



FIREFIGHTER PERFORMANCE READINESS

PREPARE. PERFORM. PROTECT.



4-12

WEEK
PROGRAM

8

TEST
EVENTS

100%

READINESS



INTRO LETTER

Dear Candidate,

Welcome to the Firefighter Performance Readiness Program. This plan was created with one mission: to help you become physically and mentally prepared to serve your community as a firefighter. Every workout, every drill, and every tip in this program is designed to elevate your strength, stamina, agility, and resilience—qualities essential to firefighting.

Why this program stands out:

- ✔ Based on real firefighter readiness testing standards
- ✔ Easy to follow, no matter your fitness level
- ✔ Includes strength, conditioning, and injury-prevention elements
- ✔ Can be done at a gym or at home

This guide is divided into weekly calendars, clear daily workouts, warm-up routines, and tracking tools. Whether you're starting from scratch or building on your foundation, this program is for you.



Program Timeline Flexibility

We understand that candidates have different preparation timelines. This program is designed to be effective regardless of whether you have 4, 6, 8, 10, or the full 12 weeks before your testing date.



How to use the program: No matter your timeframe, start from the beginning and progress sequentially through as many weeks as your schedule allows before your test date. While this PDF may look full of information, these workouts are meant to be straightforward, quick, efficient, and easy to complete. If you are limited on time, turn to page 4. It highlights the 3 most effective movements for each test skill, so you can focus on the essentials and still make meaningful progress. Think of this PDF as not only a pre-test training tool, but also a resource you can carry with you throughout your firefighting career to maintain strength, skill, and confidence!

Progress monitoring: Plan to conduct a progress assessment halfway between your start date and test date. For example, if you're on a 6-week timeline, test in week 1 and again in week 3 to gauge improvement.



Let's get to work,

Coach Zach Downs

Certified Strength & Conditioning Specialist



PROGRAM OVERVIEW



Strength Development

Progressive strength training to build functional power for job demands



Cardiovascular Conditioning

Intervals and endurance training to build stamina for extended operations



Job-Specific Preparation

Simulated firefighting tasks to build directly transferable skills



Progress Tracking

Regular assessments and benchmarks to measure your improvement



TESTING STANDARDS OVERVIEW

To pass the Central Iowa Fire And EMS Testing Consortium, candidates must complete a series of tasks designed to simulate firefighting challenges. Each event is timed, and successful candidates must complete the entire circuit within the established time limit without stopping.



TASK 1

Aerial Ladder Climb Skill

A 75' aerial ladder will be used, fully extended and angled to 60 degrees of elevation. Candidates use a belay system for fall protection.



TASK 2

Ground Ladder Press Skill

A 16' ground ladder will be placed on the B Side of the FAST Tower, with the butt against the foundation and top connected via cable to a fall arrestor.



TASK 3

Stairwell Climb Skill

A modified hose pack consisting of 100' of 1 3/4" with shoulder sling. The drop point for the hose pack is marked on the 4th story landing.



TASK 4

Hose Hoist Skill

A rolled section of rubber 2 1/2" with 100' utility rope tied to it, run up to the 4th story window where the other end is tied to a support inside.



TASK 5

Mask Course Skill

Black-out masks used while navigating through both burn rooms following a 100' of 1 3/4" hose past obstacles including chair, sofa, mattress and OSB sheet.



TASK 6

Forcible Entry Skill

The Forcible entry striking prop will be placed on the B side of the training tower. A 12 lb sledgehammer will be placed standing next to the striking prop.



TASK 7

Charged Hose Drag Skill

Start and finish lines are marked 80' apart. 150' of 1 3/4" flaked back and forth with nozzle on start line, connected to a gated wye on the hydrant.



TASK 8

Rescue Dummy Drag Skill

White tape marks Start and Finish lines 75' apart. A 165 lb rescue dummy clothed in turnout gear is placed on the start line with webbing for dragging.

! IMPORTANT NOTE

Our performance program is specifically designed to prepare you for each of these critical tasks, building the strength, endurance, and functional movement patterns you'll need to succeed on test day and throughout your firefighting career.



TARGETED EXERCISES FOR TESTING TASKS

SPECIFIC TRAINING FOR FIREFIGHTER TEST PERFORMANCE



1. AERIAL LADDER CLIMB SKILL

Equipment Exercises:

- Cable Face Pulls (4×15)
- Landmine Shoulder Presses (3×12 each side)
- Rope Climbs or Pulls (3-5 sets)

Bodyweight Exercises:

- Pike Push-ups (4×10)
- Pull-ups - Wide Grip (5×5)
- Resistance Band Overhead Pulls (4×15)

2. GROUND LADDER PRESS SKILL

Equipment Exercises:

- FLandmine Single Arm Shoulder Press (4×40 yards)
- Half Kneeling Pallof Press (3×30 yards)
- Incline Dumbbell Press (3×30 yards)

Bodyweight Exercises:

- Wall Hand Walks (4×50 yards)
- Plank To Pushup With Reach (3×60 sec)
- Bearcrawl Holds With Reach (4×40 yards)

3. STAIRWELL CLIMB SKILL

Equipment Exercises:

- Weighted Step-ups (3×12 each leg)
- Stair Climber with Weighted Vest (10-15 min)
- Barbell Lunges (3×10 each leg)

Bodyweight Exercises:

- Box Step-ups with Backpack (4×15 each leg)
- Staircase Runs (5-8 sets)
- Walking Lunges (4×20 total steps)

4. HOSE HOIST SKILL

Equipment Exercises:

- Thumbs Up Shoulder Raises (4×12)
- Overhead Press (4×10)
- Plate Hold Bus Drivers (4×15)

Bodyweight Exercises:

- Pull-ups (5×5)
- Pike Push-ups (4×8)
- Resistance Band Pulldowns (4×15)

5. MASK COURSE SKILL

Equipment Exercises:

- Weighted Bear Crawls (3×30 yards)
- Kettlebell Renegade Rows (3×8 each arm)
- TRX Body Saws (3×12)

Bodyweight Exercises:

- Bear Crawl Variations (4×30 sec each)
- Crab Walks (3×30 yards)
- Plank Shoulder Taps (4×40 total taps)

6. FORCIBLE ENTRY SKILL

Equipment Exercises:

- Sledgehammer Strikes (4×30 sec)
- Medicine Ball Slams (4×15)
- Battle Rope Slams (4×30 sec)

Bodyweight Exercises:

- Plyometric Push-ups (4×8)
- Explosive Squats (4×12)
- Core Rotations with Resistance (3×15 each side)

7. CHARGED HOSE DRAG SKILL

Equipment Exercises:

- Sled Push or BB Front Squat (4×30 yards)
- Romanian Dealift (4×12)
- Kettlebell Farmer's Carries (3×40 yards)

Bodyweight Exercises:

- Walking Lunges (4×15)
- Plank With Shoulder Tap (3×30 yards)
- Step Ups (3×40 yards)

8. RESCUE DUMMY DRAG SKILL

Equipment Exercises:

- Sled Drags (4×30 yards)
- Trap Bar Deadlifts (4×8)
- Weighted Backwards Drags (3×30 yards)

Bodyweight Exercises:

- Partner Drags (3×40 yards)
- Single-leg Romanian Deadlifts (3×10 each)
- Sandbag Drags (4×30 yards)



READINESS SELF-ASSESSMENT

Complete this assessment on Day 1 and retest in Week 4, 8, and 12 to track your progress and identify areas for improvement.

Why Test Your Readiness?

This assessment measures your current performance levels in key areas that directly translate to essential firefighter skills. By retesting regularly, you'll be able to:

- Track measurable progress throughout your training
- Identify specific strengths and improvement areas
- Adjust your training focus as needed
- Build confidence for the actual physical readiness test

Week 1

Baseline

Week 4





Progress

Week 8

Advancement

Week 12

Mastery

Test Item	Score (Week 1)	Week 4	Week 8	Week 12
 Max Push-Ups (1 min)				
 1-Mile Run Time				
 Max Plank Hold (seconds)				
 Dummy Drag (100 ft time)				

GOAL SETTING

Use this chart to measure progress and set personal performance goals. After each assessment, identify one area for focused improvement and set a specific, achievable target for your next evaluation.



WARM-UP ROUTINE

A proper warm-up prepares your body for the demands of firefighter training, enhances performance, and reduces injury risk. Complete this dynamic preparation routine before every workout.

🔥 DYNAMIC PREP (7-10 MINUTES)



Jumping Jacks

Start with feet together, arms at sides. Jump while spreading legs and raising arms overhead.

30-45 seconds



Arm Circles

Extend arms to sides and make controlled circular motions forward then backward.

30-45 seconds



Leg Swings

Hold onto support and swing leg forward-to-back, then side-to-side, switching legs halfway.

30-45 seconds



Hip Circles

Stand with hands on hips and rotate hips in large circular motions in both directions.

30-45 seconds



Inchworms + Push-Up

Walk hands out to push-up position, perform one push-up, then walk feet to hands.

30-45 seconds



World's Greatest Stretch

Lunge forward, place hand down, rotate torso, and reach arm up, alternating sides.

30-45 seconds



Bodyweight Squats

Stand with feet shoulder-width apart, lower hips back and down, then stand back up.

30-45 seconds



Lateral Lunges

Step wide to one side, bend that knee while keeping other leg straight, alternate sides.

30-45 seconds



High Knees/Jog in Place

Jog in place, lifting knees up toward chest with quick, controlled movements.

30-45 seconds

FOLLOW WITH LIGHT CARDIO



Complete your warm-up with 2-3 minutes of light cardio activity to elevate your heart rate and increase blood flow to working muscles. Choose from:



Stationary Bike



Light Jogging



Jump Rope

💡 WHY THIS MATTERS

Proper warm-up increases blood flow, elevates core temperature, and activates the neuromuscular system—essential factors for optimizing your performance during firefighter-specific training. Consistently performing this warm-up routine will gradually improve your mobility, reduce risk of injury, and prepare your body for the demands of the job.



WEEKLY CALENDAR

Follow this structured weekly calendar to build your firefighter readiness systematically. Each day has a specific focus designed to improve different aspects of performance while allowing proper recovery.

Day	Focus	✓ Completed	Weekly Focus
 Monday	Lower Body Strength	<input type="checkbox"/>	Week 1: Just show up — consistency beats intensity
 Tuesday	Conditioning + Core	<input type="checkbox"/>	Week 2: Push through the burn — fatigue is your friend
 Wednesday	Upper Body Strength	<input type="checkbox"/>	Week 3: Form before speed — master your movements
 Thursday	Firefighter Conditioning	<input type="checkbox"/>	Week 4: Recovery is your secret weapon
 Friday	Full-Body + Mobility	<input type="checkbox"/>	Week 5: Repetition builds readiness
 Saturday	Optional Active Recovery	<input type="checkbox"/>	Week 6: Build toughness in the details
 Sunday	Rest	<input type="checkbox"/>	Week 7: Reflect and refocus for next week

Weeks 1-3

Build your foundation.
Focus on proper movement patterns and consistent attendance.

Weeks 4-6

Increase intensity. Push your cardiovascular system and muscular endurance.

Weeks 7-9

Incorporate specificity. Train with firefighter-specific movements and challenges.

Weeks 10-12

Peak performance. Fine-tune your skills and simulate test conditions.

💡 PROGRAM INSIGHT

Each weekly focus builds upon the previous ones, creating a progressive training effect. The program is designed to develop both physical capacities and mental fortitude required for firefighting. Check off each completed workout to track your progress and build accountability.



EQUIPMENT-BASED WORKOUT PLAN

Follow these structured daily workouts to build the foundation for your firefighting performance. Each workout is designed to target specific components of physical readiness while allowing proper recovery.



MONDAY

Lower Body

Barbell Back Squat

Goblet Squat

Romanian Deadlift

Walking Lunges

Step-Ups with Knee Drive

Wall Sit Hold

45 seconds



TUESDAY

Conditioning

Circuit

5 Rounds

Jump Rope or Jumping Jacks

30 sec

Burpees

10 reps

Mountain Climbers

20 reps

Push-Ups

10 reps

Core Circuit

2 Rounds

Plank

1 min

V-Ups

15 reps

Russian Twists

30 reps



WEDNESDAY

Upper Body

Barbell Bench Press

Push Press

Pull-Ups (or Inverted Rows)

Incline DB Bench Press

One-Arm Row

Push-Up to Shoulder Tap



THURSDAY

Firefighter

Firefighter Conditioning Circuit

4 Rounds

Farmers Carry

50 ft, heavy DBs

Sled Push or Resistance Run

40 ft

Sledgehammer Tire Hits

15 per side

Bear Crawl (30 ft) + 10 Air Squats

Overhead Plate Hold

2 x 1 min



FRIDAY

Full-Body

Deadlift

Squat to Press

Barbell Upright Row From Floor

Bent Row

Kettlebell Swings

Core Finisher: Leg Raises + Flutter Kicks + Hollow Hold

Cool Down: Foam Roll & Mobility Flow (hip flexors, thoracic spine)



TRAINING INSIGHT

Begin each workout with the standardized warm-up protocol from the previous page. Focus on proper form over heavy weights during Week 1. As you progress through the program, you'll gradually increase intensity while maintaining technical execution. Track your weights and reps to measure progress over time.

PROGRESSION STRUCTURE

To get the most from this program, you'll follow a simple, effective weekly progression model that builds strength and endurance while keeping workouts fresh and scalable. Track your progress to ensure continuous improvement over the 12-week program.



Weekly Rep & Rest Progression

Follow this structured progression to build strength and endurance systematically

Week	Reps Per Set	Sets	Rest Time
Week 1	6-8 reps	3 sets	60 seconds rest
Week 2	8-10 reps	3 sets	60 seconds rest
Week 3	10-12 reps	3 sets	60 seconds rest
Week 4	15-20 reps	3 sets	60 seconds rest



Building on Your Foundation

Continue through the program with these adjustments for Weeks 5-12

Phase	Rep Structure	Sets	Rest Time
Weeks 5-8	Follow the same rep ranges as Weeks 1-4	3 sets	50 seconds rest
Weeks 9-12	Follow the same rep ranges as Weeks 1-4	4 sets	40 seconds rest

PROGRESSION RULES

- If you complete more than the top of the rep range with good form, increase weight the next set or session.
- If you cannot reach the bottom of the rep range with good form, lower the weight.
- Always aim to beat your previous performance—whether through more reps, better form, or more load.
- Track your progress in the provided Progress Tracker to visualize your improvements.
- This structure provides built-in progressive overload, ensuring continuous results in strength, muscular endurance, and conditioning readiness.



BODYWEIGHT WORKOUTS

No equipment? No problem! Use these bodyweight alternatives to build strength and conditioning when you don't have access to a gym. These workouts follow the same weekly structure but can be done anywhere with minimal equipment.



MONDAY

Lower Body

Jump Squats

Step-Back Lunges (each leg)

Glute Bridge March

Wall Sit (timed: match your rep count in seconds)

Lateral Squats



TUESDAY

Conditioning

Firefighter Conditioning + Core

4 Rounds

High Knees

30 sec

Bear Crawl (30 ft forward/back)

Speed Skaters

20 reps

Burpees

10-15 reps

Side Plank Reach-Through (each side)

Hollow Body Hold

20-40 sec



WEDNESDAY

Upper Body

Push-Ups (scale to knees, elevated, or explosive)

Inverted Rows (under sturdy table or towel row)

Pike Push-Ups (for shoulders)

Chair Dips

Superman Pullbacks (hold & retract scapula)



THURSDAY

Functional

Functional Firefighter Circuit

4 Rounds

Stair Step-ups (use home stairs)

x20

Crawl (forward/back 30 sec)

Wall Push (isometric: push hard for 20 sec)

Lunge Jumps

x12

Ground-to-Stand (simulate dummy pick-up)

x10



FRIDAY

Full-Body

Broad Jump + Backpedal

10 rounds

Mountain Climbers

45 sec

Slow Negative Push-Ups

tempo: 5 sec down

Plank-to-Elbow Push-Up

12 reps

V-Ups or Tuck Crunches



NOTES FOR PROGRESSION

- If you complete the top of the rep range easily, slow down the tempo or pause mid-rep to increase difficulty
- If you can't hit the bottom rep range, reduce range of motion or modify (e.g. incline push-ups)
- Track progress weekly just like the weighted program



HOW TO PROGRESS WITH BODYWEIGHT MOVEMENTS

This program follows the same 12-week rep and rest progression as the gym-based version — but instead of increasing weight, you'll scale intensity through tempo, control, and movement variation.



WEEKLY STRATEGY

Strategically build intensity without adding weight



Weeks 1-4

Focus on form and control using standard tempo. Build your reps gradually.



Weeks 5-8

Rest 50 seconds between sets. Add tempo control (e.g., 3 seconds down, 1 second up).



Weeks 9-12

Drop rest to 40 seconds and complete 4 sets per exercise. Begin using advanced variations to increase difficulty.



SAMPLE PROGRESSIONS

Examples of how to advance key movements over time

Push-Ups

Weeks 1-2: Standard push-ups

Weeks 5-6: Tempo push-ups (slow eccentric)

Weeks 9-12: Explosive push-ups or feet-elevated

Squats

Week 1: Air squats

Week 5: Jump squats

Week 9: Tempo squats or assisted single-leg squats

Core

Week 1: Static plank

Week 5: Plank shoulder taps

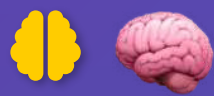
Week 9: Hollow body holds or V-ups



REMEMBER

Stick to the same weekly rep wave (6–8 → 8–10 → 10–12 → 15–20), but increase the challenge each week using better form, slower tempo, longer holds, or tougher variations.

This ensures progressive overload, even without equipment — and it keeps your workouts scalable, safe, and brutally effective.



RECOVERY & MOBILITY FLOW

Use this 5-10 minute flow on rest days or after training to reduce muscle soreness, improve flexibility, and accelerate your recovery between workouts. Regular mobility work is essential for firefighter readiness.



Recovery Flow Sequence

Complete this sequence in order for maximum effectiveness



Foam Roll

Roll through quads, glutes, hamstrings, and upper back with moderate pressure

2-3 minutes total



World's Greatest Stretch

Low lunge position with rotation and reach to open hip flexors and thoracic spine

2 rounds, 30 sec/side



Seated Forward Fold

Seated with legs extended, hinge at hips and reach toward toes

60 seconds



Lying Twist Stretch

On back, knees to one side while shoulders stay flat for spinal rotation

30 sec/side



Deep Lunge + Overhead Reach

Lunge position with arms extended overhead to improve hip mobility

30 sec/side



Diaphragmatic Breathing

Lying on back, breathe deep into diaphragm with hand on belly

1-2 minutes



Breathing Technique

End your mobility flow with this controlled breathing exercise

Inhale

4 seconds

Hold

4 seconds

Exhale

6 seconds

RECOVERY BENEFITS

This routine helps reduce muscle soreness, improves flexibility, and accelerates recovery between workouts. Regular mobility work prevents injuries, improves posture, and enhances overall movement quality—critical components for firefighter readiness. Use this flow after training sessions or on rest days to maintain mobility and prepare your body for the physical demands of firefighting.



PERFORMANCE PROGRESS TRACKER

Track your improvements over the 12-week program to visualize progress and stay motivated.

Regular measurement helps identify strengths and areas needing additional focus.

Document your journey to see how far you've come!



Firefighter Fitness Metrics

Document your improvement in key performance indicators

Week	Barbell Back Squat	Barbell Bench Press Max	1-Mile Time	Pull-Ups	Dummy Drag Time
Week 1					
Week 4					
Week 8					
Week 12					



Maximum Strength

Track your primary lifts (squat, bench press, deadlift) to measure raw strength gains. This directly correlates to your ability to handle heavy equipment on the job.



Work Capacity

Monitor your 1-mile time and dummy drag speed to gauge cardiovascular endurance and functional work capacity during high-stress situations.



Job-Specific Skills

Pull-ups and other tracked exercises directly translate to job requirements like climbing, dragging, and controlling equipment under pressure.

MEASURE CONSISTENTLY

Test at the same time of day, using the same equipment and conditions.

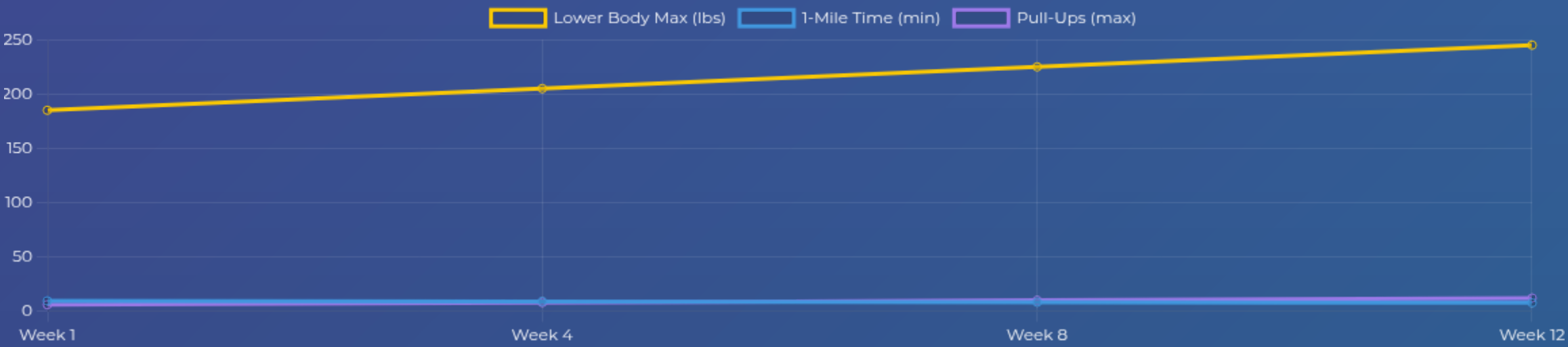
1-Mile Time (Week 1): 8:45 AM, track surface, 72°F
1-Mile Time (Week 4): 8:50 AM, same track, 70°F

TRACK QUALITATIVE DATA

Note how exercises feel, not just the numbers.

Week 1 Squat: 185 lbs - "Form felt shaky on last rep"
Week 4 Squat: 205 lbs - "Solid form throughout all sets"

Sample Progress Visualization



💡 TRACKING BEST PRACTICES

- Take photos or videos of your form to track technical improvements
- Use the same testing protocol each time (warm-up routine, rest periods, etc.)
- Note any factors that might impact performance (sleep quality, stress level, etc.)
- Record your RPE (Rate of Perceived Exertion) on a scale of 1-10 for each test
- Track recovery time between sets/exercises as it improves over the program
- Celebrate progress no matter how small – every improvement counts!

For additional tracking tools and detailed progress analytics, access the full program through our app.

NUTRITION TRACKING & GUIDANCE

Weekly Nutrition Goals

1g/lb

Protein Daily

128oz

Water Daily

80%

Whole Foods

Scale & Measurements

- ✓ Weigh at same time daily (morning, after bathroom)
- ✓ Use same scale on hard, level surface
- ✓ Track weekly average, not daily fluctuations
- ✓ Measure waist, chest, arms monthly

3-Day Nutrition Log

Day	Pre-Shift	During Shift	Post-Shift	Hydration	Energy/Recovery
Day 1					
Day 2					
Day 3					

Shift Nutrition Strategy



Pre-Shift

Complex carbs + protein 2-3 hrs before. Light snack 30 min prior.



During Shift

Frequent hydration, easy-digest snacks, electrolyte replacement.



Post-Shift

Protein + carbs within 1 hr. Focus on recovery nutrition.

Firefighter Hydration

- ✓ Pre-hydrate 16-20oz 2hrs before shift
- ✓ Drink 8oz every 15-20min during calls
- ✓ Add electrolytes for shifts >2hrs
- ✓ Monitor urine color (pale yellow goal)
- ✓ Avoid alcohol 24hrs before duty

Quick Station Meals



Protein Scramble

5 min | Eggs, veggies, cheese

Power Wrap

3 min | Protein, veggies, whole grain



Energy Bites

Prep ahead | Oats, protein powder, nuts



Recovery Shake

2 min | Protein, banana, berries

Hand Portion Guide



Protein

Palm size



Vegetables

Handful



Carbs

Cupped hand



Fats

Thumb size

♥ RECOVERY TIPS & FUELING GUIDANCE



Recovery Strategies

- ✓ Sleep 7–9 hours per night for optimal hormone regulation and muscle recovery
- ✓ Foam roll sore muscles post-workout to improve blood flow and reduce tension
- ✓ Stretch or do light movement on off days to maintain mobility and circulation
- ✓ Take rest days seriously—your gains happen during recovery, not just training
- ✓ Use contrast showers (hot/cold) to reduce inflammation and boost recovery



Fueling Guidelines



Protein Priority

At least 1g per lb of body weight daily for muscle repair and recovery



Hydration Goal

Half your bodyweight (lbs) in ounces of water daily



Whole Foods Focus

Vegetables, lean proteins, healthy fats, complex carbohydrates



Nutrient Timing

Pre-workout: carbs/protein 1-2hrs before. Post-workout: protein within 1hr



FIREFIGHTER-SPECIFIC CONSIDERATIONS



Shift Sleep Strategy

Maintain consistent sleep schedule even on rotating shifts. Use blackout curtains and white noise. Power nap 20-30 minutes if needed during long shifts.



Heat Stress Recovery

Cool down gradually after heat exposure. Increase electrolyte intake. Focus on foods with high water content like fruits and vegetables.



Respiratory Support

Include antioxidant-rich foods (berries, leafy greens). Consider omega-3 supplements for anti-inflammatory support. Stay hydrated for optimal lung function.



Optional Performance Supplements



Omega-3

Anti-inflammatory



Vitamin D

Bone health, immunity



Magnesium

Muscle recovery, sleep



Creatine

Strength, power output

Remember: Recovery isn't just about what you do after training—it's about creating sustainable habits that support your performance both on and off the job. For additional video demos, substitutions, and tracking tools, access the full program through our app.

Stay strong, stay safe.
Coach Zach Downs - Altered Fitness

Mental Clarity in Crisis

The ability to think clearly under extreme pressure is as crucial as physical strength for firefighters. During testing and real emergencies, your body will be fatigued, overheated, and stressed - precisely when you need mental clarity most. Young candidates often focus solely on physical preparation, underestimating how stress affects decision-making and performance.

Box Breathing Technique

BOX BREATHING



Box breathing activates your parasympathetic nervous system, reducing stress hormones and heart rate, while improving focus during high-pressure situations.

Stress Response Training

This protocol combines cardiovascular stress with immediate mental centering - mimicking the conditions you'll face during testing and real emergencies. It trains your brain to switch from fight-or-flight to focused calm.

Sprint-Breathe Protocol

- 1 Sprint for 2 minutes (treadmill at 85-90% effort or outdoor sprint)

2 Immediately transition to box breathing for 1 minute (4 cycles)

3 Focus on slowing heart rate while maintaining proper form

4 Repeat for 5 complete rounds (15 minutes total)

- 12345

Benefits

- Improves recovery time during stressful events
- Enhances decision-making under physical duress
- Reduces anxiety during performance testing
- Builds mental resilience alongside physical capacity

FIELD EXPERIENCE

"During my first major structure fire, my SCBA alarm was blaring, visibility was zero, and we needed to extract a victim. The training kicked in - I took four controlled breaths, centered myself, and was able to complete the rescue efficiently."
- Captain Michael Stevens, 15-year veteran

Application During Testing

When you feel overwhelmed during your firefighter test (CPAT, physical agility, or department-specific challenges), use these specific moments to implement your breathing training:

- 1 Between test stations or events (take 4-5 controlled box breaths)

2 While donning gear or equipment (focus on diaphragmatic breathing)

3 During sustained efforts like stair climbs (maintain rhythm with breath)

4 Immediately after completing challenging segments (reset with 2-3 box breath cycles)



FINAL THOUGHTS

YOUR JOURNEY TO BECOMING A FIREFIGHTER



From Coach Zach

Congratulations on completing this program! The path to becoming a firefighter is challenging, but you've shown the discipline and dedication needed to succeed. Remember that mental preparation is just as important as physical readiness. Stay focused, trust your training, and know that your hard work will pay off on test day.

I believe in your ability to achieve your goals. Good luck on your firefighter exam – you've got this!

Remember These Keys to Success:

- ✓ Stay consistent with your training schedule – even small daily efforts compound over time.
- ✓ Practice your breathing techniques to remain calm under physical and mental stress.
- ✓ Prioritize recovery and nutrition – they're essential components of your performance.
- ✓ Visualize success on each test component – mental rehearsal improves physical execution.



Take Your Training to the Next Level:

Altered Fitness is an online personal training company dedicated to helping you achieve your fitness goals. Experience this program with enhanced support:

 Workouts loaded into our training app

 Progress tracking capabilities

 Exercise videos to follow along

 Integrated nutrition tracker

All this for just

\$29.99/month

Run this firefighter program through our app with direct coach support

Text Coach Zach Directly

515-803-1412

For questions or to set up your app access

Apply for Custom Coaching

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Take your training to the next level