

# Cobb Fire Pre-Hire Fitness Program

## Cobb Fire Pre-Hire Fitness Program

Firefighting is a physically demanding profession. Firefighters must be able to perform strenuous physical activities for extended durations in austere environments. In the fire service, our number one priority is to protect or remove endangered occupants and treat the injured. This information is provided to assist candidates in gauging the effectiveness of their pre-academy fitness level. The following is a seven-week program with benchmark measurements for recruits to identify their current fitness level before arriving at the academy. Recruits whose fitness is above average tend to have a greater likelihood of success and are less prone to injury.

### ***Vision Statement***

To be a professional organization leading the way in setting a standard of excellence.

### **Purpose/Intent**

Give potential recruits a framework to improve their physical fitness before they arrive at the fire academy. This will enhance their performance and reduce the chances of injuries while performing required tasks.

The following are proven benefits of strength training for firefighters:

- Increased flexibility of the body
- Stability of the joints
- Improved cardiovascular function
- Increased coordination
- Improved balance
- Increased strength of the muscles

For those who desire to become firefighters, maintaining a high level of functional physical fitness is a critical necessity.

## **DISCLAIMER TO ALL TRAINING GUIDE**

### **USER:**

**Cobb County and its elected officials, officers, agents, servants, and employees hereby deny, and therefore disclaim, any and all responsibility or liability to any person or party for any injury, damage, loss, and/or death resulting in any way from the use of this training guide or any information contained in this training guide.**

### **NOTE:**

**It is recommended that individuals consult with their personal physician prior to beginning a physical fitness program. It is important that each recruit set realistic goals and adjust the program if needed.**

## **Program Overview**

This 7-Week, 5 day/week training plan is sport-specifically designed to meet the fitness demands of the fire academy. The programming is progressive - it increases in intensity, volume, and difficulty as you work through it. This training plan is designed to be completed over 7 weeks prior to reporting to the academy. Week 7 is an unload/taper week which will allow you to report to the academy fit and rested. Each workout begins with a warmup followed by a workout focused on either strength, work capacity or endurance. Followed by a cool down session set to prepare you for the following day.

### **Candidate Physical Assessment Test:**

Candidates will conduct a physical assessment test on the first day of arrival to the academy. The test is the following four events.

Event 1: Max Push-ups in two minutes.

Rest 3 minutes

Event 2: Max Sit-ups in two minutes.

Rest 3 minutes

Event 3: Max Pull ups in a single attempt.

Rest 5 minutes

Event 4: 1.5 mile run.

### **Recommend Equipment**

This is a limited equipment training plan. The following equipment is recommended but you can do the majority without it:

- Stopwatch with repeating countdown interval timer (smartphone will work)
- Sandbag (60 lb sandbag for men, 40 lb sandbag for women)
- 20-30 Weight Vest (MSA G1 Harness weights 15.5 pounds Carbon-wrapped cylinder pounds).
- Pair of Dumbbells 25lb - 15lb
- 15-18" bench or box for step ups
- Foam Roller

## **Week One**

### **MONDAY**

#### **SESSION 1**

**Obj: Physical Fitness Test #1**

#### **Warm-up:**

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### **Training:**

(1) Max reps Pull-ups in 2min

\*\* Rest 3 Minutes

(2) Max reps Push Ups in 2min.

\*\* Rest 3 Minutes

(3) Max reps Sit-ups in 2min.

\*\* Rest 5 Minutes

(4) Run 1.5 miles for time.

## **RECORD RESULTS**

### **TUESDAY**

#### **SESSION 2**

**Obj: Strength, Fire Ground Endurance**

#### **Warm-up:**

3 Rounds

8x [Push-ups](#)

8x [walking lunges](#)

8x [Sit-ups](#)  
[Instep Stretch](#)  
[Lat + Pec Stretch](#)

**Training:**

- 1) 5 Rounds
  - [Lung complex](#) x3 @ 15-25lb
  - [Renegade Rows](#) x4 @ 15/25lb
  - [Hip Flexor stretch](#) for 60 seconds

2) 30 Minute Grind ...

30ft Sand Bag drag all four @ 40/60lb

<https://youtu.be/5eH79aqI0C0?si=AW94CS5viGMks4Ei>

5x [Sandbag Getup](#) and Run 40 ft @ 40/60lb(perform a sandbag get up then run 40ft that is one rep).

5x [Sandbag Clean & Press](#) @ 40/60lb

20x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

**WEDNESDAY**

**SESSION 3**

**Obj: Work Capacity, Chassis Integrity**

**Warm Up:**

3 Rounds

5x [Walking Lunges](#)

5x [Burpees](#)

10x Sit-ups

4x [40-Foot Shuttles](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

(1) 6 Rounds for Time

3x [Sandbag Getups](#) @ 40/6lb

6x [Burpees](#)

Alternate Shoulders each round for the Sandbag Getups

## **Record Finish Time**

(2) 6 Rounds

[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go," Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 10 Minute Grind ...

15 second hold in each position [Standing Founder](#)

5x [Standing Slasher](#) @ 15/25lb dumbbell

15/15 [Kneeling Founder](#)

10x [Sandbag Good Morning](#) @ 40/60lb

(4) 2 Rounds

[Pigeon Stretch](#)

[Lat + Pec Stretch](#)

Foam Roll Low Back

## **THURSDAY**

### **SESSION 4**

**Obj: Endurance**

#### **Training:**

(1) 20 minute Step Ups for Reps @ 25lb backpack or weight vest, 15-18" Box

## **RECORD YOUR SCORE**

(2) Run 3 Miles, Moderate Pace (Moderate = comfortable but not easy)

## FRIDAY

### SESSION 5

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

3x [Lung Complex](#) @ 15/25lb

3x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 30 Minute Grind ...

3x [Sandbag Side to Side Push Press](#)

3x [Sandbag Clean + Run](#) @ 40/60lb

12x [Dumbbell Crawl](#) @ 15/25lb

200m Run

3) Foam Roll Legs/Low Back

## Week 2

### MONDAY

#### SESSION 6

**Obj: Pull Ups, Push Ups, Sit Ups, Running Intervals**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) 6 Rounds, every 75 sec.

[Pull-ups](#) 30% of your Max Reps

Scored on SESSION 1 PFT

(2) 6 Rounds, every 75 sec.

[Push-ups](#) 30% of your Max Reps

Scored on SESSION 1 PFT

(3) 6 Rounds, every 75 sec.

[Sit-ups](#) 30% of your Max Reps Scored

on SESSION 1 PFT

*(Example: If you completed 50 Push Ups on your SESSION 1 PFT, you will use that score to find your reps per round.*

*50 x .3 = 15 push ups per round. After completing 15 push-ups, use the remaining time as your rest)*

(4) 2 Rounds

800m Run @ "Interval Pace" using the

MTI Running Calculator and your SESSION 1 1.5-mile run assessment time

Rest 3 min between efforts

## TUESDAY

### SESSION 7

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

3x [Lung Complex](#) @ 15/25lb

3x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 30 Minute Grind ...

6x [40-Foot Shuttles](#) with Sandbag @ 40/60lb

6x [Sandbag Getup](#) @ 40/60lb

4x [Keg Lift](#) @ 40/60lb

20x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

## WEDNESDAY

### SESSION 8

**Obj: Work Capacity, Chassis Integrity**

#### Warm Up:

3 Rounds

5x [Walking Lunges](#)

5x [Burpees](#)

10x [Sit-ups](#)

4x [40-Foot Shuttles](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

### **Training:**

(1) 6 Rounds for Time

6x [Turkish Getups](#) @ 15/25lb

6x [Burpees](#)

6x [Alt DB Thrusters](#) = 3x each arm.

### **Record Finish Time**

(2) 6 Rounds

[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go," Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 10 Minute Grind ...

15/15 [Low Back Lunge](#)

6x [Dumbbell Crawl](#) 15/25lb

15/15 [Standing Founder](#)

15x [Facedown Back Extensions](#)

(4) 2 Rounds

[Pigeon Stretch](#)

[Lat + Pec Stretch](#)

Foam Roll Low Back

## **THURSDAY**

### **SESSION 9**

**Obj: Endurance**

### **Training:**

(1) 15 Rounds, Every 90 Seconds

Interval Pace [Step Ups](#) Reps @ 25lb based on SESSION 4 Step Up Assessment Total.

### **How to get your Interval Pace:**

Assessment Step Up Total Divided by 20 = Step Up Per Minute Pace. This multiplied by 1.2 round up.

**Example:**

Assessment Step Ups - 450.

$$450/20 = 22.5$$

$$22.5 \times 1.2 = 27$$

In this example you would do each round, you would sprint to 27 step ups. The faster you finish, the more rest you get before the next round starts.

(2) Run 3 Miles, Moderate Pace (Moderate = Comfortable but not easy)

**FRIDAY****SESSION 10**

**Obj: Strength, Fire Ground Endurance**

**Warm-up:**

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

1) 5 Rounds

4x [LungComplex](#) @ 15/25lb

4x [Renegade Row](#) @ 15/2lb

[Hip Flexor Stretch](#) for 60 seconds

2) 30 Minute Grind...

[Sandbag Pickup and Carry](#) @ 40/60lb

6x [Sandbag Toss and Chase](#) @ 40/60lb

6x [40-Foot Shuttles](#) holding dumbbells @ 15/25lb

20x Step Ups @ 15-18" Box

3) Foam Roll Legs/Low Back

## Week 3

### MONDAY

#### SESSION 11

**Obj: Pull Ups, Push Ups, Sit Ups, Running Intervals**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x Walking Lunges

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) 6 Rounds, every 75 sec.

[Pull-ups](#) 35% of your Max Reps

Scored on SESSION 1 PFT

(2) 6 Rounds, every 75 sec.

[Push-ups](#) 35% of your Max Reps

Scored on SESSION 1 PFT

(3) 6 Rounds, every 75 sec.

[Sit-ups](#) 35% of your Max Reps Scored

on SESSION 1 PFT

*(Example: If you completed 50 Push Ups on your SESSION 1 PFT, you will use that score to find your reps per round.*

*50 x .35 = 15 push ups per round. After completing 15 push ups, use the remaining time as your rest)*

(5) 3 Rounds

800m Run @ "Interval Pace" using the

MTI Running Calculator and your SESSION 1 1.5-mile run assessment time

Rest 3 min between efforts

[→ Running Calculator](#)

## TUESDAY

### SESSION 12

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

4x [Lung Complex](#) @ 15/25lb

4x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 40 Minute Grind wearing 25 lb Weight Vest...

[Sandbag All Fours Drag](#) @ 40/60lb

5x [Sandbag Getup and Run](#) @ 40/60lb

5x [Sandbag Clean & Press](#) @ 40/60lb

30x [Step Ups](#) @ 18" Box

3) Foam Roll Legs/Low Back

## WEDNESDAY

### SESSION 13

**Obj: Work Capacity, Chassis Integrity**

#### Warm Up:

3 Rounds

5x [Walking Lunges](#)

5x [Burpees](#)

10x [Sit-ups](#)

4x [40-Foot Shuttles](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

### **Training:**

(1) 6 Rounds for Time  
3x [Sandbag Getups](#) @ 40/60lb  
6x [Burpees](#)

Alternate Shoulders each round for the Sandbag Getups

### **Record Finish Time & Compare to SESSION 3**

(2) 8 Rounds  
[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go" Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 12 Minute Grind ...  
15/15 [Standing Founder](#)  
5x [Standing Slasher](#) @ 15/25 lb dumbbell  
15/15 [Kneeling Founder](#)  
10x [Sandbag Good Morning](#) @ 40/60lb

(4) 2 Rounds  
[Pigeon Stretch](#)  
[Lat + Pec Stretch](#)  
Foam Roll Low Back

## **THURSDAY**

### **SESSION 14**

**Obj: Endurance**

### **Training:**

(1) 15 Rounds, Every 90 Seconds  
Interval Pace [Step Ups](#) Reps @ 25lb based on SESSION 4 Step Up Assessment Total.

### **How to get your Interval Pace:**

Assessment Step Up Total Divided by 20 = Step Up Per Minute Pace. This multiplied by 1.2 round up.

**Example:**

Assessment Step Ups - 450.

$$450/20 = 22.5$$

$$22.5 \times 1.2 = 27$$

So, you would do each round, you would sprint to 27 step ups. Faster you finish, the more rest you get before the next round starts.

(2) Run 4 Miles, Moderate Pace

Moderate = Comfortable but not easy

**FRIDAY****SESSION 15****Obj: Strength, Fire Ground Endurance****Warm-up:**

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

1) 5 Rounds

4x [Lung Complex](#) @ 15/25lb

4x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 40 Minute Grind wearing 25lb weight vest...

3x [Sandbag Side to Side Push Press](#)

3x [Sandbag Clean + Run](#) @ 40/60lb

12x [Dumbbell Crawl](#) @ 15/25lb

200m Run

3) Foam Roll Legs/Low Back

## WEEK 4

### MONDAY

#### SESSION 16

Obj: Physical Fitness Test #2

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) Max reps [Pull-ups](#).

\*\* Rest 3 Minutes

(2) Max reps [Push-ups](#) in 60 sec.

\*\* Rest 3 Minutes

(3) Max reps [Sit-ups](#) in 60 sec.

\*\* Rest 3 Minutes

(4) Run 1.5 miles for time.

### RECORD RESULTS AND COMPARE TO SESSION 1 (PFT #1)

### TUESDAY

#### SESSION 17

Obj: Strength, Fire Ground Endurance

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)  
[Instep Stretch](#)  
[Lat + Pec Stretch](#)

**Training:**

1) 5 Rounds  
5x [Lung Complex](#) @ 15/25lb  
5x [Renegade Rows](#) @ 15/25lb  
[Hip Flexor Stretch](#) for 60 seconds

2) 40 Minute Grind wearing 25lb Weight Vest...  
6x [40-Foot Shuttles](#) with Sandbag @ 40/60lb  
6x [Sandbag Getup](#) @ 40/60lb  
4x [Keg Lift](#) @ 40/60lb  
30x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

**WEDNESDAY**

**SESSION 18**

**Obj: Work Capacity, Chassis Integrity**

**Warm Up:**

3 Rounds  
5x [Walking Lunges](#)  
5x [Burpees](#)  
10x [Sit-ups](#)  
4x [40-Foot Shuttles](#)  
[Instep Stretch](#)  
[Lat + Pec Stretch](#)

**Training:**

(1) 6 Rounds for Time  
6x [Turkish Getups](#) @ 15/25lb  
6x [Burpees](#)  
6x [Alt DB Thrusters](#) (6 each arm).

**Record Finish Time and Compare to SESSION 8**

(2) 8 Rounds

[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go" Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 12 Minute Grind ...

15/15 [Low Back Lunge](#)

6x [Dumbbell Crawl](#) 15/25lb

15/15 [Standing Founder](#)

15x [Facedown Back Extensions](#)

(4) 2 Rounds

[Pigeon Stretch](#)

[Lat + Pec Stretch](#)

Foam Roll Low Back

**THURSDAY**

**SESSION 19**

**Obj: Endurance**

**Training:**

(1) 20 minute [Step Ups](#) for Reps @ 25lb, 15-18" Box

**RECORD YOUR SCORE & COMPARE TO SESSION 4**

(2) Run 4 Miles, Moderate Pace (Moderate = comfortable but not easy)

## FRIDAY

### SESSION 20

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

5x [Lung Complex](#) @ 15/25lb

5x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 40 Minute Grind wearing 25lb Weight Vest...

[Sandbag Pickup and Carry](#) @ 40/60lb

6x [Sandbag Toss and Chase](#) @ 40/60lb

6x [40-Foot Shuttles](#) holding dumbbells @ 15/25lb

30x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

## WEEK 5

### MONDAY

#### SESSION 21

**Obj: Pull Ups, Push Ups, Sit Ups, Running Intervals**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) 6 Rounds, every 75 sec.

[Pull-ups](#) 30% of your Max Reps

Scored on PFT #2

(2) 6 Rounds, every 75 sec.

[Push-ups](#) 30% of your Max Reps

Scored on PFT #2

(3) 6 Rounds, every 75 sec.

[Sit-ups](#) 30% of your Max Reps Scored

on PFT #2

*(Example: If you completed 50 Push Ups on your SESSION 16 PFT #2, you will use that score to find your reps per round.*

*50 x .3 = 15 push ups per round. After completing 15 push ups, use the remaining time as your rest)*

(5) 2 Rounds

800m Run @ "Interval Pace" using the MTI Running Calculator and your PFT #2 1.5-mile run assessment time

Rest 3 min between efforts

[→ Running Calculator](#)

## TUESDAY

### SESSION 22

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

5x [Lung Complex](#) @ 15/25lb

5x [Renegade Rows](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 50 Minute Grind wearing 25lb Weight Vest...

[Sandbag All Fours Drag](#) @ 40/60lb

5x [Sandbag Getup and Run](#) @ 40/60lb

5x [Sandbag Clean & Press](#) @ 40/60lb

40x [Step Ups](#) @ 18" Box

3) Foam Roll Legs/Low Back

## WEDNESDAY

### SESSION 23

**Obj: Work Capacity, Chassis Integrity**

#### Warm Up:

3 Rounds

5x [Walking Lunges](#)

5x [Burpees](#)

10x [Sit-ups](#)

4x [40-Foot Shuttles](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

(1) 6 Rounds for Time  
3x [Sandbag Getups](#) @ 40/60lb  
6x [Burpees](#)

Alternate Shoulders each round for the Sandbag Getups

**Record Finish Time & Compare to SESSION 3 & 13**

(2) 10 Rounds  
[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go" Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 15 Minute Grind ...  
15/15 [Standing Founder](#)  
5x [Standing Slasher](#) @ 15/25lb dumbbell  
15/15 [Kneeling Founder](#)  
10x [Sandbag Good Morning](#) @ 40/60lb

(4) 2 Rounds  
[Pigeon Stretch](#)  
[Lat + Pec Stretch](#)  
Foam Roll Low Back

**THURSDAY  
SESSION 24  
Obj: Endurance****Training:**

(1) 15 Rounds, Every 90 Seconds  
Interval Pace [Step Ups](#) Reps @ 25lb based on SESSION 19 Step Up Assessment Total.

**How to get your Interval Pace:**

Assessment Step Up Total Divided by 20 = Step Up Per Minute Pace. This multiplied by 1.2 rounds up.

**Example:**

Assessment Step Ups - 450.

$450/20 = 22.5$

$22.5 \times 1.2 = 27$

So, you would do each round, you would sprint to 27 step ups. Faster you finish, the more rest you get before the next round starts.

(2) Run 5 Miles, Moderate Pace (Moderate = Comfortable but not easy)

**FRIDAY**

**SESSION 25**

**Obj: Strength, Fire Ground Endurance**

**Warm-up:**

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

1) 5 Rounds

6x [Lung Complex](#) @ 15/25lb

6x [Renegade Row](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 50 Minute Grind wearing 25lb weight vest...

3x [Sandbag Side to Side Push Press](#)

3x [Sandbag Clean + Run](#) @ 40/60lb

12x [Dumbbell Crawl](#) @ 15/25lb

200m Run

3) Foam Roll Legs/Low Back

## Week 6

### MONDAY

#### SESSION 26

Obj: Pull Ups, Push Ups, Sit Ups, Running Intervals

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) 6 Rounds, every 75 sec.

[Pull-ups](#) 35% of your Max Reps

Scored on PFT #2

(2) 6 Rounds, every 75 sec.

[Push-ups](#) 35% of your Max Reps

Scored on PFT #2

(3) 6 Rounds, every 75 sec.

[Sit-ups](#) 35% of your Max Reps Scored

on PFT #2

*(Example: If you completed 50 Push Ups on your SESSION 16 PFT #2, you will use that score to find your reps per round.*

*50 x .3 = 15 push ups per round. After completing 15 push ups, use the remaining time as your rest)*

(4) 3 Rounds

800m Run @ "Interval Pace" using the

MTI Running Calculator and your PFT #2 1.5-mile run assessment time

Rest 3 min between efforts

[→ Running Calculator](#)

## TUESDAY

### SESSION 27

**Obj: Strength, Fire Ground Endurance**

#### Warm-up:

3 Rounds

8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

#### Training:

1) 5 Rounds

6x [Lung Complex](#) @ 15/25lb

6x [Renegade Row](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 50 Minute Grind wearing 25lb Weight Vest...

6x [40-Foot Shuttles](#) with Sandbag @ 40/60lb

6x [Sandbag Getup](#) @ 40/60lb

4x [Keg Lift](#) @ 40/60lb

40x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

## WEDNESDAY

### SESSION 28

**Obj: Work Capacity, Chassis Integrity**

#### Warm Up:

3 Rounds

5x [Walking Lunges](#)

5x [Burpees](#)

10x [Sit-ups](#)

4x [40-Foot Shuttles](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

(1) 6 Rounds for Time  
6x [Turkish Getups](#) @ 15/25lb  
6x [Burpees](#)

6x [Alt DB Thrusters](#) = 3x each arm.

**Record Finish Time and Compare to SESSION 8 & 18**

(2) 10 Rounds  
[150m Shuttle Sprint](#) every 1:15

150m Shuttle = set two cones 25m apart. Set a repeating countdown timer for 1 min 15 sec. On "Go" Sprint back and forth between the cones for 6x lengths or 3x round trips. Touch the line at each turn. The faster you finish, the more rest you get before the next round begins.

(3) 15 Minute Grind ...  
15/15 [Low Back Lunge](#)  
6x [Dumbbell Crawl](#) 15/25lb  
15/15 [Standing Founder](#)  
15x [Facedown Back Extensions](#)

(4) 2 Rounds  
[Pigeon Stretch](#)  
[Lat + Pec Stretch](#)  
Foam Roll Low Back

**THURSDAY  
SESSION 29  
Obj: Endurance****Training:**

(1) 15 Rounds, Every 90 Seconds  
Interval Pace [Step Ups](#) Reps @ 25lb based on SESSION 19 Step Up Assessment Total.

**How to get your Interval Pace:**

Assessment Step Up Total Divided by 20 = Step Up Per Minute Pace. This multiplied by 1.2 rounds up.

**Example:**

Assessment Step Ups - 450.

$$450/20 = 22.5$$

$$22.5 \times 1.2 = 27$$

So, you would do each round, you would sprint to 27 step ups. Faster you finish, the more rest you get before the next round starts.

(2) Run 5 Miles, Moderate Pace

Moderate = Comfortable but not easy

**FRIDAY****SESSION 30**

**Obj: Strength, Fire Ground Endurance**

**Warm-up:**

3 Rounds

8x [Push-ups](#)

8x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)

[Lat + Pec Stretch](#)

**Training:**

1) 5 Rounds

6x [Lung Complex](#) @ 15/25lb

6x [Renegade Row](#) @ 15/25lb

[Hip Flexor Stretch](#) for 60 seconds

2) 40 Minute Grind wearing 25lb Weight Vest...

[Sandbag Pickup and Carry](#) @ 40/60lb

6x [Sandbag Toss and Chase](#) @ 40/60lb

6x [40-Foot Shuttles](#) holding dumbbells @ 15/25lb

40x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

## Week 7

### MONDAY

#### SESSION 31

Obj: Physical Fitness Test #3

#### Warm-up:

3 Rounds

8x Push-ups

8x [Walking Lunges](#)

8x [Sit-ups](#)

100m Run

[Instep Stretch](#)

#### Training:

(1) Max reps [Pull-ups](#).

\*\* Rest 3 Minutes

(2) Max reps [Push-ups](#) in 60 sec.

\*\* Rest 3 Minutes

(3) Max reps [Sit-ups](#) in 60 sec.

\*\* Rest 5 Minutes

(4) Run 1.5 miles for time.

**RECORD RESULTS AND COMPARE TO SESSION 1 & 16 (PFT #1 & #2)**

### TUESDAY

#### SESSION 32

Obj: Strength, Fire Ground Endurance - Unload

#### Warm-up:

3 Rounds

4/8x [Push-ups](#)

4x [Walking Lunges](#)

8x [Sit-ups](#)

[Instep Stretch](#)  
[Lat + Pec Stretch](#)

**Training:**

1) 3 Rounds  
3x [Lung Complex](#) @ 15/25lb  
3x [Renegade Rows](#) @ 15/25lb  
[Hip Flexor Stretch](#) for 60 seconds

2) 30 Minute Grind ...  
6x [40-Foot Shuttles](#) with Sandbag @ 40/60lb  
6x [Sandbag Getup](#) @ 40/60lb  
4x [Keg Lift](#) @ 40/60lb  
20x [Step Ups](#) @ 15-18" Box

3) Foam Roll Legs/Low Back

**WEDNESDAY**

**SESSION 33**

**Obj: Endurance**

**Training:**

1) 20 minute [Step Ups](#) for Reps @ 25lb, 15-18" Box

**RECORD YOUR SCORE & COMPARE TO SESSION 4 & 19**

2) Run 2 Miles, Moderate Pace (Moderate = comfortable but not easy)

**THURSDAY**

**SESSION 34**

**Obj: Fire Ground Endurance - Unload**

**Training:**

1. 30 Minute Grind ...  
3x [Sandbag Side to Side Push Press](#)  
3x [Sandbag Clean + Run](#) @ 40/60lb  
12x [Dumbbell Crawl](#) @ 15/25lb  
200m Run

2) Foam Roll Legs/Low Back

**FRIDAY**  
**SESSION 35**  
**Total Rest**

Before the first academy test, recruits should record their scores for personal reference. This workout log is optional and doesn't need to be submitted. However, if you need assistance with physical preparation or want to help us evaluate the training plan, feel free to turn it in to academy staff. The Cobb County Fire Department isn't responsible for your physical preparation before Fire Academy training.

**Self Test Results**

**Week 1 Test 1 Date:**

Event 1-

Event 2-

Event 3-

Event 4-

**Week 4 Test 2 Date:**

Event 1-

Event 2-

Event 3-

Event 4-

**Week 7 Test 3 Date:**

Event 1-

Event 2-

Event 3-

Event 4-