


This programme outlines the key elements required to develop the level of fitness in order to pass the JRT's


MODE	EXERCISE	DURATION	FREQUENCY	INTENSITY
Aerobic / long term endurance	Four mile run, aerobics class / gym session, 5-a-side football etc	20-60 min (can be accumulated using > 10 min blocks of activity throughout the day)	3-5 days per week	Weeks 1-6: 60-85% of heart rate max Weeks 7-12: 70-90% of heart rate max Lower intensity aerobic exercise is usually associated with longer duration activity
Muscular / short term endurance	Circuit training, moderate weight training eg press-ups, sit-ups	One to three sets (10-50 reps) of 8-12 different exercises	1-3 days per week	Weeks 1-6: 20-50 reps Weeks 7-12: 12-20 reps
Strength	Heavier weight training eg bench press, squats	One to two sets (each set has 6-15 reps) of 8-12 different exercises	2-3 days per week	Weeks 1-4: 12-15 reps Weeks 5-8: 6-12 reps Weeks 9-12: 4-8 reps
Flexibility	Stretching	10-30 secs for each exercise, repeated 1-3 times per muscle group or joint	2-3 days per week (daily if possible)	Move to the point of discomfort but not pain and hold, moving slightly further as the muscle relaxes

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 JRT's as a goal in itself, but as part of the everyday job requirement for being a firefighter.

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Firefighter Fitness Tests

12-week training programme

These guidelines will help you prepare to undertake the Job Related (Physical) Tests (JRT's). 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.

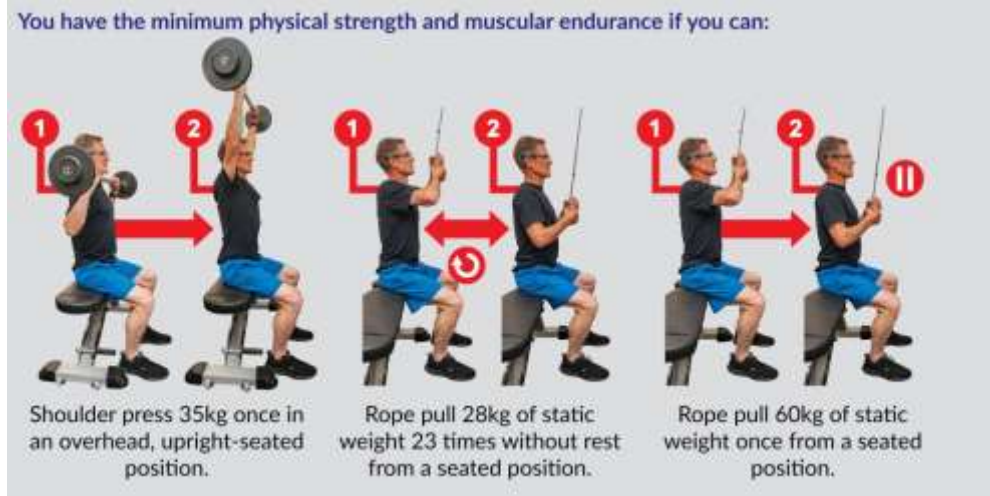
You must seek advice from a qualified fitness professional who will help you design, undertake and evaluate a physical training programme that is specific to your needs in preparing to undertake the JRT's. Using a qualified fitness professional will also help develop correct training techniques, as well 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 (eg hockey, circuit training, cycling etc). This programme will not only maximize your chances of success on the JRT's, 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:



The image shows three physical strength tests performed by a person sitting on a stool. Each test is illustrated with two numbered steps (1 and 2) and a red arrow indicating the direction of movement.

- Shoulder press 35kg once in an overhead, upright-seated position.** Step 1 shows the person holding a 35kg weight at shoulder height. Step 2 shows the person pressing the weight overhead.
- Rope pull 28kg of static weight 23 times without rest from a seated position.** Step 1 shows the person pulling a rope attached to a 28kg weight. Step 2 shows the person holding the rope at the top of the pull.
- Rope pull 60kg of static weight once from a seated position.** Step 1 shows the person pulling a rope attached to a 60kg weight. Step 2 shows the person holding the rope at the top of the pull.

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

PRESS-UPS



SEATED TRICEPS DIP



PLANK



ABDOMINAL SIT-UP



BURPEE



SQUAT



STAR JUMPS



BACK EXTENSION



LUNGE



REST & RECOVERY

Marching on spot, walking slowly to allow heart rate to recover