

Scottish Fire and Rescue Service



CAREERS

WE ARE SFRS  
YOU ARE SFRS

# RECRUITMENT FITNESS GUIDE

We are SFRS

**YOU** are **SFRS**



# CONTENTS

<b>1.</b>	<b>INTRODUCTION</b>	<b>1</b>
<b>2.</b>	<b>AEROBIC FITNESS ASSESSMENT</b>	<b>2</b>
<b>3.</b>	<b>PRACTICAL SELECTION TESTS</b>	<b>3</b>
<b>4.</b>	<b>FITNESS DEVELOPMENT PROGRAMME</b>	<b>6</b>
<b>5.</b>	<b>12-WEEK DEVELOPMENT PROGRAMME</b>	<b>9</b>

## 1. INTRODUCTION

Firefighters respond to 999 emergency calls to put out fires but that is not all. The firefighter's role involves a huge range of activities other than firefighting.

Other incidents can range from road traffic collisions to chemical spillages, water rescue operations, flooding incidents, rail incidents and other disaster situations.

Many types of incident can be physically demanding for firefighters in attendance therefore it is essential that you have good-all-round physical fitness to enable you to be safe and effective in your role.

Your health and/or physical fitness will be assessed during three different elements of the recruitment process. These are during the fitness assessment, practical selection tests and medical assessment.

The aim of this booklet is to provide information on the fitness assessment and practical selection tests and to provide guidance on how to prepare for these. It will outline what will be expected of you in each of these elements and offer guidance on fitness development to ensure you will be able to successfully complete the fitness assessment and practical selection tests. For further information, please visit the [Fitness Tests](#) and [Practical Selection Tests](#) page on the website.

## 2. AEROBIC FITNESS ASSESSMENT

This assessment measures your aerobic fitness. This is the ability of your body to take in and use oxygen to fuel exercise and can also be referred to as stamina or endurance. Aerobic Fitness is closely linked to your ability to safely and effectively complete a number of different firefighting activities.

The recruitment standard for firefighting roles is  $42.3\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ . This is approximately equivalent to being able to run one kilometre in 4 minutes or 5 kilometres in 23 minutes, if these were maximal efforts.

Prior to undertaking your practical selection tests, you will be required to undertake an aerobic fitness assessment. The test used will be the Multi-Stage Shuttle Run Test as this is a good method of assessing the aerobic fitness of large groups.

Before undertaking the assessment, you will be required to answer some questions about your past and current health and undergo a blood pressure assessment to ensure that you are fit to participate in the fitness assessment and practical selection tests that will follow.

The Multi-Stage Shuttle Run Test involves running between two marked points spaced 20 metres apart. You will be required to run between these points at a speed indicated by a beep played from an audio track. You must place one foot on the 20-metre mark in time with the beep which will get progressively quicker.

Your assessment will be stopped if you are unable to do this for three successive beeps. Your last completed shuttle will be used to predict your aerobic fitness. You will need to complete up to level 8 shuttle 8 to meet the recruitment fitness standard of  $42.3\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ .

You should consider how you run during this assessment to enable you to achieve the best score you can. These points will help you to do this:

- You should pace yourself and not run any faster than you need to reach the mark when the beep sounds
- Do not try to keep pace with others if they are running too quickly
- You do not need to place your foot over the line, just on it so don't run further than you must
- Try to accelerate and decelerate smoothly
- You may wish to alternate your turning leg. If you only use one leg this will be required to do most of the work to decelerate and accelerate into the next shuttle and lead to early fatigue

### **How to train for the multi-stage shuttle run**

To prepare for the Multi-Stage Shuttle Run Test, your aerobic training should have a greater focus on running due to this being the mode of exercise for this test. You should aim to gradually increase both the intensity and duration of your training over time allowing you to improve your aerobic fitness whilst minimising the risk of injury.

It would also be a good idea to practice this multi-stage fitness assessment before the assessment day. Test guidelines and the associated audio track are widely available online. This will allow you to gain a better understanding of your current fitness and to practice your pacing and how you decelerate, turn and accelerate to make sure you are able to score as highly as you can.

The 12 Week Fitness Development Programme at the end of this document will provide an example of how to plan and progress your training sensibly to ensure you are able to improve your fitness safely and effectively in preparation for this assessment.

## 3. PRACTICAL SELECTION TESTS

The Practical Selection Tests (PSTs) are designed to assess whether you can carry out the more physical aspects of the role of a firefighter and they closely reflect the wide range of physical tasks carried out on a daily basis. The PSTs aim to assess your level of fitness, strength and manual dexterity as well as your level of confidence in simulated exercises. The practical selection tests that you will undertake are shown below.

To allow you to train effectively for each PST, assessment suggested resistance training exercises are also shown below each PST which is dependent on muscular strength or endurance. Further guidance on how to incorporate these exercises into a training programme and is contained in the 12-week fitness plan section.

*[Please refer to the website for videos on tips and techniques on the practical selections tests.](#)*



### Ladder climb

The ladder climb is a test of confidence whilst working at height. An Assessor will first demonstrate the test. Candidates will then commence the test, demonstrating the correct 'leg lock' just above ground level before commencing the test. Wearing full Personal protective equipment (PPE), including a harness attached to a fall-arrest system, candidates must ascend a 13.5 metre ladder, extended to the third floor of the drill tower to two-thirds of its height and demonstrate a 'leg lock'. Include a close-up of the leg-lock

The candidate will then lean back with arms outstretched to the side and look down to the Assessor to identify and call out a symbol that they will hold up. The candidate will then descend in the correct manner demonstrated.

### Ladder extension

This test comprises an apparatus which simulates a standard aluminum 10.5m Fire Service Ladder and assesses physical ability and upper body strength.

Wearing full PPE, you will be required to extend the ladder using the extending line until it is at full extension.

### Ladder extension to lower:

You will then be required to house (lower) the ladder in a controlled manner. Extending and lowering the ladder in this manner equates to controlling the weight of approximately 26 kg.



### Developing strength and muscular endurance for Ladder Extension PST's

The best exercise to develop the strength to complete these task is to perform an underhand lat pull down.

### Hose running

This will test your upper body strength. Candidates wearing full PPE will be required to roll out and carry four standard lengths of 70mm red hose and carry over a distance of 25m. The weight of each hose is 13.5kg. The marker cones laid out in the drill ground area sets out the 25m distance.

### Developing strength and muscular endurance for hose running PST's

The best exercises to develop strength and muscular endurance to complete this task are the Unilateral Farmers Walk, Goblet Carry and Bicep Curl.



### Casualty evacuation

This is a test of your lower and upper body strength. You will wear full PPE and be required to move a 55kg casualty from the starting point around the set of cones and then return to the start.

### Developing strength and muscular endurance for the Casualty Evacuation PST

The best exercises to develop strength for this PST are the Deadlift and Bent Over Row.



### Working in an enclosed space

This is a test of confidence, agility and possible claustrophobia whilst working in an enclosed space. Candidates wearing full PPE and an obscured facemask will be required to negotiate a measured crawl-way within a set time. The crawl-way is a series of tunnels.

Candidates are required to feel with their hands to the left, right, above and below to find the route. There are also obstacles to negotiate along the way.

### Equipment assembly

This is a test of your manual dexterity. You will be required to assemble and disassemble a ram unit, similar to the one shown, wearing full PPE. The pieces will be laid out in the correct order and the photographs will be displayed next to the assembly point. Once the unit has been assembled completely and correctly, the Assessor will give the signal to disassemble the unit in reverse order, returning each part back to the correct position.



## Equipment Carry

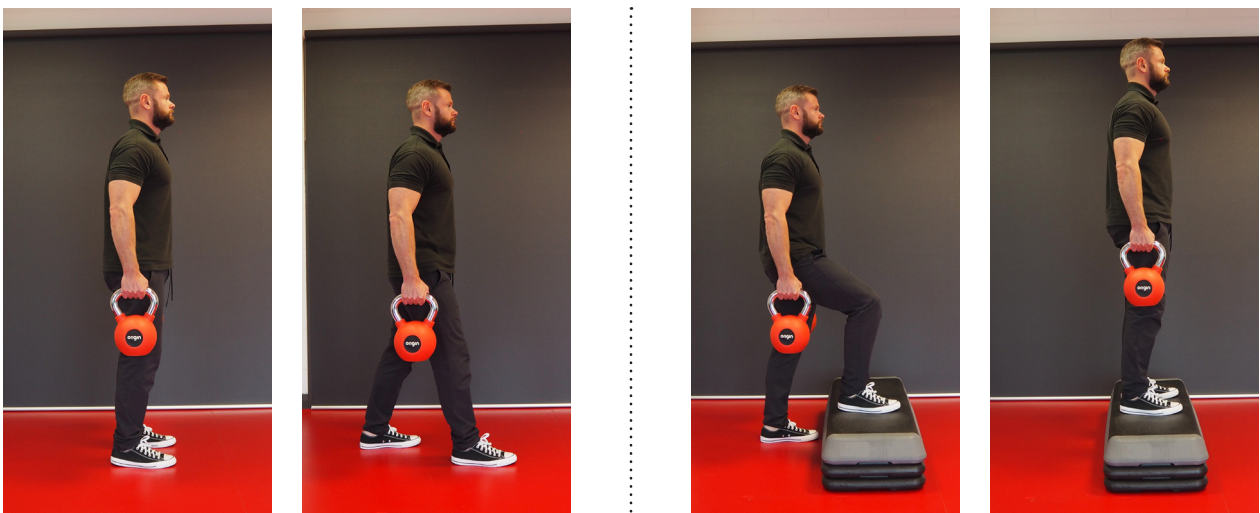
This is a test of your aerobic fitness, muscular strength, and stamina. Wearing full PPE you will be required to:

- Pick up the hose reel from a designated appliance and run with it for one length (25 metres) to the cone, then jog back (25 metres) to the start.
- Pick up two coiled 70mm red hose by the handles and carry them up and down the course for four lengths (100metres) then place one back at the start. The weight of each hose is 13.5kg
- With the remaining coiled 70mm delivery hose, pick it up by the centre lugs and carry at chest height down to the cone 25 metres away. Place it down then jog three lengths (75 metres) to return to the start.
- Pick up and carry the 2.4 metre suction (hard hose) and basket strainer for four lengths (100 metres) then place them back down and jog four lengths (100 metres) of the course. The weight of the hose is 11kg and the weight of the strainer is 3kg.
- Finally you will pick up and carry a 27.5kg weighted bag up and down the course four lengths (100 metres).



## Developing fitness for the Equipment Carry Test

The best exercises to develop strength and muscular endurance for this PST include Loaded Carries such as the Farmers Walks and the Loaded Step Ups. This PST also places a significant demand on your aerobic fitness so it is important to train for this too.



# 4. FITNESS DEVELOPMENT PROGRAMME

This section will provide guidance on fitness development to ensure you that you will be able to successfully complete the fitness assessment and practical selection tests. A twelve-week development programme can be found at the end of this section that can assist you in this. It details how to progress safely and effectively both aerobic training and resistance training. The resistance training exercises have been selected based upon the exercise recommended for successful completion of the practical selection tests.



## The Physical Activity Readiness Questionnaire

Prior to taking part in any physical activity you need to make sure that you are fit enough to participate. Please answer the following questions as honestly as possible.

		Yes	No
1.	Has your doctor ever said that you have a heart condition OR high blood pressure?		
2.	Does a close relative under 60 suffer from cardiovascular disease?		
3.	Are you aware of any close relatives who have high cholesterol?		
4.	Do you feel pain in your chest or shortness of breath at rest, during daily activities of living, OR when you do physical activity?		
5.	Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over breathing (including during vigorous exercise)		
6.	Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?		
7.	Are you currently taking prescribed medications for a chronic medical condition?		
8.	Do you currently have, or have you recently suffered any musculo-skeletal illness or injury that could be made worse by undertaking the fitness test explained to you?		
9.	Has your doctor ever said that you should only do medically supervised physical activity?		
10.	Do you have diabetes?		
11.	If you have answered YES to question 10, are you confident that your blood sugar levels are sufficient for you to safely undertake the fitness test that has been explained to you?		
12.	Do you have any acute illnesses that could affect your ability to undertake the fitness test explained to you?		
13.	Are you, or do you have any reason to believe that you may currently be pregnant? Or have you recently given birth?		
14.	Is there any further information you wish to inform us about?		

## Consideration Prior to Participation in Exercise

If you have not participated in physical activity for some time or if you are in any doubt about your health or physical ability to exercise or you answer yes to any of the questions on a Physical Activity Readiness Questionnaire you should contact the Health and Wellbeing Department or your GP prior adopting any of the following advice.

To help reduce the risk of injury you should look to protect yourself by wearing appropriate clothing and footwear for the activity you are undertaking. As a general rule your clothing should permit you to move freely through your full range of motion and not restrict your movement in any way. Your choice of footwear may differ depending on the activity you are participating in but for general fitness training any fitness or sports training shoe will likely be appropriate if they fit correctly and are comfortable and supportive.

## How to Warm Up

A warm up should be completed prior to any physical activity. The purpose of a warm up is to prepare the body for the activity that will follow, improving performance and reducing risk of injury by increasing blood flow to working parts of the body, raising body temperature, reducing muscle stiffness and improving muscle force production.

Exercises chosen within a warm up should involve similar movement patterns as exercises that will be performed in the main.

The warm up should begin with a pulse raising activity such as jogging, indoor cycling, rowing etc. which should last for 5 – 10 minutes. The first few minutes should be a very light intensity and this should then gradually increase over the course of this part of the warm up. By the end of this you should notice that your breathing rate has increased and you feel warm and are sweating lightly.

Following this, the focus should move towards joint mobilisation and dynamic stretches. This involves performing low intensity exercises that move limbs through the full range of motion that will be needed in the proceeding activity. 5 dynamic flexibility exercises that could be performed prior to a general whole body training session are provided below.

### DYNAMIC FLEXIBILITY

#### ARM CIRCLES

(Shoulders)

- With your feet shoulder width apart, stand with your back straight and knees slightly bent
- Gently rotate your arms around your body from waist height moving your arms higher above your head and continue back to your waist
- Do not force the movements
- Repeat 8 - 10 times clockwise and then 8 - 10 times anti clockwise



#### LEG SWINGS

(Buttocks, Quadriceps and Hamstrings)

- Hold on to a solid object and balance on one leg
- Swing your outer leg forwards to a comfortable height ensuring that your trunk and lower back stay rigid and do not bend
- Swing your leg backwards, again ensuring that there is little movement of the back
- Try and keep your hips facing forwards and the knee of your swinging leg straight when swinging forward and slightly bent when swinging behind
- Repeat 8 – 10 times then change to opposite leg
- Only swing to a height that suits your flexibility; do not force the movement



#### SQUAT TO OVERHEAD ARM SWING

(Quadriceps, Buttocks, Upper Back, Shoulders)

- Assume the squat position by bending your ankles, knees and hips whilst simultaneously swinging your arms down and back
- Keep chest lifted throughout
- Return to the standing position with your arms stretched overhead
- Repeat 8 – 10 times



#### STANDING DYNAMIC

##### PECTORAL STRETCH (Pectoralis Major)

- With your feet shoulder width apart, gently pull your arms back until you feel mild tension in the pectorals
- Swing your arms forward across your body while allowing your upper back to round slightly
- Repeat 8 to 10 times varying the angle of movement

#### LUNGE WITH ROTATION

(Quadriceps, Buttocks, Obliques)

- Stand in an upright position with your feet shoulder width apart
- Lunge forward while simultaneously rotating your torso towards the lunging leg ensuring that your lead foot remains on the floor
- Push back off the lead foot and return to the starting position
- Repeat 8 – 10 times and then change to opposite leg



Finally, to complete the warm up and enable a smooth transition to the main activity, those exercises that will be performed within the main training session can be included but performed at a lower intensity than that which will follow.



## How to Cool Down and Develop Flexibility

Equally important to the warm up is the cool down, which should be performed following the main activity. The aim of the cool down is to return both the body and mind back to normal following exercise and to promote recovery from the activity you have undertaken.

The cool down should begin with a pulse lowering activity using activities such as jogging/walking, or cycling. This should last for 5 – 10 minutes during which you should progressively reduce the intensity to the point where exertion is minimal.

Finally, static stretches should then be performed on all the major muscle groups used in the main activity, gradually easing into the stretch to the point of discomfort, but not pain, and holding the stretch for a minimum of 10 seconds. If you are looking to develop your flexibility then you should increase the duration of the stretch to around 30 seconds pushing further into the stretch after 15 seconds. 6 static flexibility stretches that cover all the main muscle groups can be seen below.

### STATIC FLEXIBILITY



#### STRETCH: **STANDING HIP FLEXOR**

(Hip Flexors and Quadriceps)

- Kneel on the ground with one leg forward and one leg back and hands on knee
- Ensure that your head, shoulders and hips are aligned over one another and keep your chest lifted by gently pulling your shoulder blades together
- Push your hips forward without changing foot position
- Hold this position when you feel mild tension in front of the hip then slowly release and repeat with opposite leg

#### STRETCH: **OVERHEAD TRICEP/SHOULDER**

(Back of Shoulder and Triceps)

- Stand with feet shoulder width apart and knees slightly bent
- Lift one arm overhead, bend elbow and reach hand towards the opposite shoulder blade
- Hold flexed elbow with your opposite arm to assist stretch by gently pulling on the bent elbow
- Hold this position once you feel mild tension in the back of the shoulder and triceps then slowly release and repeat with opposite arm



#### STRETCH: **STANDING BICEPS**

(Biceps)

- Stand upright with feet shoulder width apart
- Lift your arms out to the side and backwards whilst turning your hands inwards to feel the stretch



#### STRETCH: **STANDING HAMSTRING**

(Hamstrings)

- Extend one leg out in front ensuring that the bottom of your foot remains on the ground
- Bend your back knee and place your hands on the front of the thigh
- Lean forward slightly (ensure that you hinge from your hip and keep your back straight rather than rounding your spine)
- Hold this position when you feel mild tension in the hamstring then slowly release and repeat with opposite leg



#### STRETCH: **STANDING LATISSIMUS DORSI**

(Latissimus Dorsi)

- Stand upright with feet shoulder width apart
- Place both arms overhead with hands clasped together
- Push towards the ceiling to feel the stretch



#### STRETCH: **QUAD/HIP FLEXOR**

(Quadriceps and Hip Flexors)

- Stand close to a wall or solid object and assist your balance with one hand
- With your inner thighs close together bend one knee and gently pull your heel towards your gluteals
- Hold this position when you feel mild tension in the quadriceps then slowly release and repeat with opposite leg
- To emphasise the hip flexor, repeat as above but gently push the hip slightly further forward by tightening the gluteals until you feel mild tension in front of the hip

This combination of gradually lowering the pulse and performing static stretches helps to prevent post exercise muscle soreness and helps to stretch the muscle back to the pre-exercise state thereby reducing the risk of injury during further activities. As muscles tend to contract and tighten post exercise this is very important and will help to ensure the body is prepared for the next training session or activity you undertake.

# 12-WEEK DEVELOPMENT PROGRAMME

The 12-week development programme at the end of this section is a suggested progressive training programme that would promote the development of aerobic fitness, muscular strength and endurance and flexibility.

This is a generic fitness programme and can be altered according to your current fitness and the time you have available.

While each type of training has a recommended number of sessions per week these can be combined to reduce overall time required. For example, sessions to develop flexibility could and should be undertaken following aerobic and resistance training sessions as this will also aid recovery.

The exercises shown below should be included in each resistance training session as these will develop stability, muscular strength and endurance in movements specific to firefighting activities.

Correct exercise technique is essential to improve fitness and prevent injury. If you are unsure of how to safely perform an exercise please seek advice from a qualified professional before performing the exercise.



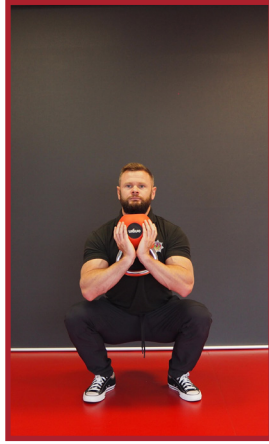
## Deadlift

- Position feet flat beneath bar
- Squat down and grasp bar with a shoulder width, or lightly wider, overhand or mixed grip
- Lift bar by extending hips and knees fully and pull shoulders back at end of lift
- Return bar to floor by bending hips and knees, keeping back straight with knees pointing in same direction as feet
- Repeat allocated repetitions



## Press Ups

- Lie face forwards on floor with hands slightly wider than shoulder width
- Extend arms to raise body off the floor
- Keeping your body straight, bend arms to lower body to floor
- Push body up by extending arms
- Repeat allocated repetitions



### Dumbbell Squat

- Stand straight and grasp the dumbbells by your sides
- Squat down by bending hips back and bending knees forwards
- Keep back straight and knees pointing in same direction as feet
- When knees are just past parallel to floor, stop then return to starting position by extending knees and hips
- Repeat allocated repetitions



### Loaded Step Ups

- Hold dumbbells or kettlebells in your hands down by your side
- Step up with your right foot, pressing through your heel to straighten your right leg
- Bring your left foot to meet your right foot on top of the step
- Bend your right knee and step down with your right foot
- Bring your right foot down to meet your left foot on the ground
- Repeat allocated repetitions alternating lead leg
- As an alternative, hold the dumbbell or kettlebell with both hands at your chest



### Farmers Walk

- Stand tall with dumbbells or kettlebells by your sides
- Keeping shoulders tight and back straight, take short steps for a set distance

### Unilateral Farmers Walk

- Stand tall holding one dumbbell or kettlebell by your side
- Keeping shoulders tight and back straight, take short steps for a set distance
- Change sides and repeat



### Bent Over Row

- Standing with a shoulder width stance, grasp the bar with an overhand grip with hands slightly wider than shoulder width
- With your knees slightly bent and core tight, bend over at the waist to 45 degrees keeping your back flat
- Pull the bar towards your lower chest and then return to the starting position
- Repeat allocated repetitions



### Forward Lunge

- Stand with feet shoulder width apart
- Step forwards with one leg into a long stride and lower into a lunge keeping back upright and knees and hips at 90 degrees
- You can use a bar or dumbbells to make the exercise harder
- Repeat allocated repetitions



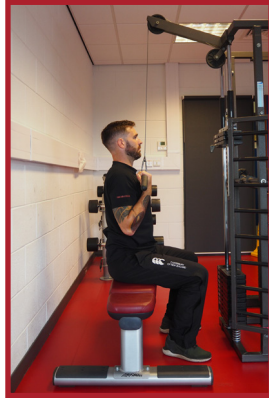
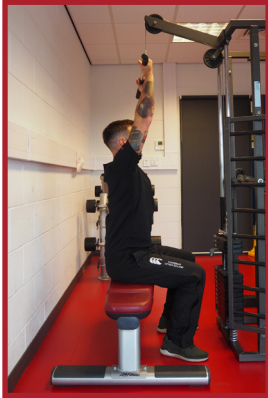
### Shoulder Press

- Stand with feet shoulder width apart, grasp the bar with an overhand grip with hands slightly wider than shoulder width
- Position bar in front of neck
- Press bar upwards until arms are extended overhead and then return to starting position
- Repeat allocated repetitions



### Russian Twists

- Sit on floor with hips and knees bent with back reclined slightly
- Grasp a medicine ball with both hands
- Rotate torso and reach arms out to touch medicine ball on to floor on one side
- Turn and rotate torso to touch medicine ball on to floor on opposite side
- Repeat allocated repetitions



### Underhand Lat Pull Down

- Grasp bar with a narrow underhand grip
- Pull bar down to upper chest
- Return to starting position by fully extending arms
- Repeat allocated repetitions



### Goblet Carry

- Hold a kettlebell or dumbbell close to your chest
- Engage your core muscles and ensure you maintain an upright posture
- Begin walking for a specified distance or time
- Ensure you keep the kettlebell or dumbbell close to your chest for the duration of the exercise

### Bicep Curl

- Stand holding a dumbbell in each hand (or a barbell)
- Your elbows should rest at your sides with your forearms extended out in front of your body
- Raise the dumbbells (or barbell) up towards your shoulders by flexing your elbow and then return to starting position
- Repeat for the specified repetitions



Resistance training sessions are designed by varying exercise selection, exercise intensity, the number of sets and repetitions and rest periods

- **Intensity:** The intensity is how hard you train and is increased by lifting a greater resistance
- **Reps:** A repetition is one completion of an exercise e.g. one deadlift, one bench press etc.
- **Sets:** A set is a series of repetitions performed sequentially
- **Rest:** The rest period is the time spent resting between sets to allow for recovery

When beginning a training programme, the intensity, sets and reps should be progressed conservatively to ensure you are able to lift the correct weight for the prescribed number of repetitions with good technique and to minimise risk of injury.

As the intensity of your resistance training increases, the number of repetitions will decrease and the recovery time between sets will need to be increased. The 12-week development programme demonstrates how this can be achieved.

If you are in any doubt about your ability to complete a further repetition with proper exercise form and technique you should return the weight to the starting position and recover for the prescribed time before completing any further sets.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Resistance Training</b> 2 Sets 12-15 Reps Low/Moderate 30 secs Recovery	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Rest day</b>	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Rest day</b>	<b>Resistance Training</b> 2 Sets 12-15 Reps Low/Moderate 30 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
<b>2</b>	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Resistance Training</b> 2 Sets 12-15 Reps Low/Moderate 30 secs Recovery	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Rest day</b>	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Rest day</b>	<b>Resistance Training</b> 2 Sets 12-15 Reps Low/Moderate 30 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
<b>3</b>	<b>Steady Pace Run</b> 25 mins RPE 11-13	<b>Resistance Training</b> 3 Sets 12-15 Reps Low/Moderate 30 secs Recovery	<b>Steady Pace Run</b> 20 mins RPE 11-13	<b>Rest day</b>	<b>Steady Pace Run</b> 25 mins RPE 11-13	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 12-15 Reps Low/Moderate 30 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
<b>4</b>	<b>Steady Pace Run</b> 25 mins RPE 11-13	<b>Resistance Training</b> 3 Sets 12-15 Reps Low/Moderate 30 secs Recovery	<b>Steady Pace Run</b> 25 mins RPE 11-13	<b>Rest day</b>	<b>Steady Pace Run</b> 25 mins RPE 11-13	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 12-15 Reps Low/Moderate 30 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
<b>5</b>	<b>Steady Pace Run</b> 30 mins RPE 12-14	<b>Resistance Training</b> 2 Sets 8-12 Reps Low/Moderate 45 secs Recovery	<b>Steady Pace Run</b> 25 mins RPE 12-14	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12-14	<b>Rest day</b>	<b>Resistance Training</b> 2 Sets 8-12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
<b>6</b>	<b>Steady Pace Run</b> 30 mins RPE 12-14	<b>Resistance Training</b> 2 Sets 8-12 Reps Low/Moderate 45 secs Recovery	<b>Steady Pace Run</b> 30 mins RPE 12-14	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12-14	<b>Rest day</b>	<b>Resistance Training</b> 2 Sets 8-12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
7	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 8–12 Reps Low/Moderate 45 secs Recovery	<b>Intervals</b> 4 x 4 mins at RPE 16 4 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
8	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 8–12 Reps Low/Moderate 45 secs Recovery	<b>Intervals</b> 4 x 4 mins at RPE 16 4 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
9	<b>Steady Pace Run</b> 35 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 4–6 Reps High 1 min Recovery	<b>Intervals</b> 4 x 4 mins at RPE 16 4 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
10	<b>Steady Pace Run</b> 35 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 4–6 Reps High 1 min Recovery	<b>Intervals</b> 6 x 3 mins at RPE 16–18 3 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace Run</b> 30 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
11	<b>Steady Pace Run</b> 35 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 4–6 Reps High 1 min Recovery	<b>Intervals</b> 6 x 3 mins at RPE 16–18 3 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace</b> Run 35 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>
12	<b>Steady Pace Run</b> 35 mins RPE 12–14	<b>Resistance Training</b> 3 Sets 4–6 Reps High 1 min Recovery	<b>Intervals</b> 6 x 3 mins at RPE 16–18 2 mins easy pace recovery	<b>Rest day</b>	<b>Steady Pace Run</b> 35 mins RPE 12–14	<b>Rest day</b>	<b>Resistance Training</b> 3 Sets 8–12 Reps Moderate 45 secs Recovery
	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>	Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>		Achieved: <input type="checkbox"/>



SCOTTISH  
FIRE AND RESCUE SERVICE

Working together for a safer Scotland

[www.firescotland.gov.uk](http://www.firescotland.gov.uk)