



Pre-Fire Academy Fitness Recommendations

If you are considering applying for a firefighter position with South County Fire, please be aware that being a firefighter is a physically, mentally, and emotionally challenging career. For South County Fire, that career begins at the Snohomish County Fire Training Academy which is particularly rigorous. The following are recommendations we provide our new recruits regarding the importance of entering the Academy prepared, both physically and mentally.

Body Weight Training

Recruits are expected to have above average strength. Here are recommendations for ability prior to entering the Academy.

Push Ups	20+
Pull Ups	8+
Front Plank	90 sec+
Side Plank	45 sec+
Body Squats	30+

Exercise Knowledge

Upon entering the Academy, firefighters will need to have a basic understanding of the following exercises:

- Body Squat
- Push Up
- Pull Up
- Sit Up
- Plank

Flexibility

Flexibility training is a must, it promotes total body mobility which will be crucial to a physically healthy career. Please search out stretching techniques, and/or yoga. Recruits participate in yoga during the Academy.

Aerobic Conditioning

Being in excellent specific aerobic shape is crucial to success in the Academy and the fire department. What we mean by specific is, your aerobic capacity should be geared towards the specific demands of being a firefighter. Running, biking, rowing, and High Intensity Interval Training (HIIT) should all be a part of the training regimen. The following are some basic guidelines for aerobic conditioning:

-3-5 days per week of aerobic conditioning exercise. The Academy will employ multi-joint and explosive movements as the primary mode of aerobic conditioning on the drill ground. We recommend that 2-3 of the days be primarily cross-training/HIIT training, with 1-2 days per week of running or biking.

-Your running days should focus on duration and not intensity. If you can slowly build up to a long run of approximately 45 minutes once per week, that would be ideal. Do not increase the duration of the long run by more than 10% each week.

-One day should focus on intensity instead of duration. "Suicides" of 20, 30, 40, etc. yard sprints with 30-45 sec rest in between are a great example to use for these days.

-You should have a goal of being able to run 1.5 miles in under 12 minutes.

Work Capacity

We recommend compound/multiple joint exercises that are highly functional and specific in nature over an extended period of time. These exercises should be employed with a variety of intensities and repetitions. If you do not know how to interpret these recommendations, please consult with an exercise professional/coach. HIIT is a suggested type of training which includes multiple exercises, moving quickly in between movements, and taking short breaks so your heart rate stays elevated for an extended period of time. This is an example of what a basic work capacity circuit looks like:

4-5 rounds:

Tire Flip	5 reps
Kettle Bell Goblet Squat	10 reps
Burpees	10 reps
Overhead Press	6 reps
Box Jump	5 reps
Plank	1 min
Rope Slam	40 reps
Dumbbell Lunge to Press	8 ea.
400-meter run	1

Nutrition

It is critical to understand the importance of nutrition during the academy. We recommend:

-Water Stay hydrated, drink water prior to your workouts and drills. Research electrolyte supplements to replace much needed nutrients.

-Diet A performance-orientated diet is composed of about 55% carbohydrates (primarily complex), 25% healthy fats, 20% protein. Less processed food and more whole, fresh foods.

Sleep

Your body recovers best when it gets plenty of rest. Your body and mind will benefit best from 8+ hours of sleep. Set a routine and stick with it.

This document is intended only to provide suggested guidance to help new recruits prepare for the Snohomish County Fire Training Academy. All of the suggestions herein are optional and will not be tracked, measured or evaluated in any way by representatives of the academy or hiring agency. Failure to follow the recommendations will not in any way affect the recruit's employment status.

All physical requirements for firefighters are outlined in the Job Description and/or Job Analysis provided by the hiring agency. This document does not replace or supersede those requirements.

Any recruit following these recommendations does so at their own risk. Any injuries sustained while following these suggestions are the sole responsibility of the individual.