

Firefighter Fitness Tests

12-week training programme

These guidelines will help you prepare to undertake the National Firefighter Selection Tests (NFSTs). It is important to note that good exercise training advice should be highly specific to you as an individual, and will depend upon your general health, age, current fitness level, previous training history, lifestyle and ultimate fitness goals.

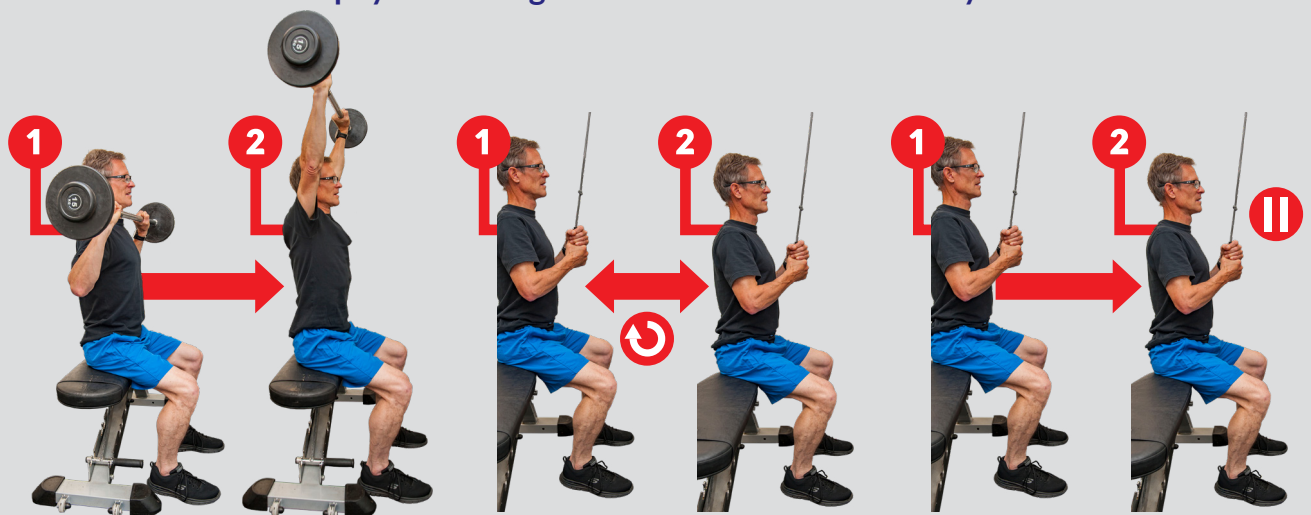
You must seek advice from a qualified fitness professional who will help you design, undertake and evaluate a physical training programme that is specific to your needs in preparing to undertake the NFSTs. Using a qualified fitness professional will also help develop correct training techniques, as well as increasing your motivation and help you stick to the training regimen long-term.

The following 12-week training programme is designed for a physically active individual with some previous physical training, exercise or sports experience (e.g. hockey, circuit training, cycling etc.). This programme will not only maximize your chances of success on the physical NFSTs, but may also reduce your risk of injury during the tests and, if selected, during your subsequent firefighter training.

As a guide, you are likely to have the minimum level of cardiorespiratory fitness for UK firefighting if you can:

- Run 1.5 miles (2.4 kilometres) continuously in 12 minutes or less (this is equal to running six laps of a 400m outdoor running track in 12 minutes).
- Run on a treadmill at 7.5 mph (12km/h) for 12 minutes.
- Perform the multi-stage shuttle run test (bleep test) to at least level 8 shuttle 8.

You have the minimum physical strength and muscular endurance if you can:



Shoulder press 35kg once in an overhead, upright-seated position.

Rope pull 28kg of static weight 23 times without rest from a seated position.

Rope pull 60kg of static weight once from a seated position.

It is highly recommended that you test yourself on the above standards to fully prepare yourself for the tests.

Your 12-week training programme

This is an example of a simple circuit that can be undertaken without specialist equipment

WARM UP

10 minutes jogging or cycling. Followed by light mobility to increase heart rate

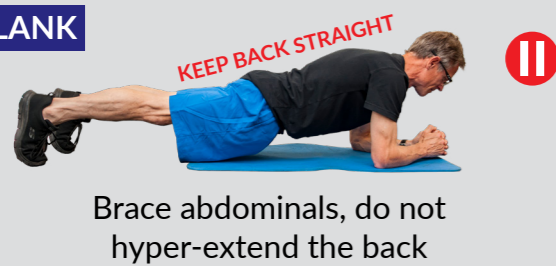
SEATED TRICEPS DIP



PRESS-UPS



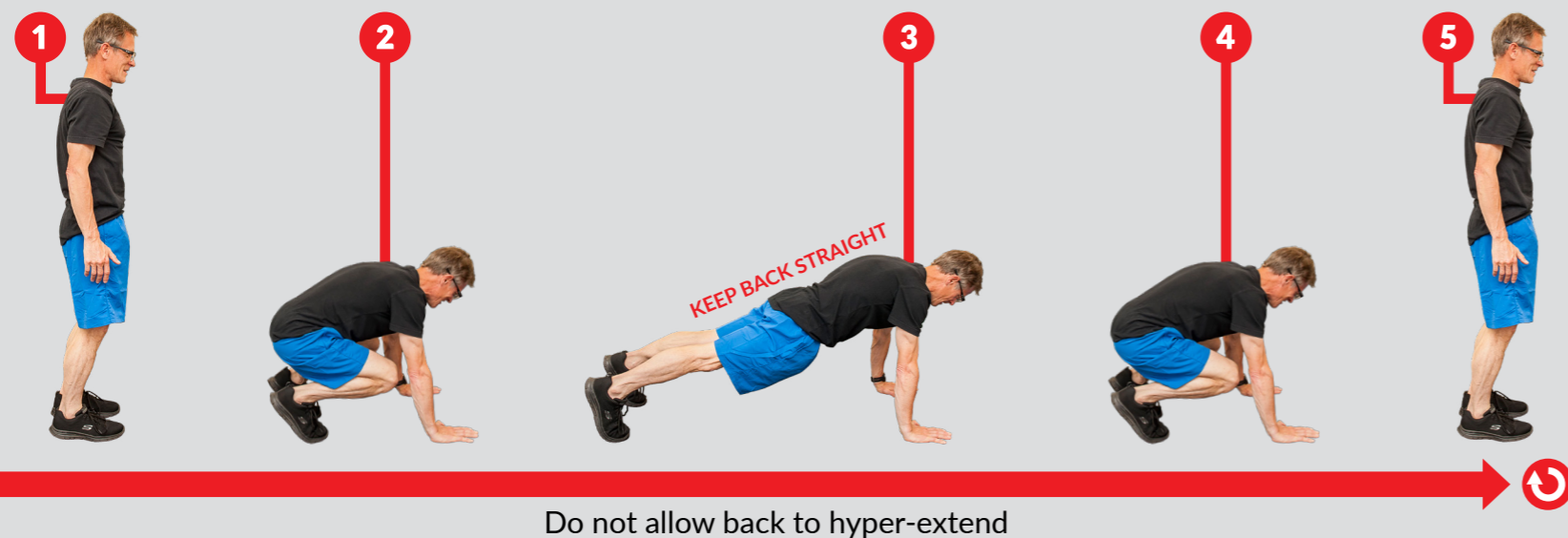
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ABDOMINAL SIT-UP



BURPEE



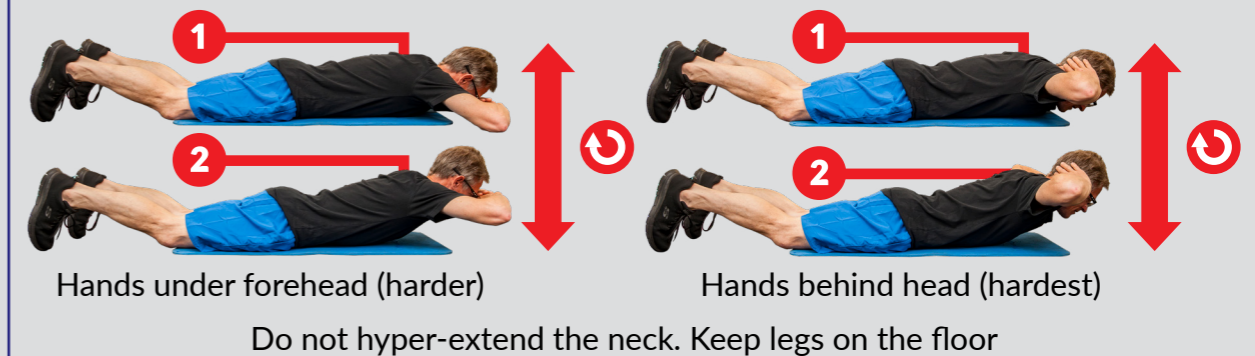
SQUAT



STAR JUMPS



BACK EXTENSION



LUNGE



REST & RECOVERY

Marching on spot, walking slowly to allow heart rate to recover, followed by stretching



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This programme outlines the key elements required to develop the level of fitness in order to pass the NFSTs.

Week	Aerobic/CV -warmup.	Muscular Endurance - Circuit	Strength - Weights / Gym Based
Week 1 - 4	<p>Session 1: Complete a 20m bleep test. Record result.</p> <p>Session 2: Complete a 1.5km run. Aim for a sub 9:30.</p> <p>Session 3: Sprint Training – use a 20-metre course. Take 8 seconds to run one shuttle, repeat without a break 4 times. Take 13 seconds to jog the 5th shuttle. Repeat this block 5 times.</p>	<p>Using the 8 body weight exercises above, complete a circuit. 30 seconds of exercise with a 10 second break in between. Repeat this twice as 1 session.</p> <p>Repeat this session at least 2 times a week.</p>	<p>Using the requirements shown above try to replicate the exercises as best you can.</p> <p>Complete 2 sessions a week.</p> <p>Session 1: Upper Body – Shoulders, arms and chest</p> <p>Session 2: Back and Lower Body</p>
Week 5 – 8	<p>Session 1: Complete a 20m bleep test. Record result.</p> <p>Session 2: Complete a 1.5km run. Aim for a sub 9:00.</p> <p>Session 3: Sprint Training – use a 20-metre course. Take 7 seconds to run one shuttle, repeat without a break 4 times. Take 10 seconds to jog the 5th shuttle. Repeat this block 5 times.</p>	<p>Using the 8 body weight exercises above, complete a circuit. 35 seconds of exercise with a 10 second break in between. Repeat this twice as 1 session.</p> <p>Repeat this session at least 2 times a week.</p>	<p>Using the requirements shown above try to replicate the exercises as best you can.</p> <p>Complete 2 sessions a week.</p> <p>Session 1: Upper Body – Shoulders, arms and chest</p> <p>Session 2: Back and Lower Body</p> <p>By the end of this block, you should be aiming to be within 3kg of each test exercise.</p>
Week 9 – 12	<p>Session 1: Complete a 20m bleep test. Record result.</p> <p>Session 2: Complete a 1.5km run. Aim for a sub 8:30.</p> <p>Session 3: Sprint Training – use a 20-metre course. Take 6 seconds to run one shuttle, repeat without a break 4 times. Take 10 seconds to jog the 5th shuttle. Repeat this block 5 times.</p>	<p>Using the 8 body weight exercises above, complete a circuit. 40 seconds of exercise with a 10 second break in between. Repeat this twice as 1 session.</p> <p>Repeat this session at least 2 times a week.</p>	<p>Using the requirements shown above try to replicate the exercises as best you can.</p> <p>Complete 2 sessions a week.</p> <p>Session 1: Upper Body – Shoulders, arms and chest</p> <p>Session 2: Back and Lower Body</p> <p>By the end of this block, you should be able to complete all the test exercises at the required weights.</p>

It is also important to realise that the role of a firefighter can be physically demanding. Therefore firefighters are required to maintain good levels of physical fitness throughout their careers. You should not view your physical preparation for the NFSTs as a goal to an end, but as part of the everyday job requirement for being a firefighter.