


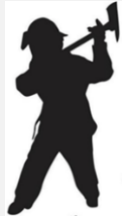





**Kent Fire and Rescue Service recruit fitness guide**

<b>Introduction:</b>		
<p>Welcome to your dedicated fitness guide, inspired by cutting edge academic sports science literature on building foundational fitness. This protocol is designed not only to prepare you for the demanding physical requirements of the Role-Related Functional Fitness Test but also to lay down the foundational fitness level required of you as an operational firefighter.</p>		
<b>Firefighter recruit daily fitness guide</b>		
<b>Daily focus</b>	<b>Description</b>	<b>Exercise examples</b>
<p><b>Monday:</b> Long endurance</p> 	<p><b>30+ minutes Zone 2 cardio, (Zone 2 is typically around 60-70% of your maximum heart rate)</b> ideally 60 minutes (work up to it).</p> <p><b>Zone 2 cardio:</b> You should be breathing faster than normal, but just able to maintain a conversation.</p>	<p><b>Warm-up:</b> 10 minutes of light cardio (e.g., jogging, jumping jacks).  <b>Main Activity:</b> 40-minute run, cycle, or row at a steady pace.  <b>Cool down:</b> 10-minute Flexibility flow</p>
<p><b>Tuesday:</b> Lower body resistance training</p>  <p>Alternate schedule A &amp; B bi-weekly</p> <p><b>Schedule A:</b>            4-8 reps (heavier weights)            3-4 circuits            60 secs rest between Circuits</p> <p><b>Schedule B:</b>            8-15 reps (medium weights)            2-3 circuits            60 secs rest between circuits</p>	<p><b>10-minute warmup + 50-60 minutes training</b></p> <p><b>Schedule A</b>  <b>Warm-up:</b> 10 minutes of light cardio  <b>Circuit</b> (Repeat 3 times)  <b>Superset 1:</b>  <b>Barbell Back Squat:</b> 4-8 reps  <b>Weighted Step-Ups onto a 16–20-inch box:</b> 4-8 reps each leg</p> <p><b>Superset 2:</b>  <b>Box Jump onto a 20–24-inch box:</b> 4-8 reps.  <b>Conventional Deadlift:</b> 4-8 reps</p> <p><b>(Important! Rest for 2 minutes after completing both exercises in each superset).</b></p>	<p><b>10-minute warmup + 50-60 minutes training</b></p> <p><b>Schedule B</b>  <b>Warm-up:</b> 10 minutes of light cardio.  <b>Circuit</b> (Repeat 3 times with 1-minute rest between circuits)  <b>Squats or goblet squats</b> (legs): 10-15 reps.  <b>Lunges</b> (legs): 10 reps each leg.  <b>Deadlifts</b> (hamstrings/back): 10-12 reps.  <b>Weighted Calf raises:</b> 15-20 reps.  <b>Cool down:</b> 10-minute flexibility flow.  <b>Note:</b> Aim for a weight that elicits failure at last rep, feel free to start set at 15 rep and reduced by 2 reps each set if needed.</p>

	<p><b>Cool down:</b> 10-minute flexibility flow.</p> <p><b>Note:</b> Aim for a weight that elicits failure at last rep, feel free to start set at 8 reps and reduce by 1 rep each set if needed.</p>	
<p><b>Wednesday:</b> Active recovery or rest day</p> <p>It optimizes training outcomes, fostering both physical and mental health</p>	<p><b>Active recovery 30-60mins</b> Hiking, yoga, biking, and swimming (low intensity)</p> <p><b>Benefits</b> improved circulation, reduced lactic acid, enhanced mobility, mental well-being, and injury prevention.</p>	<p><b>Recreational sport:</b></p> <p>Playing a relaxed game of golf, tennis, badminton, or table tennis</p> <p>Focus on enjoyment not intensity</p>
<p><b>Thursday:</b> Upper body resistance training</p> <div style="text-align: center;">  </div> <p>Alternate schedule A &amp; B bi-weekly</p> <p><b>Schedule A:</b> 4-8 reps (heavier weights) 3-4 sets per exercise 60 sec rest between sets 2 mins rest between exercises</p> <p><b>Schedule B:</b> 8-15 reps (medium weights) 2-3 sets per exercise 60 sec rest between sets 2 mins rest between exercises</p>	<p><b>10-minute warmup +50-60 minutes training push/pull training</b></p> <p><b>Schedule A</b> <b>Warm-up:</b> 10 minutes of light cardio (e.g., jogging, jumping jacks).</p> <p><b>Circuit</b> (Repeat 3/4 times) <b>Superset 1:</b> <b>Bench Press</b> (chest): 4-8 reps <b>Inverted Row</b> (back): 4-8 reps</p> <p><b>Superset 2:</b> <b>Dumbbell Shoulder Press</b> (shoulders): 4-8 reps <b>Lat Pull Downs</b> with Cable Attachment: 4-8 reps.</p> <p><b>Superset 3:</b> <b>Bicep Curls</b> (arms): 4-8 reps <b>Triceps Dips</b> (arms): 4-8 reps</p> <p><b>(Important! Rest for 2 minutes after completing both exercises in each superset).</b></p> <p><b>Cool down:</b> 10-minute flexibility flow <b>Note:</b> Aim for a weight that elicits failure at last rep, feel free to start set at 8 reps</p>	<p><b>10-minute warmup +50-60 minutes training push/pull training</b></p> <p><b>Schedule B</b> <b>Warm-up:</b> 10 minutes of light cardio (e.g., jogging, jumping jacks).</p> <p><b>Circuit</b> (Repeat 3/4 times with 60 sec rest between each set) <b>Push ups/ modified push ups</b> (chest): 8-15 reps <b>Dumbbell row</b> (back): 8-15 reps <b>Barbell shoulder press</b> (shoulders): 8-15 reps. <b>Lat Pull Downs: Rope attachment</b> 8-15 reps. <b>Lateral raise (shoulders):</b> 12-15 reps. <b>Cool down:</b> 10-minute flexibility flow</p> <p><b>Note:</b> Aim for a weight that elicits failure at last rep, feel free to start set at 15 reps and reduce by 2 reps each set if needed.</p>

	and reduce by 1 rep each set if needed.	
<p><b>Friday:</b> High Intensity Interval Training (HIIT)</p> 	<p><b>20 seconds all-out sprint</b> + 40 seconds active recovery x 15-20 rounds</p> <p><b>Sprint:</b> try to get to maximum heart rate (Max. Heart Rate = 220 minus your age)</p>	<p><b>Warm-up:</b> 10 minutes of light cardio. (e.g., jogging, jumping jacks).</p> <p><b>Workout: 20 seconds of all-out effort</b> followed by 40 seconds of rest. (Examples: sprinting, burpees, kettlebell swings, jump squats).</p> <p><b>Complete 15-20 rounds</b> (15-20 minutes in total).</p> <p><b>Cool down:</b> 10-minute flexibility flow</p>
<p><b>Saturday:</b> Functional training for firefighters</p> 	<p>These activities should mimic real-life tasks, enhancing mobility, stability, and endurance.</p> <p>Preparing you for actual challenges, promotes coordination, and reduces injury risks, ensuring you are ready for the role related fitness test.</p>	<p><b>Warm up:</b> 8 x 20m shuttle runs at jogging pace.</p> <p><b>Rest 2mins</b></p> <p><b>4 rounds for time</b></p> <p>4 x 20 m Farmers carry. 4 x 20m shuttle runs. 2x 20m dumbbell front rack lunges 6 x shuttle runs.</p> <p><b>1min rest</b></p>
<p><b>Sunday:</b> Rest Day or Active Recovery</p> <p>It optimizes training outcomes, fostering both physical and mental health</p>	<p><b>Active recovery 30-60mins</b></p> <p>Hiking, yoga, biking, and swimming (low intensity)</p> <p><b>Benefits</b></p> <p>improved circulation, reduced lactic acid, enhanced mobility, mental well-being, and injury prevention.</p>	<p><b>Light Aerobic Exercise:</b></p> <p>30 mins of either Walking Gentle cycling (stationary or outdoors) Easy swimming or aqua jogging</p>

## Flexibility Flow (10 minutes)

Practicing flexibility can improve performance, decrease the risk of injuries, and promote recovery. Incorporate the following flow in the morning, before bed, or before your workouts.

<b>Time Duration</b>	<b>Exercise Name</b>	<b>Description</b>
30 seconds	<b>Dynamic Arm Swings</b>	Stand tall and swing arms forward and backward.
15 seconds	<b>Leg Swings (Right)</b>	Holding onto support, swing right leg forward and backward.
15 seconds	<b>Leg Swings (Left)</b>	Holding onto support, swing left leg forward and backward.
1 minute	<b>Deep Lunge &amp; Thoracic Rotation (Right)</b>	Start in a lunge (right foot forward), place left hand down and rotate right arm upwards.
1 minute	<b>Deep Lunge &amp; Thoracic Rotation (Left)</b>	Start in a lunge (left foot forward), place right hand down and rotate left arm upwards.
2 minutes	<b>Frog Stretch</b>	Start on hands and knees. Widen knees, turn feet out, sink hips back towards heels.
1 minute	<b>Puppy Pose</b>	From hands and knees, keep hips above knees and walk hands forward, lowering chest to ground.
1 minute	<b>Seated Forward Fold</b>	Sit with legs extended straight. Hinge at the hips and reach forward towards feet.
1 minute	<b>Butterfly Stretch</b>	Sit with soles of feet together and knees out. Press knees towards the ground and lean forward.
1 minute	<b>Thread the Needle (Right)</b>	From hands and knees, slide right arm under left, resting right shoulder and head on the ground.
1 minute	<b>Thread the Needle (Left)</b>	From hands and knees, slide left arm under right, resting left shoulder and head on the ground.

### **Nutrition brief:**

"Eat lean proteins (from sources like poultry, fish, beans, lentils, or tofu), vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that will support exercise but not body fat. Prioritize nutrient-dense foods and avoid excessive empty-calorie sources."

**Stay hydrated:**

Water supports numerous body functions, from aiding digestion to regulating body temperature. For active individuals, staying hydrated can amplify performance, reduce cramps, and accelerate recovery. Aim for 8-10 glasses daily, more if you're vigorously training or in hot conditions.

**Final note:**

The journey to becoming a firefighter at Kent Fire and Rescue is holistic. Embrace workouts, listen to your body, and fuel it right with proper nutrition and hydration. Commit to this process and see yourself transform into the best version of a firefighter recruit!