

TRAINING TO PREPARE FOR FIREFIGHTER SELECTION AND RECRUIT TRAINING

At selection and throughout your training as a fire fighter you will take a treadmill based fitness test or a 20m bleep test to level 8.8, some strength tests and a fire ground simulation test.

The following sessions and accompanying video will help you assess and improve your current ability to pass those tests. If you can pass these tests easily you are unlikely to need these training sessions. If you struggle to pass the tests, based on your current fitness, select the appropriate training sessions to help you prepare for the recruit selection day and training.

You can use the following fitness management (FM) training sessions to gradually improve your cardiovascular capacity.

First try the Chester Treadmill Walk Test (or “Chester Test” - parameters below) and make a note of the incline level you get to.

Then, start training with the FM training session that is closest to the incline level you reached on your attempt and progress regularly (every 2 – 3 weeks) to the next session.

1. FM Training
Session to 3%

2. FM Training
Session to 6%

3. FM Training
Session to 9%

4. FM Training
Session to 12%

5. FM Training
Session

The Chester Treadmill Walk Test

GRADIENT	TIME
0%	0 – 2 minutes
3%	2 – 4 minutes
6%	4 – 6 minutes
9%	6 – 8 minutes
12%	8 – 10 minutes
15%	10 – 12 minutes

Constant speed of
6.2kph / 3.85mph

RPE < 18 *
see table on
next page



**Hampshire
& Isle of Wight**
FIRE & RESCUE SERVICE

***Your Rate of Perceived Exertion (RPE)** is how hard you feel you are working and equates roughly to what your heart rate will be.

BORG LEVEL	RATE OF PERCEIVED EXERTION	ESTIMATED HEART RATE (BEATS PER MINUTE – BPM)
6	Very, very light	60 BPM
8	Very light	80 BPM
10	Fairly light	100 BPM
12	Moderately light	120 BPM
14	Hard	140 BPM
16	Very hard	160 BPM
18	Very, very hard	180 BPM
20	Exhaustion	200 BPM

Over 7 days, your training schedule should include a minimum of:

3 cardio vascular (C.V.) sessions
(e.g. 2 of the fitness management training sessions,
1 performed twice in one week)

2 strength training sessions
(e.g. the training circuits)

At least 1 rest day

An example training session may look like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C.V. 1.	Strength training or rest	C.V. 2.	Strength training	C.V. 1 or rest	Rest	C.V. 2 and strength training



**Hampshire
& Isle of Wight**
FIRE & RESCUE SERVICE

FITNESS MANAGEMENT TRAINING SESSION

3%

Complete each training session 1 - 2 times per week so you train 2 – 4 times per seven days.
Complete an adequate warm up before each session.

Perform ONE programme per session at a constant speed of 6.2kph / 3.85mph.

Your Rate of Perceived Exertion (RPE) should not exceed 18*.

No holding on or running during the training.

Afterwards, complete a 3 to 10-minute cool down.

PROGRAMME 1	
GRADIENT	TIME
0%	2 minutes
1%	30 seconds
2%	30 seconds
3%	30 seconds
0%	2 minutes
1%	30 seconds
2%	1 minute
3%	30 seconds
0%	2 minutes
1%	30 seconds
2%	30 seconds
3%	1 minute
0%	2 minutes
1%	30 seconds
2%	30 seconds
3%	30 seconds
0%	2 minutes
1%	30 seconds
2%	30 seconds
3%	30 seconds
0%	2 minutes

PROGRAMME 2	
GRADIENT	TIME
0%	2 minutes
1%	30 seconds
3%	30 seconds
2%	30 seconds
0%	2 minutes
3%	1 minute
2%	30 seconds
1%	30 seconds
0%	2 minutes
1%	30 seconds
2%	30 seconds
3%	30 seconds
0%	2 minutes
2%	30 seconds
1%	30 seconds
3%	1 minute
0%	2 minutes
3%	1 minute
2%	30 seconds
1%	30 seconds
0%	2 minutes



FITNESS MANAGEMENT TRAINING SESSION

6%

Complete each training session 1 - 2 times per week so you train 2 – 4 times per seven days.
Complete an adequate warm up before each session.

	PROGRAMME 1		PROGRAMME 2	
	GRADIENT	TIME	GRADIENT	TIME
Perform ONE programme per session at a constant speed of 6.2kph / 3.85mph.	0%	2 minutes	0%	2 minutes
	3%	2 minutes	3%	2 minutes
	6%	30 seconds	6%	30 seconds
	3%	1 minute	3%	30 seconds
	6%	1 minute	0%	1 minute
Your Rate of Perceived Exertion (RPE) should not exceed 18*.	0%	1 minute	9%	30 seconds
	6%	30 seconds	6%	30 seconds
	0%	30 seconds	3%	30 seconds
	3%	1 minute	6%	1 minute
	0%	1 minute	0%	1 minute
No holding on or running during the training.	6%	30 seconds	6%	30 seconds
	3%	30 seconds	3%	30 seconds
	6%	30 seconds	6%	30 seconds
	0%	1 minute	0%	1 minute
	9%	30 seconds	6%	30 seconds
Afterwards, complete a 3 to 10-minute cool down.	3%	30 seconds	3%	30 seconds
	6%	30 seconds	6%	30 seconds
	3%	1 minute	3%	1 minute
	0%	2 minutes	0%	2 minutes



FITNESS MANAGEMENT TRAINING SESSION

9%

Complete each training session 1 - 2 times per week so you train 2 – 4 times per seven days.

Complete an adequate warm up before each session.

Perform ONE programme per session at a constant speed of 6.2kph / 3.85mph.

Your Rate of Perceived Exertion (RPE) should not exceed 18*.

No holding on or running during the training.

Afterwards, complete a 3 to 10-minute cool down.

PROGRAMME 1

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
3%	30 seconds
9%	30 seconds
0%	1 minute
9%	30 seconds
0%	1 minute
6%	30 seconds
3%	30 seconds
9%	30 seconds
0%	1 minute
6%	30 seconds
9%	30 seconds
0%	1 minute
3%	30 seconds
9%	30 seconds
0%	1 minute
6%	30 seconds
9%	30 seconds
0%	1 minute
3%	30 seconds
9%	30 seconds
3%	1 minute
0%	2 minutes

PROGRAMME 2

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
3%	30 seconds
9%	1 minute
0%	1 minute
6%	1 minute
0%	1 minute
12%	30 seconds
3%	30 seconds
9%	30 seconds
0%	1 minute
6%	30 seconds
0%	1 minute
6%	1 minute
3%	1 minute
9%	30 seconds
0%	1 minute
9%	30 seconds
6%	1 minute
0%	1 minute
3%	30 seconds
9%	1 minute
3%	1 minute
0%	2 minutes

FITNESS MANAGEMENT TRAINING SESSION

12%

Complete each training session 1 - 2 times per week so you train 2 – 4 times per seven days.

Complete an adequate warm up before each session.

Perform ONE programme per session at a constant speed of 6.2kph / 3.85mph.

Your Rate of Perceived Exertion (RPE) should not exceed 18*.

No holding on or running during the training.

Afterwards, complete a 3 to 10-minute cool down.

PROGRAMME 1

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
3%	30 seconds
9%	30 seconds
0%	1 minute
12%	30 seconds
0%	1 minute
6%	30 seconds
3%	30 seconds
9%	30 seconds
0%	1 minute
6%	30 seconds
12%	30 seconds
0%	1 minute
3%	30 seconds
12%	30 seconds
0%	1 minute
9%	30 seconds
12%	30 seconds
0%	1 minute
3%	30 seconds
9%	30 seconds
3%	1 minute
0%	2 minutes

PROGRAMME 2

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
3%	30 seconds
12%	1 minute
0%	1 minute
6%	1 minute
0%	1 minute
9%	30 seconds
3%	30 seconds
12%	30 seconds
0%	1 minute
6%	30 seconds
0%	1 minute
9%	1 minute
3%	1 minute
12%	30 seconds
0%	1 ½ minutes
12%	30 seconds
9%	1 minute
0%	1 minute
3%	30 seconds
9%	1 minute
6%	1 minute
0%	2 minutes

FITNESS MANAGEMENT TRAINING SESSION

Complete each training session 1 - 2 times per week so you train 2 – 4 times per seven days.

Complete an adequate warm up before each session.

Perform ONE programme per session at a constant speed of 6.2kph / 3.85mph.

Your Rate of Perceived Exertion (RPE) should not exceed 18*.

No holding on or running during the training.

Afterwards, complete a 3 to 10-minute cool down.

PROGRAMME 1

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
9%	30 seconds
12%	30 seconds
0%	1 minute
15%	30 seconds
0%	1 minute
6%	1 minute
3%	30 seconds
12%	1 minute
0%	1 minute
6%	30 seconds
15%	1 minute
0%	1 minute
3%	30 seconds
12%	1 minute
0%	1 minute
6%	30 seconds
15%	30 seconds
0%	1 minute
3%	30 seconds
12%	30 seconds
3%	1 minute
0%	2 minutes

PROGRAMME 2

GRADIENT	TIME
0%	2 minutes
3%	2 minutes
6%	30 seconds
3%	30 seconds
12%	1 minute
0%	1 minute
15%	45 seconds
0%	1 minute
9%	30 seconds
3%	30 seconds
12%	30 seconds
0%	1 minute
6%	30 seconds
0%	1 minute
15%	1 minute
3%	1 minute
12%	30 seconds
0%	1 minute
9%	30 seconds
15%	1 minute
0%	1 minute
3%	30 seconds
12%	1 minute
3%	1 minute
0%	2 minutes

RECRUIT STRENGTH TEST SESSION

Test Session 1

(if you are working at your maximum to complete this session, you are not fit to pass the recruitment strength test).

EXERCISE	REPS	SETS	REST (sec/min)	LOAD(kg)
Shoulder push press	1-6	1-2	1-2 min	30
Repeated cable rope pull down	14+ p/min	1-2	60	28
Cable rope pull down	1-2	1-2	1-2 min	51
High kettlebell (KB) carry	50 metres	1-2	60	12
KB farmers walk (suitcase carry)	50 metres	1-2	60	24
KB deadlift	10-12	1-2	60	20-32

Test Session 2

(if you are working at your maximum to complete this session, you would probably struggle to pass the recruitment strength test).

EXERCISE	REPS	SETS	REST (sec/min)	LOAD(kg)
Shoulder push press	1-6	1-2	1-2 min	32
Repeated cable rope pull down	15-22 p/min	1-2	60	28
Cable rope pull down	1-2	1-2	1-2 min	52-59
High kettlebell (KB) carry	75 metres	1-2	60	12
KB farmers walk (suitcase carry)	75 metres	1-2	60	24
KB deadlift	13+	1-2	60	20-32

Test Session 3

(once you can complete this session in full, you would probably pass the recruitment strength test).

EXERCISE	REPS	SETS	REST (sec/min)	Load(kg)
Shoulder push press	1-6	1-2	60	35
Repeated cable rope pull down	23+ p/min	1-2	60	28
Cable rope pull down	1-2	1-2	60	60
High kettlebell (KB) carry	100 metres	1-2	60	12
KB farmers walk (suitcase carry)	100 metres	1-2	60	24
KB deadlift	16	1-2	60	20-32

USE THE TRAINING SESSIONS ON THE NEXT PAGE TO PREPARE YOURSELF FOR THE STRENGTH AND FUNCTIONAL ASSESSMENTS FOR RECRUITMENT.

PHASE 1

STRENGTH TRAINING CIRCUIT

Perform 2 to 3 times a week.	EXERCISE	REPS	SETS	REST (sec/min)	LOAD (kg)
Start with 2 to 3 sets at the weight range (load) appropriate to you.	Farmers walk 10m – 25m of clean, dry, level surface	100m	3 – 5	0	10 and 12kg kettlebells (KB); progress to 12 and 16kg KB; progress to 16 and 20kg KB
As the weights become easier, increase to the next weight range until you can perform 4 sets at the full weight stated.	Walking lunges (If new to lunges, start with Static lunges, progress to Alternating lunges then Bodyweight walking lunges before carrying a KB)	100m or 10 each leg if static or alternate.	3 – 5	0	10kg – 20kg
Once the challenge is lessened at 4 sets of the full load, progress to 5 sets.	Goblet squats	10	3 – 5	0	Enough weight to restrict to 10 reps
Once you can perform all reps and sets at full weight progress to PHASE 2.	Standing overhead dumbbell press	16	3 – 5	0	5 to 17.5 kg (DB or KB) in each hand
	Shuttle runs	200m	3 – 5	60 seconds including walk to start	Bodyweight

Start on a weight which allows you to complete all the reps or distances and progress/ increase weights after a few weeks at that weight.



PHASE 2

STRENGTH TRAINING CIRCUIT

Perform each circuit 1 to 2 times per week.

CIRCUIT 1 over about 25m of level, clean, dry surface

EXERCISE	REPS	SETS	REST (sec/min)	LOAD (kg)
Farmers walk	100m	3 – 5	0	10 and 12kg kettlebells (KB); progress to 12 and 16kg KB; progress to 16 and 20kg KB
Kettlebell walking lunges	100m	3 – 5	0	10kg – 20kg
Kettlebell clean and press	10	3 – 5	0	Enough weight to restrict to 10 reps
Suicide shuttle runs 1st shuttle to 10m – return to start 2nd shuttle to 15m – return to start 3rd shuttle to 20m – return to start 4th shuttle to 25m – return to start 5th shuttle to 20m – return to start 6th shuttle to 15m – return to start 7th shuttle to 10m – return to start (these 7 shuttles = 1 suicide rep)	2	3 – 5	60 seconds and return to the start of the circuit	Bodyweight



CIRCUIT 2

Peripheral Heart Action (PHA) circuit:

EXERCISE	REPS	SETS	REST (sec/min)	LOAD (kg)
Concept 2 rower	5 mins	3 – 5	0	Minimum speed of 2:30/500m
Press ups	20	3 – 5	0	Bodyweight
Kettlebell (KB) goblet squats	20	3 – 5	0	Weight to restrict to 20 reps
KB clean and press	10 each side	3 – 5	60 seconds and return to the start of the circuit	Weight to restrict to 10 reps

