

**FIRE FIGHTER PERFORMANCE  
TRAINING PROGRAM**

**October 12-14**

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**Daily Program Outline:**

**Day 1 Thursday -**

7:30 AM	Welcome meeting to discuss daily events (over breakfast)
8:00-10:00 AM	Physical Assessments (Sub-max VO2, Body Fat %, Functional Movement Screen)
10:00-11:00 AM	Review of Assessment data and how AP uses it in programming
11:00-12:00 PM	Movement Preparation (warm-up)
12:00-1:00 PM	Lunch & Nutrition 101 lecture
1:00-3:00 PM etc)	Core training & education (hands-on with pillar strength, physio ball,
3:00-4:00 PM	Specific Strength training (weights)
4:00-4:30 PM	Energy System Development (Cardio) training
4:40-5:00 PM	Regeneration 101 work in pools (cold/hot therapy)

**Day 2 Friday -**

7:30-9:00 AM	Breakfast
8:00-9:00 AM	Completion of VO2 tests "if needed"
9:00-9:30 AM	Movement Preparation (warm-up)
9:30-10:00 AM	Pre-habilitation work (focusing on Shoulder and Hips)
10:00-11:00 AM	Specific Strength training (weights)
11:00-12:00 PM	Education - Injury Prevention lecture
12:00-1:00 PM	Lunch

1:00-2:00 PM	Education - Strength Training Phases lecture
2:00-3:00 PM	Energy System Development (cardio) training
3:00-4:00 PM	Education – Energy System Development 101 lecture
4:00-5:00 PM	Regeneration - Foam rolls & Massage sticks

**Day 3 Saturday -**

7:15-8:00 AM	Breakfast (on own)
8:00-9:30 AM	Active Isolated Stretching (foam then rope stretching)
9:30-10:00 AM	Regeneration work in pools

**Our program notes**

**Body Composition:**

Caliper test: [www.exrx.net/calculators/bodycomp.html](http://www.exrx.net/calculators/bodycomp.html)

**Functional Movement Screen** (seven test)

Deep Squat, Hurdle step, In-line lunge, shoulder mobility, active leg raise, linear stability, rotational stability.

**VO2 Sub-Max**

Treadmill (watching co2 levels)

**The Super Seven**

- 1) **Movement Prep** (to wake up the muscles)
  - a. Prepares the body for movement
  - b. To increase core temperature and elongate muscles
    - i. Forward lunge to forearm to instep
    - ii. Lunge to twist
    - iii. Drop lunge
    - iv. High knee to calf raise

2-6 times weekly for 10 minutes

- 2) **Pre-habilitation** (pre-hab)
  - a. To protect yourself from injury
  - b. To strengthen your vulnerable areas
    - i. Hips
      1. Knee and ankle bands
    - ii. Core
      1. Glute bridge
      2. Plank bridge

3. Side bridge
  4. Ball Push-up
- iii. Shoulders
1. Y, T, W, L
- 2-6 times weekly for 5 minutes

### **3) Physioball routine**

- a. To provide hip, core, and shoulder strength and stability
  - i. Knee tuck
  - ii. Reverse hyperextend
  - iii. Russian twist
  - iv. Crunch
  - v. Reverse crunch
  - vi. Hip cross-over
  - vii. Bridge

2-6 days a week for 5-10 minutes

### **4) Elasticity**

- a. To improve your ability to generate and reduce force
  - i. Rotational
  - ii. Side to side
  - iii. Split jump
  - iv. Squat jump
  - v. Ankle jump
  - vi. Tuck jump
  - vii. Reactive step
  - viii. Get up
  - ix. Plyo push-up

2-4 days a week for 10 minutes

### **5) Strength**

- a. To improve strength, stability and mobility
  - i. One arm Bench
  - ii. One arm and one leg dumbbell row
  - iii. Dumbbell thrusters
  - iv. Split squat lunge
  - v. One arm rotational row
  - vi. Romanian dead lift
  - vii. Pull-ups

2-4 times weekly for 10-60 minutes

### **6) Energy System Development**

- a. Quality training of Aerobic, lactate and an-lactate systems

- i. Run, bike, row, etc.
  - 1. Long yellow days
  - 2. intermix yellow and red (interval training)

2-3 times weekly 15 to 30 minutes

## 7) Regeneration

- a. Recovery
  - i. Rope stretching
  - ii. Foam rolling
  - iii. Massage sticks
  - iv. Hot and cold therapy

### **Workout example (47 minutes)**

Pre-workout shooter  
10 min movement prep  
*15 min pre-hab hip, core, shoulder*  
*12 min ESD (cardio)*  
10 min regeneration (foam roll)  
Post workout regeneration drink  
*(time is spent on injury prevention and threshold training)*

### **Workout example (60 minutes)**

Pre-workout shooter  
*30 minute ESD*  
*12 min physioball*  
6 min regeneration (foam)  
12 min regeneration (AIS) (rope)  
Post workout recovery drink  
*(Time is spent on aerobic cardio and core strength and stability)*

### **Workout example (51 minutes)**

Pre-workout shooter  
6 min movement prep  
*25 min strength*  
*15 minute ESD*  
5 min regeneration massage stick  
Post workout recovery drink  
*(Time is spent on strength and threshold training)*

### **Workout example (50 minutes)**

Pre-workout shooter

12 min movement prep  
 7 min pre-hab core  
 7 min pre-hab hips  
 7 min pre-hab shoulders  
 10 min elasticity  
 7 min regeneration  
 Post-workout recovery drink  
 (*Time is spent on injury prevention and increasing force*)

## **Nutrition** (The 10 rules)

- 1) Eat smaller meals spread evenly across the day**
  - a. Eat every 2.5 to 3 hours
  - b. 5-6 meals daily
  - c. Increases metabolism
- 2) Carbohydrates equal to activity level, low and moderate glycemic foods, lots of rich color, ample fiber, the less processed the better**
  - a. 2-4 g/pound
    - i. Breads, cereals, grains, fruits, vegetables
  - b. To lean out- am more carbs, pm less carbs.
  - c. Strive for 25-35 grams fiber
    - i. Whole grains, oats, vegetables/fruits, supplements
- 3) Lean proteins with each meal with good fats**
  - a. Consume 1g per lean pound of body mass
    - i. Chicken (4 oz skinless) 35g
    - ii. Tuna (6 oz in water) 40g
    - iii. Pork (4 oz) 35g
    - iv. Low fat tofu (6oz) 30g
    - v. Cottage cheese (1C 2%)28G
    - vi. Lean red meats (4oz) 35g
  - b. deck of cards = 4oz chicken = 35g
  - c. equals healthy blood cells, enzymes, and immune system
  - d. Beneficial fats
    - i. Nuts and seeds
    - ii. Fish (salmon/tuna)
    - iii. Fish oil
    - iv. Flaxseed oil
    - v. Ground flax
    - vi. Olive oil

Good fats help with cellular repair, cognitive ability, mental clarity, and memory retention and regulate blood sugar.
- 4) Carbohydrates rich in fiber (25-35 grams daily)**
- 5) Pre-workout shooter and post workout recovery shake**

- a. Pre-workout shooter
  - i. 5g protein/15g carbohydrates
- b. 30-60 grams protein (whey)
- c. Glutamine (5grams)
- d. Leucine (1 gram)
- e. Vitamin E (80-400 iu)
- f. Vitamin C (60-120 mg)
- g. Post workout shake within 10 minutes
  - i. Re-hydrate
  - ii. Decrease core temperature
  - iii. Reverse testosterone/cortisol ratio
- h. Meal to follow in 60 – 90 minutes
- 6) Multi-vitamin, antioxidant, and omega 3/6 daily**
  - a. Maintain order at the cellular level and slow aging
- 7) Stay hydrated**
  - a. Drink .5-1oz per pound per day
    - i. Dehydration decreases performance by 25%
    - ii. Dehydration increases the aging process
      - 1. think of a dried out piece of fruit
- 8) Eat breakfast everyday**
  - a. Breakfast must contain protein and carbohydrate
    - i. Toast and peanut butter
    - ii. Yogurt
    - iii. Boiled egg and English muffin
    - iv. Oatmeal and deli meat
- 9) The less legs the better and lots of color and variety**
- 10) Get rest. ( 7.5 to 8 hours)**

Come back to earth, eat the least processed

### **Random notes**

Think perfect posture; back of head to the ceiling, shoulders back and down, tummy up and in.

Lie flat on your back, take a deep breath, exhale completely, tighten your floor (put your fingers right inside your hip bones) and keep that position and breathe normally.

Fire the glutes- glute exercises

Your metabolism-If you keep adding wood to the fire it will burn hotter and faster

If you eat a snack before dinner it's not such a bad thing if it means you don't over eat dinner.

Woodinville Fire's suggestions to make the program better:

Raise the cost to incorporate the following

\*Send a survey out one month prior so Athletes Performance knows the knowledge of the group coming. The program should be designed for the knowledge of the group.

\* Mail “The Core” book for pre-reading.

\* Be ready for groups arrival, have literature and instructors prepared.

\* Have the nutritionalist put together a nutrition plan for each firefighter based on their body fat and goals

\* Put all the learning together for a couple workouts on the last day.

*Example:* Pre workout shooter, 5 minute Movement prep, 5 minute Pre-hab, 20 minute strength, 12 minute ESD, 5 minute foam recovery, recovery drink. (47 min total)

\* Handout literature on exercises and stretches.

\* Give everyone the code to access the website for 3 weeks free.

We received handouts on Nutrition and strength scheduling only.