



WHAKARATONGA IWI

FIRE
EMERGENCY

NEW ZEALAND

TRAINING PLAN
PRE-ENTRY PHYSICAL TEST



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About this document

This strength programme is a basic guide for candidates who are looking to join Fire and Emergency New Zealand as a firefighter. It has been compiled by career firefighters to give candidates an idea of the type of training needed to prepare for the Pre-Entry Physical Test.

There are two programmes included in this guide. The advanced programme is for candidates who have previous experience in weight training and have already built up a moderate training capacity.

The beginners programme is for candidates who are just getting started and need more basic preparation with a lower volume to begin with.

Disclaimer

If you have a medical condition that could be adversely affected by a change in physical activity we recommend consulting your physician or health care professional before starting this strength programme. Do not start this training plan if your physician or health care provider advises against it.



Understanding supersets

1. Superset: 5 x 5
 - a. Bench Press
 - b. Seated Cable Row

This is a superset pairing. A superset is when you move from one exercise to another without resting between.

In this case you would perform 5 x Bench Presses immediately followed by 5 x Seated Cable Rows. This would then be repeated for 5 sets.

Choosing the right weight

If you are new to lifting start light so your body can adapt to the programme.

If you've done these exercises before, with proper form, start with 50% of your five rep max. Increase your weight by 2.5kg every workout on each exercise where you have successfully completed five reps on each set.

Advanced Programme

The advanced programme is designed for someone looking to train 5 days a week. It includes 4 strength sessions, that are detailed below, accompanied by conditioning workouts 3 times a week.

Lower Body	Upper Body	Lower Body	Upper Body
<p>Warm up: 60 seconds Cardio 10 x Air Squats 10 x Ground to Overhead 10 x Mountain Climbers 3 Rounds</p> <p>Strength: Gradually warm up to working weight and then complete required reps - rest 2 mins between sets</p> <p>1. Back Squat 5 x 5</p> <p>2. Romanian Deadlift 5 x 5</p> <p>3. Push Ups: 1 x set of max reps - then complete 3 x sets of 50-60% of the first max rep set.</p>	<p>Warm up: 60 seconds Cardio 10 x DB Press 10 x Burpees 10 x Ring Row 30-60 seconds plank 3 Rounds</p> <p>Strength: Warm up to working weight and then complete required reps - rest 90 secs between supersets</p> <p>1. Superset: 5 x 5 a. Barbell Strict Press b. Lat Pull Down</p> <p>2. Superset: 4 x 8 a. Bench Press b. Seated Cable Row</p> <p>3. Bicep Curls 3 x 8</p>	<p>Warm up: 60 seconds Cardio 10 x Air Squats 10 x Ground to Overhead 10 x Mountain Climbers 3 Rounds</p> <p>Strength: Gradually warm up to working weight and then complete required reps - rest 2 mins between sets</p> <p>1. Deadlift 5 x 5</p> <p>2. Front Squats 5 x 5</p> <p>3. Push Ups: 1 x set of max reps then complete 3 x sets of 50-60% of the first max rep set.</p>	<p>Warm up: 60 seconds Cardio 10 x DB Press 10 x Burpees 10 x Ring Row 30-60 seconds plank 3 Rounds</p> <p>Strength: Warm up to working weight and then complete required reps - rest 90 secs between supersets.</p> <p>1. Superset: 5 x 5 a. Bench Press b. Seated Cable Row</p> <p>2. Superset: 4 x 8 a. Barbell Strict Press b. Lat Pull Down</p> <p>3. Bicep Curls 3 x 8</p>

Beginner Programme

The beginner programme is designed for someone that is relatively new to weightlifting. We recommend a rest day in between each strength session to allow enough time for the body to recover.

Upper Body

Warm up:

60 seconds Cardio
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
30-60 seconds plank
3 Rounds

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between sets.

- | | |
|-------------------------|--------|
| 1. Barbell Strict Press | 3 x 10 |
| 2. Lat Pull-Down | 3 x 10 |
| 3. Seated Cable Row | 3 x 10 |
| 4. Bicep Curls | 3 x 10 |

Lower Body

Warm up:

60 seconds Cardio
10 x Air Squats
10 x Ground to Overhead
10 x Mountain Climbers
3 Rounds

Strength:

Gradually warm up to working weight and then complete required reps - rest 2 mins between sets.

- | | |
|---|--------|
| 1. Back Squat | 3 x 10 |
| 2. Deadlift | 3 x 10 |
| 3. Push Ups: 1 x set of max reps then complete 3 x sets of 50-60% of the first set. | |

Upper Body

Warm up:

60 seconds Cardio
10 x DB Press
10 x Burpees
10 x Ring Row or Inverted Row
30-60 seconds plank
3 Rounds

Strength:

Warm up to working weight and then complete required reps - rest 90 secs between sets.

- | | |
|---------------------|--------|
| 1. Bench Press | 3 x 10 |
| 2. Lat Pull-Down | 3 x 10 |
| 3. Seated Cable Row | 3 x 10 |
| 4. Bicep Curls | 3 x 10 |





Conditioning

Below are examples of conditioning workouts to add to a strength training programme, to maintain aerobic and anaerobic conditioning.

Terminology:

DB: Dumbbell

KB: Kettlebell

For time: Complete all exercises as quickly as possible

AMRAP: As many reps or rounds as possible

EMOM: Every minute on the minute do prescribed exercises

Disclaimer:

These workouts are optional and should only be done if the candidate is comfortable and familiar with the exercises.

EMOM x 9 Mins

Min 1. Max Calories Rower

Min 2. Max Burpees

Min 3. Rest

****Your score is total calories and burpees completed***

3 Rounds for time:

21 x KB Swings

14 x KB Lunges

9 x KB Alternating Snatches

****Challenge: do all 3 rounds without putting the KB down***

For Time:

**12 x Weighted Lunges
20 x DB Box Step Overs
12 x Goblet Squats
20 x KB Swings**

Rest 2 mins

Then Repeat

****Aim to beat first time***

8 min AMRAP

200m Run / Row
8 x DB Thrusters
8 x Burpees
8 x Box Jumps

15 min AMRAP

15 x Air Squats
15 x KB Swings
15 x Sit Ups
15 x Burpees
15 x Push Ups

For Time:

50 x Lunges
25 x Burpees
25 x Air Squats
25 x Burpees
25 x Air Squats
50 x Lunges

**5 Rounds
for Time:**

200m Row
15 x Goblet Squat
15 x KB Swings
15 x Burpees

EMOM x 12 mins

Min 1. 200m Row
**Min 2. 5 x Front
Squats**

For Time

2km Row
15 x Sandbag Squats
15 x Sit Ups
15 x KB Swings
2km Row

7 Rounds for Time:

10 x DB Burpee Deadlift
10 x KB Swings
10 x V-Ups
10 x Goblet Squats

15 min AMRAP

20 x Calorie Row
10 x DB Push Press
10 x Weighted Step Ups
10 x Burpees



