



Unified Fire Authority

FPAT 6-Week Workout Plan

The intent of this document is to assist our employees with a baseline workout program and to assist individuals in meeting their own fitness goals, needs, and preparation for the firefighter physical agility test process (FPAT). Please modify as needed, and it can be used on an individual basis or in a crew setting.

FPAT – CAPACITY 6-week program

WEEK ONE

<p>CARDIO TEST 10:30</p> <p>Use the Rower or Rogue Echo bike for 10:30 for max calories.</p> <p>-Record your total calorie number</p>	<p>REST</p>	<p>Workout One - Focus</p> <p>5 minutes row or bike warm up.</p> <p>10 x 1 min row or bike</p> <p>-10 rounds- 1 min row/bike +2 min rest</p> <p>Efforts should be 80 -90% effort or 8 -10% bodyweight in calories</p> <p>Finish: 30/30</p> <p>-4 rounds - 30 sec squat + 30 sec squat hold 30 sec push up +30 sec push up hold 30 sec lunge +15 sec lunge hold each leg</p>	<p>Optional Recovery Workout</p> <p>30-60 minutes bike, row or run at a smooth effort. Breathing should be through your nose.</p> <p>Heart rate should be 60 -70% of your max heart rate through out</p>	<p>Workout Two</p> <p>5 minutes row or bike warm up.</p> <p>Then:</p> <p>-3 rounds- 10 lunge holding 2 dumbbells +1 min row +1 min rest</p> <p>5 minutes rest</p> <p>-3 rounds- 10 wall balls +1 min rogue bike +1 min rest</p> <p>Finish: Accumulate 100 push ups</p>	<p>Optional Recovery Workout</p> <p>30-60 minutes bike, row or run at a smooth effort.</p>
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WEEK TWO

<p>Workout Three -Focus</p> <p>5 minutes row or bike warm up.</p> <p>7x2 min row or bike</p> <p>-7 rounds- 2 min row/bike +3 min rest</p> <p>Efforts should be 80 -90% effort or 15 -20% bodyweight in calories</p> <p>Finish: Accumulate 100 sit ups</p>	<p>Optional 30-60 min Recovery Workout</p>	<p>Workout Four</p> <p>Warm up then:</p> <p>10 – 1 Burpees Air squats Push ups Lunge</p> <p>Example: 10 burpees + 10 Air squats + 10 Push ups + 10 Lunge ea. Leg</p> <p>9 burpees + 9 Air squats + 9 Push ups + 9 Lunge ea. Leg</p> <p>8,7,6,5,4,3,2,1</p> <p>Rest as need between rounds.</p>	<p>Optional 30-60 min Recovery Workout</p>	<p>Workout Five</p> <p>5 minutes row or bike warm up.</p> <p>Then:</p> <p>-3 rounds- 10 Goblet Squats + 2 min row + 2 min rest</p> <p>-5 minutes Rest-</p> <p>-3 rounds- 10 Box step ups holding 2 dumbbells +2 min bike +2 min rest</p> <p>Finish: Accumulate 5 minutes plank</p>	<p>Rest</p>
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WEEK THREE

<p>Workout Six - Focus</p> <p>5 minutes row or bike warm up.</p> <p>5 x 3 min bike or row</p> <p>-5 rounds- 3 min row/bike +4 min rest</p> <p>Efforts should be 80 - 90% effort or 20-30% bodyweight in calories</p> <p>Finish: Accumulate 100 hollow rocks</p>	<p>Optional Recovery Workout</p>	<p>Workout Seven</p> <p>5 min cardio warm up</p> <p>15 minutes of: 40 seconds on/ 20 seconds off</p> <p>-3 rounds- 40 seconds jump rope +20 sec res 40 seconds squat or goblet squat +20 sec rest 40 sec lunge +20 sec rest 40 sec push up + 20 sec rest 1 min rest</p> <p>Then: 100 sit ups</p>	<p>Optional Recovery Workout</p>	<p>Workout Eight</p> <p>5 min row bike warm up.</p> <p>-3 Rounds- 10 Devils Press +2 min Row + 2 min Rest</p> <p>5 minute intermission</p> <p>-3 Rounds- 10 Goblet Squats +2 min Bike +2 min Rest</p> <p>Finish: Accumulate 5 minutes plank</p>	<p>Rest</p>
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WEEK FOUR

Workout Nine - Focus		Workout Ten		Workout Eleven	Rest
<p>5 minutes row or bike warm up.</p> <p>4 x4 min bike or row</p> <p>-4 rounds- 4 min row/bike +5 min rest</p> <p>Efforts should be 80 - 90% effort or 30-40% bodyweight in calories</p>	<p>Optional Recovery Workout</p>	<p>15 min Every Minute on the Minute EMOM</p> <p>10/12/15 cal row/bike 10/12/15 burpees 10/12/15 box jumps or step ups</p> <p>Pick 10/12/ or 15 repetitions depending on ability level</p> <p>Example:</p> <p>Minute 1: 12 calorie row Minute 2: 12 burpees Minute 3: 12 box step ups</p> <p>Repeat for 15 minutes</p>	<p>Optional Recovery Workout</p>	<p>5 min row bike warm up.</p> <p>THE MOUNTAIN 5-10-15-20-15-10-5 Goblet Squat Burpee Calorie Row or Bike</p> <p>Example 5 goblet squat + 5 Burpees + 5 Calories</p> <p>10 goblet squat + 10 Burpees + 10 Calories</p> <p>15,15,15 20,20,20 15,15,15 10,10,10 5,5,5</p> <p>Rest as needed</p>	

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WEEK FIVE

<p>Workout Twelve - Focus</p> <p>5 minutes row or bike warm up.</p> <p>2x6 min bike or row</p> <p>-2 rounds- 6 min row/bike +7 min rest</p> <p>Efforts should be 80 -90% effort or 50-60% bodyweight in calories</p>	<p>Optional Recovery Workout</p>	<p>Workout Thirteen</p> <p>5 min cardio warm up</p> <p>Then 15-1 Calories row or bike + goblet squats</p> <p>i.e. 15 calories row + 15 goblet squat 14 calories row +14 goblet squats 13+13, 12+12, 11+11 10,9,8,7,6,5,4,3,2,1</p> <p>Finish: Accumulate 100 sit ups</p>	<p>Optional Recovery Workout</p>	<p>Workout Fifteen</p> <p>5 min row bike warm up.</p> <p>-3 Rounds- 10 Devils Press +2 min Row + 2 min Rest</p> <p>5 minute intermission</p> <p>-3 Rounds- 10 Goblet Squats +2 min Bike +2 min Rest</p> <p>Finish: Accumulate 5 minutes plank</p>	<p>Rest</p>
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WEEK SIX

Workout Sixteen - Focus		Workout Seventeen		Workout Eighteen	Rest
<p>5 minutes row or bike warm up.</p> <p>2x 7 min bike or row</p> <p>-2 rounds- 7 min row/bike +7 min rest</p> <p>Efforts should be 80 -90% effort or 55-70% bodyweight in calories</p>	<p>Optional Recovery Workout</p>	<p>5 minutes cardio warm up</p> <p>Then.</p> <p>25 minute Every Minute on the Minute EMOM</p> <p>10/12/15 KB swing 10/12/15 calories row 10/12/15 goblet squats 10/12/15 calories bike or row 10/12/15 push press</p> <p>Pick 10/12/ or 15 repetitions depending on ability level</p> <p>Finish: Accumulate 100 hollow rocks</p>	<p>Optional Recovery Workout</p>	<p>5 min row bike warm up.</p> <p style="text-align: center;">THE VALLEY 20-15-10-5-10-15-20</p> <p>Calorie Row or Bike Kettlebell swings Push ups</p> <p>Example 20 Calories row or bike 20 Kettlebell swings 20 Push ups</p> <p>15 Calories row or bike 15 Kettlebell swings 15 Push ups</p> <p>10 Calories row or bike 10 Kettlebell swings 10 Push ups</p> <p>5,5,5 10,10,10 15,15,15 20,20,20</p>	

WEEK EIGHT CARDIO TEST - Repeat 10:30 seconds for max calories on rower or Echo Bike

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HR Zone Training Ranges by Age										
AGE	Zone 1		Zone 2		Zone 3		Zone 4		Zone 5	
	50%	60%	60%	70%	70%	80%	80%	90%	90%	100%
10	105	126	126	147	147	168	168	189	189	210
12	104	125	125	146	146	166	166	187	187	208
14	103	124	124	144	144	165	165	185	185	206
16	102	122	122	143	143	163	163	184	184	204
18	101	121	121	141	141	162	162	182	182	202
20	100	120	120	140	140	160	160	180	180	200
22	99	119	119	139	139	158	158	178	178	198
24	98	118	118	137	137	157	157	176	176	196
26	97	116	116	136	136	155	155	175	175	194
28	96	115	115	134	134	154	154	173	173	192
30	95	114	114	133	133	152	152	171	171	190
32	94	113	113	132	132	150	150	169	169	188
34	93	112	112	130	130	149	149	167	167	186
36	92	110	110	129	129	147	147	166	166	184
38	91	109	109	127	127	146	146	164	164	182
40	90	108	108	126	126	144	144	162	162	180
42	89	107	107	125	125	142	142	160	160	178
44	88	106	106	123	123	141	141	158	158	176
46	87	104	104	122	122	139	139	157	157	174
48	86	103	103	120	120	138	138	155	155	172
50	85	102	102	119	119	136	136	153	153	170
52	84	101	101	118	118	134	134	151	151	168
54	83	100	100	116	116	133	133	149	149	166
56	82	98	98	115	115	131	131	148	148	164
58	81	97	97	113	113	130	130	146	146	162
60	80	96	96	112	112	128	128	144	144	160
62	79	95	95	111	111	126	126	142	142	158
64	78	94	94	109	109	125	125	140	140	156
66	77	92	92	108	108	123	123	139	139	154
68	76	91	91	106	106	122	122	137	137	152
70	75	90	90	105	105	120	120	135	135	150

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Zone	Training Effort	Rate of Perceived Exertion (RPE)	Fitness Goal
Zone 1	50-60% Max Heart Rate	2-3/10	Warm Up, Recovery (including active), Cool Down
Zone 2	60-70% Max Heart Rate	4-5/10	Building an Aerobic base, Fat-burning, Sustainable for long periods
Zone 3	70-80% Max Heart Rate	6-7/10	Improving Aerobic capacity and muscle strength
Zone 4	80-90% Max Heart Rate	8-9/10	Increasing the anaerobic threshold; helps improve performance in short-duration activities.
Zone 5	90-100% Max Heart Rate	9-10/10	Develop fast twitch muscle fibers for sprinting and power. Not good for long periods.

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BURN A BOTTLE:*

Air Management Drill

As a crew, everyone will go on air at the same time. (No turnouts)

P1: Rogue echo bike sprint (Bike sprint for the amount of time taken to sled push/pull the bay)

P2: Sled push/pull the length of the bay. Start with 2-45# lb plates. Increase a 45# lb plate at 10 minute intervals

P3: Hold 2 heavy dumbbells

P4: Rest

This is a relay. Go until the last person is out of air.

DO NOT DO THIS IN LIVING QUARTERS