	6		6		6			
<a href="#">2A) Dumbbell Overhead Walk</a>	10m each arm		10m each arm		10m each arm			
<a href="#">2B) Dumbbell Row</a>	8 each arm		8 each arm		8 each arm			
<a href="#">3A) Dumbbell Walking Lunges</a>	10 each leg		10 each leg		10 each leg			
<a href="#">3B) Press-ups</a>	10		10		10			
<a href="#">4A) Get Ups</a>	10		10		10			
<a href="#">4B) Knee to Opposite Elbow</a>	10 each leg		10 each leg		10 each leg			

<b>Strength 1 - Week 2</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6			
1B) Dumbbell Overhead Strict Press	6		6		6			
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm			
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm			
3A) Dumbbell Walking Lunges	10 each leg		10 each leg		10 each leg			
3B) Press-ups	10		10		10			
4A) Get Ups	10		10		10			
4B) Knee to Opposite Elbow	10 each leg		10 each leg		10 each leg			

<b>Strength 1 - Week 3</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6		6	
1B) Dumbbell Overhead Strict Press	6		6		6		6	
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm		10 each arm	
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm		8 each arm	
3A) Dumbbell Walking Lunges	10 each leg		10 each leg		10 each leg			
3B) Press-ups	10		10		10			
4A) Get Ups	10		10		10			
4B) Knee to Opposite Elbow	10 each leg		10 each leg		10 each leg			

<b>Strength 1 - Week 4</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6		6	
1B) Dumbbell Overhead Strict Press	6		6		6		6	
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm		10m each arm	
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm		8 each arm	
3A) Dumbbell Walking Lunges	10 each leg		10 each leg		10 each leg		10 each leg	
3B) Pressups	10		10		10		10	
4A) Get Ups	10		10		10		10	
4B Knee to Opposite Elbow	10 each leg		10 each leg		10 each leg		10 each leg	

<b>Strength 1 - Week 5 <i>Please note changes in exercises</i></b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6			
<a href="#">1B) Single Arm Dumbbell Overhead Strict Press</a>	6 each arm		6 each arm		6 each arm			
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm			
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm			
<a href="#">3A) Single Arm Dumbbell Walking Lunges</a>	10 each leg/arm		10 each leg/arm		10 each leg/arm			
3B) Pressups	12		12		12			
4A) Get Ups	15		15		15			
4B Knee to Opposite Elbow	10 each leg/arm		10 each leg/arm		10 each leg/arm			

<b>Strength 1 - Week 6</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6			
1B) Single Arm Dumbbell Overhead Strict Press	6 each arm		6 each arm		6 each arm			
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm			
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm			
3A) Single Arm Dumbbell Walking Lunges	10 each leg/arm		10 each leg/arm		10 each leg/arm			
3B) Pressups	12		12		12			
4A) Get Ups	15		15		15			
4B Knee to Opposite Elbow	10 each leg/arm		10 each leg/arm		10 each leg/arm			

<b>Strength 1 - Week 7</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6		6	
1B) Single Arm Dumbbell Overhead Strict Press	6 each arm		6 each arm		6 each arm		6 each arm	
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm		10m each arm	
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm		8 each arm	
3A) Single Arm Dumbbell Walking Lunges	10 each leg/arm		10 each leg/arm		10 each leg/arm			
3B) Pressups	12		12		12			
4A) Get Ups	15		15		15			
4B) Knee to Opposite Elbow	10 each leg/arm		10 each leg/arm		10 each leg/arm			

<b>Strength 1 - Week 8</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
1A) Deadlift	6		6		6		6	
1B) Single Arm Dumbbell Overhead Strict Press	6 each arm		6 each arm		6 each arm		6 each arm	
2A) Dumbbell Overhead Walk	10m each arm		10m each arm		10m each arm		10m each arm	
2B) Dumbbell Row	8 each arm		8 each arm		8 each arm		8 each arm	
3A) Single Arm Dumbbell Walking Lunges	10 each leg/arm		10 each leg/arm		10 each leg/arm		10 each leg/arm	
3B) Pressups	12		12		12		12	
4A) Get Ups	15		15		15		15	
4B) Knee to Opposite Elbow	10 each leg/arm		10 each leg/arm		10 each leg/arm		10 each leg/arm	







## Norfolk Fire & Rescue Recruit Training Programme - Conditioning Session 1

### Week 1

5-10min warmup

1 mile run (aim to complete in under 10mins)

Record the time it takes to complete

Time =

### Week 2

5-10min warmup

Over a distance of 1.5 miles complete the following...

30s fast run (go at a pace where you could maintain this speed for approx 1min)

1min walk/slow jog

Continue this until you have covered 1.5 miles

Record the time it takes to complete

Time =

### Week 3

5-10min warmup

Over a distance of 1.5 miles complete the following...

40s fast run (same running pace as previous week)

40s jog (1 mile run pace)

40s walk

Continue this until you have covered 1.5 miles

Record the time it takes to complete

Time =

### Week 4

5-10min warmup

1 mile run (aim to complete in a quicker time than on week 1)

Record the time it takes to complete

Time =

**Week 5**

5-10min warmup

Set up a 20m shuttle using a tape measure and two cones

Run out 20m and back setting off every 20 seconds x10 = 3min20s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

**\*Aim to complete the 10 out and backs in each set but if this proves too difficult reduce the set to a manageable number e.g. run 20m and back every 15s x8**

**Week 6**

5-10min warmup

Set up a 20m shuttle using a tape measure and two cones

Run out 20m and back setting off every 20 seconds x10 = 3min20s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 12 seconds x5 = 1min

**\*Aim to complete the 10 out and backs in each set but if this proves too difficult reduce the set to a manageable number e.g. run 20m and back every 15s x8**

**Week 7**

5-10min warmup

Set up a 20m shuttle using a tape measure and two cones

Run out 20m and back setting off every 20 seconds x10 = 3min20s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 12 seconds x5 = 1min

1min rest

Run out 20m and back setting off every 12 seconds x5 = 1min

**\*Aim to complete the 10 out and backs in each set but if this proves too difficult reduce the set to a manageable number e.g. run 20m and back every 15s x8**

**Week 8**

5-10min warmup

Set up a 20m shuttle using a tape measure and two cones

Run out 20m and back setting off every 20 seconds x10 = 3min20s

1min rest

Run out 20m and back setting off every 15 seconds x10 = 2min30s

1min rest

Run out 20m and back setting off every 12 seconds x8 = 1min36s

1min rest

Run out 20m and back setting off every 12 seconds x8 = 1min36

**\*Aim to complete the 10 out and backs in each set but if this proves too difficult reduce the set to a manageable number e.g. run 20m and back every 15s x8**



## Norfolk Fire & Rescue Recruit Training Programme - Conditioning Session 2

### Week 1

5-10min warmup

Circuit - 40sec effort 20sec rest... [VIDEO DEMONSTRATION](#)

1) 30kg (2x15kg dumbbells) farmers walk (10m shuttles)

2) Inchworms

3) Shuttle run (10m shuttles)

4) 10kg Plate ground to overhead

5) 20kg Plate carry (10m shuttles)

Repeat circuit x3 = 15mins

**\*complete as many repetitions as you can on each station and write down the number of completed reps after each effort (during the 20s rest)**

### Week 2

5-10min warmup

Complete the following... [VIDEO DEMONSTRATION](#)

80 metre (8x10m shuttles) 30kg (2x15kg dumbbells) farmers walk

80 metre (8x10m shuttles) shuttle run

15 inchworms

80 metre (8x10m shuttles) shuttle run

15 10kg plate ground to overhead

80 metre (8x10m shuttles) shuttle run

80 metre (8x10m shuttles) 20kg plate carry

80 metre (8x10m shuttles) shuttle run

Time taken to complete =

### Week 3

5-10min warmup

Circuit - Round 1 & 2 = 40sec effort 20sec rest, Round 3 = 45s effort, 15sec rest...

1) 30kg (2x15kg dumbbells) farmers walk (10m shuttles)

2) Inchworms

3) Shuttle run (10m shuttles)

4) Plate ground to overhead

5) 20kg Plate carry (10m shuttles)

Repeat circuit x3 = 15mins

**\*complete as many repetitions as you can on each station and write down the number of completed reps after each effort (during the 20s rest)**

### Week 4

5-10min warmup

Complete the following...

80 metre (8x10m shuttles) 30kg (2x15kg dumbbells) farmers walk

80 metre (8x10m shuttles) shuttle run

15 inchworms

80 metre (8x10m shuttles) shuttle run

15 10kg plate ground to overhead

80 metre (8x10m shuttles) shuttle run

80 metre (8x10m shuttles) 20kg plate carry

80 metre (8x10m shuttles) shuttle run

Time taken to complete =

**Week 5**

5-10min warmup

Circuit - Round 1 = 40sec effort 20sec rest, Round 2 & 3 = 45sec effort, 15sec rest...

1) 30kg (2x15kg dumbbells) farmers walk (10m shuttles)

2) Inchworms

3) Shuttle run (10m shuttles)

4) Plate ground to overhead

5) 20kg Plate carry (10m shuttles)

Repeat circuit x3 = 15mins

**\*complete as many repetitions as you can on each station and write down the number of completed reps after each effort (during the 20s rest)**

**Week 6**

5-10min warmup

Complete the following...

80 metre (8x10m shuttles) 30kg (2x15kg dumbbells) farmers walk

80 metre (8x10m shuttles) shuttle run

15 inchworms

80 metre (8x10m shuttles) shuttle run

15 10kg plate ground to overhead

80 metre (8x10m shuttles) shuttle run

80 metre (8x10m shuttles) 20kg plate carry

80 metre (8x10m shuttles) shuttle run

Time taken to complete =

**Week 7**

5-10min warmup

Circuit - Round 1 = 40sec effort 20sec rest, Round 2 & 3 = 45sec effort, 15sec rest...

1) 30kg (2x15kg dumbbells) farmers walk (10m shuttles)

2) Inchworms

3) Shuttle run (10m shuttles)

4) Plate ground to overhead

5) 20kg Plate carry (10m shuttles)

Repeat circuit x3 = 15mins

**\*complete as many repetitions as you can on each station and write down the number of completed reps after each effort (during the 20s rest)**

**Week 8**

5-10min warmup

Complete the following...

80 metre (8x10m shuttles) 30kg (2x15kg dumbbells) farmers walk

80 metre (8x10m shuttles) shuttle run

15 inchworms

80 metre (8x10m shuttles) shuttle run

15 10kg plate ground to overhead

80 metre (8x10m shuttles) shuttle run

80 metre (8x10m shuttles) 20kg plate carry

80 metre (8x10m shuttles) shuttle run

Time taken to complete =