



Firefighter Fitness Programme: Month Two



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 2 - Overview

Welcome back to month two of your fitness programme. This next plan has been designed to progress you on from month one, add some more intensity and variation, taking you one step closer to your selection tests.

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 two 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
- Selection of weights, these can be as simple as some bottled water. In the videos we have some
- 1.5 litre 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 it's 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 you can decide when works for you to workout around your everyday routine. Hopefully by now you have some structure to your training and can accommodate these new workouts in easily. The workouts still all come in between 15-30 minutes, so you don't have to change your previous routine.

Remember that exercising in the morning has the advantage that no matter what the day throws at you, you know you have worked out for the day! It also helps increase alertness, and helps cognitive functioning, which is like memory, attention span, decision making and brain function.... let's face it we could all do with a little help with that couldn't we!

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 5	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 6	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 7	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST
Week 8	Home Workout	Park Workout	REST	Home Workout	Core	Park Workout	REST

Home 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!



Home workout video link:
[Home Workout Month 2 \(vimeo.com\)](https://vimeo.com/144144144)

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.

Exercise Name	Time/REPs	Week 5	Week 6	Week 7	Week 8	Notes
		Weights/ REPS	Weights/ REPS	Weights/ REPS	Weights/ REPS	
Farmers walks – weighted	1 minute/ 20 sec rest					Grip for carrying equipment
Burpees with rucksack press	1 minute/ 20 sec rest					CV fitness and shoulder strength
Farmers walks – weighted	1 minute/ 20 sec rest					Grip for carrying equipment
Chest weighted lunges	1 minute/ 20 sec rest					Strength
Repeat Above 4 Exercises						
Bent over row to overhead press	20 reps	Superset x 3, 30 sec rest after				Grip & upper body strength
Press-ups	20 reps					Upper body overload
Rucksack weighted squats	20 reps	Superset x 3, 30 sec rest after				Simulating wearing a BA set
Jumping squats (no rucksack)	20 reps					Lower body muscle overload
Mountain climbers	20 reps (x 10 each leg)	Superset x 3, 30 sec rest after				Simulating movement for managing hose
Oblique squat thrusts	20 reps (x 5 each side)					Full body & abdominal overload

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!



Park workout video link:

[Park Workout Month 2 \(vimeo.com\)](https://vimeo.com/348444444)

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.

		Week 5	Week 6	Week 7	Week 8	
Exercise Name	Time/REPs	Weights	Weights	Weights	Weights	Notes
Rucksack drag & shuttle	1 min/ 15 sec rest x 3 rounds					Replicating hose reel management
30 seconds rest						
Rucksack shuttles (Wearing rucksack)	1 min/ 15 sec rest x 3 rounds					Replicating carrying BA set and CV fitness
30 seconds rest & 30 seconds set up						
Travelling lunges with overhead hold	1 min/ 15 sec rest x 3 rounds					Full body strength
30 seconds rest						
Seated rucksack rope extension/lower	1 min/ 15 sec rest x 3 rounds					Replicating extending & lowering ladder
Repeat Above 4 Exercises						

As with the previous month, we want to continue to have these dead hangs in the programme, however this month we are going to wear gloves! Your hang time will probably decrease initially, as with no grip and less dexterity, it will be harder to hang. This is what we want though, it will overload the muscles around your hands/forearms. As the month goes on and you do these as often as possible, you will notice a change to the time you can hang for.

		Week 5	Week 6	Week 7	Week 8
Exercise Name	Time/REPs	Time	Time	Time	Time
Dead hangs	Failure				
Dead hangs	Failure				
Dead hangs	Failure				

Core 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!



Core workout video link:
[Core Workout Month 2 \(vimeo.com\)](https://vimeo.com/311111111)

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.

		Week 5	Week 6	Week 7	Week 8	
Exercise Name	Time/REPs	Variation	Variation	Variation	Variation	Notes
Raise & lower plank	20 sec work/ 10 sec rest					
Floor to sky jumps	20 sec work/ 10 sec rest					
Crab walk	20 sec work/ 10 sec rest					
Mountain climbers	20 sec work/ 10 sec rest					
Repeat above exercises						
REST	2 minutes					
Crunches	6 reps/ 2 minutes					
Reverse sit-ups						
Russian twists						
Back extensions						

Next Month...

Following on from this programme, next month's will once again progress these exercises on and add in new exercises/variations to some of the ones we have been doing previously. This time though, grab out your wellies, or some walking boots, we are going to change up your footwear to mimic our fire-kit boots, and we will continue to use the gloves! Do 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!



© 2024 Hereford & Worcester Fire and Rescue Service
Service Headquarters, Hindlip Park, Worcester WR3 8SP
0345 122 4454 | info@hwfire.org.uk | www.hwfire.org.uk