

Gwasanaeth Tân ac Achub  
De Cymru



South Wales  
Fire and Rescue Service



# TRAINING PROGRAMME

**ALL ROUND PHYSICAL FITNESS**

**SOUTH WALES FIRE AND RESCUE SERVICE**



## BE PHYSICALLY PREPARED

One of the greatest things about working at South Wales Fire and Rescue Service is knowing that your contribution is helping to keep the communities of South Wales safe.

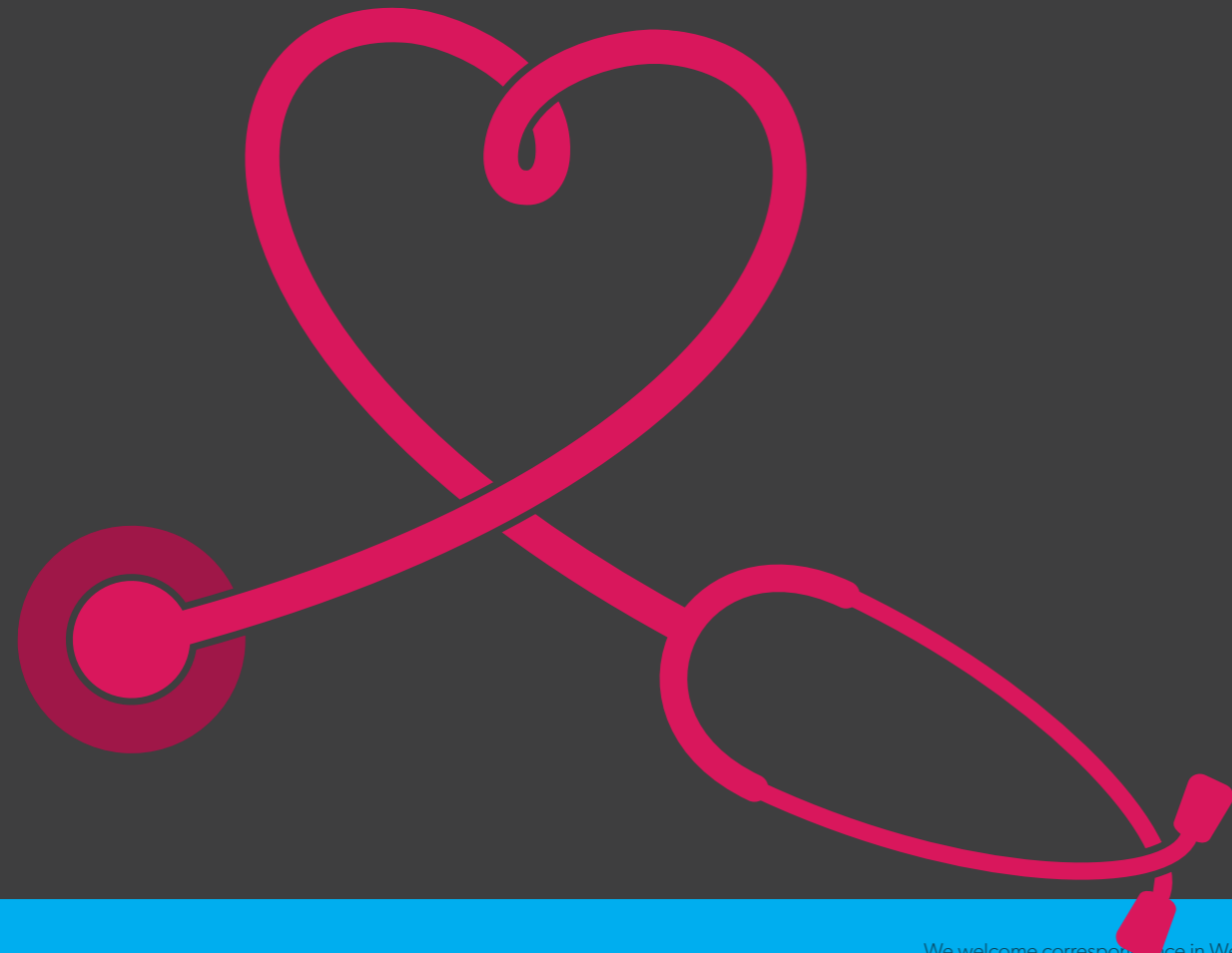
In order to be physically prepared for the role of a fire fighter and the physical demands of the job and the training course you must be carrying out regular, structured physical training.

This physical training program needs to be well rounded to include muscular strength and endurance, aerobic capacity and endurance and flexibility/mobility. Failure to prepare and maintain your physical fitness may mean you are not able to safely complete the training course or carry out your role as a fire fighter.

In order to improve your physical fitness you must aim to complete a minimum of 2-3 strength sessions per week and 2-3 aerobic sessions per week. As well as this you should allow time to recover properly. To recover properly you need to get as much good quality sleep as possible, eat a balanced, nutritious, calorie controlled diet and stretch your muscles.

# BEFORE YOU START

Before beginning any new physical training program you should make sure you are physically well enough to do so. If you are unsure, please consult your doctor. It is important to start slowly and build up the intensity and volume over time, consistently.



Example structure for the week

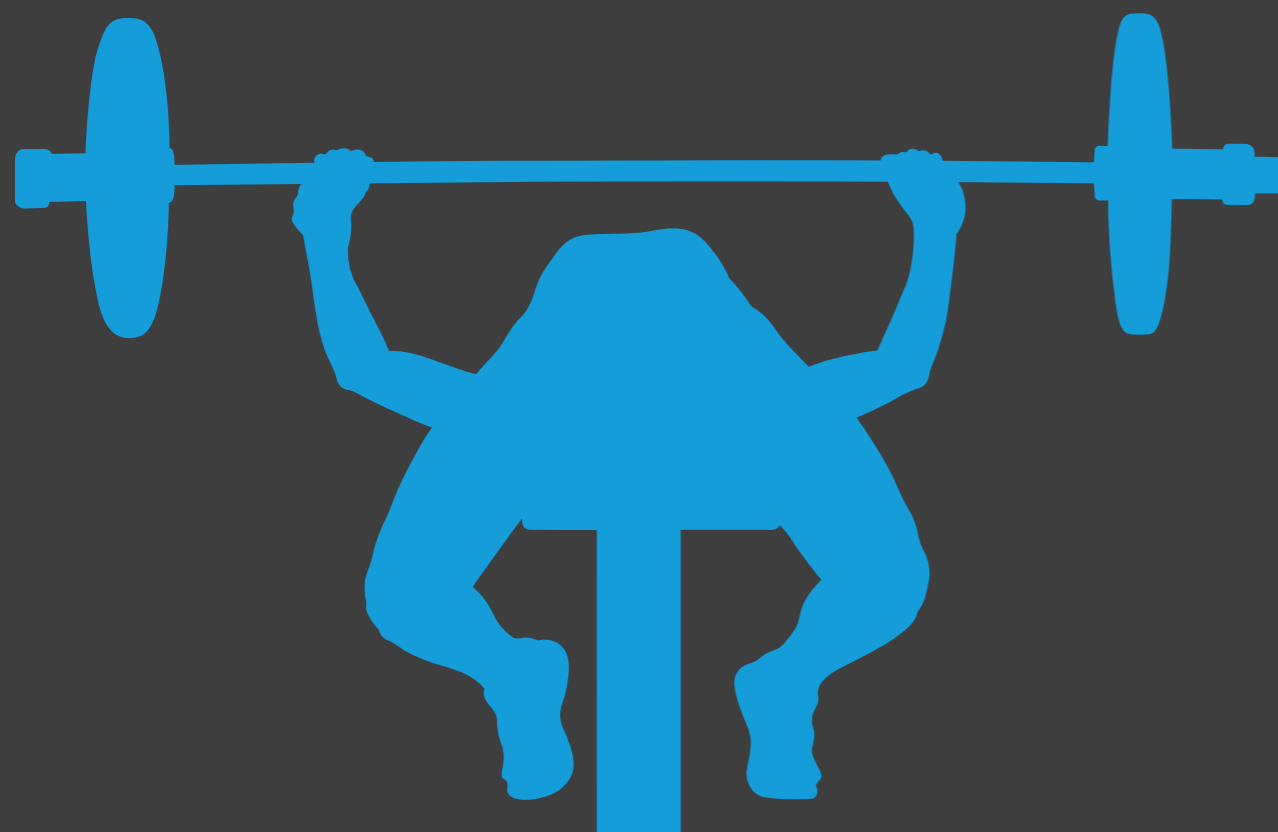
Day	Main Session	2nd Session
Monday	Strength 1	Yoga/Stretching
Tuesday	Intervals	Core Strength
Wednesday	Strength 2	Yoga/Stretching
Thursday	Recovery/easy run/walk	Yoga/Stretching
Friday	Strength 3	Yoga/Stretching
Saturday	Tempo run	Core strength
Sunday	Recovery/easy run/walk	Yoga/Stretching

Example sessions:

**NB.** For all strength sessions complete 6 weeks with 8-10 reps then repeat program for 6 weeks with 3-4 sets of 5 reps and a heavier weight.

You should complete all reps with good form with a weight that allows you to just about complete the prescribed number of reps. When you can complete all reps with good form then increase weight the next session.

# STRENGTH ONE



## SET ONE

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
Goblet Squat	8-10		
DB Shoulder Press	8-10		
Lat Pull Down	8-10		
DB Single leg Deadlift	8-10		
Farmers Walk	30 secs		

## SET TWO

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
Goblet Squat	8-10		
DB Shoulder Press	8-10		
Lat Pull Down	8-10		
DB Single leg Deadlift	8-10		
Farmers Walk	30 secs		

## SET THREE

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
Goblet Squat	8-10		
DB Shoulder Press	8-10		
Lat Pull Down	8-10		
DB Single leg Deadlift	8-10		
Farmers Walk	30 secs		

# STRENGTH TWO



## SET ONE

Exercise	Target reps	Actual Reps	Weight
DB Incline Press	8-10		
Barbell Back Squat	8-10		
Barbell Shoulder Press	8-10		
Pull up/Assisted Pull up	6-10		
Deadlift	8-10		
Straight arm plank shoulder taps	30 secs		

## SET TWO

Exercise	Target reps	Actual Reps	Weight
DB Incline Press	8-10		
Barbell Back Squat	8-10		
Barbell Shoulder Press	8-10		
Pull up/Assisted Pull up	8-10		
Deadlift	8-10		
Straight arm plank shoulder taps	30 secs		

## SET THREE

Exercise	Target reps	Actual Reps	Weight
DB Incline Press	8-10		
Barbell Back Squat	8-10		
Barbell Shoulder Press	8-10		
Pull up/Assisted Pull up	8-10		
Deadlift	8-10		
Straight arm plank shoulder taps	30 secs		

# STRENGTH THREE



## SET ONE

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
DB Split Squat	8-10		
DB Shoulder Press	8-10		
Barbell Bent over Row	8-10		
Weighted hip raise	8-10		
Farmers Walk	30 secs		

## SET TWO

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
DB Split Squat	8-10		
DB Shoulder Press	8-10		
Barbell Bent over Row	8-10		
Weighted hip raise	8-10		
Farmers Walk	30 secs		

## SET THREE

Exercise	Target reps	Actual Reps	Weight
Bench Press	8-10		
DB Split Squat	8-10		
DB Shoulder Press	8-10		
Barbell Bent over Row	8-10		
Weighted hip raise	8-10		
Farmers Walk	30 secs		

# INTERVAL SESSIONS

Complete session 1 for 6 weeks then session 2 for 6 weeks – Try to keep the pace consistent for each interval.

Each interval should feel hard and by the last set should feel like a 9-9.5 out of 10. Build up until you can manage 10 sets then go a bit quicker next time

## Session 1 – weeks 1-6

Complete a 5 minute warmup of walking/jogging, gradually increasing the pace.

6-10 x 1 minute hard effort running with 1 minute rest between sets.

## Session 2 - weeks 7-12

Complete a 5 minute warmup of walking/jogging, gradually increasing the pace.

6- 10 x 150m hill sprint with walk down recovery.

Choose a steep hill near you that is convenient and safe to run on. After warming up run as fast as possible uphill for around 150m, use a lamppost or other landmark to mark your run. Walk back to the bottom and go again. Repeat for total of 6 – 10 repetitions.

## TEMPO RUN

This is to build endurance. Run at an “easy pace that you’re able to sustain for a long time, you should still be able to talk throughout. Try to increase the distance you run very slightly each week.

## EASY RUN

This is to build endurance. Run at an “easy pace that you’re able to sustain for a long time, you should still be able to talk throughout. Try to increase the distance you run very slightly each week.

## FLEXIBILITY/MOBILITY:

You should regularly stretch each of the major muscle groups, particularly after exercise and as part of your recovery. Activities such as yoga, animal flow and Pilates can help develop flexibility and mobility as well as strength

## NUTRITION:

You need to make sure you are eating the right amount to maintain a healthy body weight and fuel your exercise. Try to eat a well balance diet consisting mainly of whole, minimally processed foods. Include a portion of protein with each meal and consume plenty of fruits and vegetables. Good sources of protein include lean meats, fish, and eggs. Beans and pulses can be a good source of protein for those that prefer a plant based diet. Carbohydrates are important for giving you energy, try to eat minimally processed carbohydrates such as whole grains, potatoes, beans and pulses. Try to minimise alcohol and sugary drinks and stay hydrated by drinking plenty of water particularly around exercise.

# CONTACT US

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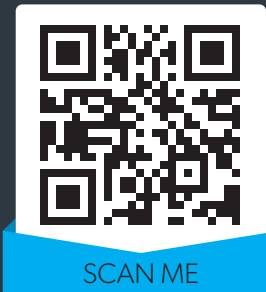
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SCAN ME