



GFFD
Get Fit For Duty

***Firefighter Strength &
Conditioning plan
Trial week***



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Welcome!

This 4-day firefighter training program is designed for aspiring and current firefighters who want to increase their strength, power, and aerobic fitness.

It's gym-based and designed to prepare you for firefighting demands through structured strength and tactical conditioning work.

Weekly Split

- **Day 1** - Lower Body Strength
- **Day 2** - Upper Body Strength
- **Day 3** - Full Body Strength + Conditioning Finisher
- **Day 4** - Firefighter Cardio Conditioning

It is recommended to take a rest day between 'Day 2' and "Day 3'



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Day 1 - Lower Body Strength

1) Warm Up

- A) Complete 5 mins incline treadmill walk (recommended incline 3%-8% gradient)
- B) Complete 3 rounds of the following:
 - 10 Leg swings (each leg)
 - 10 Bodyweight lunges (each leg)
 - 30s Butterfly stretch

2) Workout

- A) Barbell Back Squat - 4 sets of 6 reps
- B) Romanian Deadlift - 3 sets of 8 reps
- C) Dumbbell Walking Lunges - 3 sets of 10 reps (each leg)
- D) Farmers Carries - 4 sets of 30m
- E) Plank - 3 sets of 60s

Rest 1-2mins between each set

Rest 2-3 mins between each exercise



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Day 2 - Upper Body Strength

1) Warm Up

A) Complete 3 rounds of the following:

- 10 Band Pull-aparts
- 10 Shoulder circles (each side)
- 10 Bodyweight Press ups

2) Workout

- A) Barbell/Dumbbell Bench Press - 4 sets of 6 reps
- B) Pull ups (weights if possible) - 3 sets to failure
- C) Dumbbell Shoulder Press - 3 sets of 8 reps
- D) Barbell/Dumbbell row - 3 sets of 10 reps
- E) Barbell/Dumbbell Bicep Curl + Tricep Dip (Superset) - 3 sets of 10-15 reps

Rest 1-2mins between each set

Rest 2-3 mins between each exercise



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Day 3 - Full Body Strength & Conditioning

1) Warm Up

A) Row 500m or Run 2km or Cycle 4km

2) Workout

A) Deadlift - 4 sets of 5 reps

B) Front Squat- 3 sets of 6 reps

C) Push Press - 3 sets of 8 reps

Then complete the following conditioning circuit (3 rounds for time)

10 Dumbbell Thrusters

10 Burpees

20 calorie Row, Run or Cycle

Rest 1-2mins between each set / For the condition circuit, rest where needed.

Rest 2-3 mins between each exercise



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Day 4 - Drill Ground Cardio Conditioning

1) Warm Up

- A) Complete 5 mins treadmill jog
- B) Complete 3 rounds of the following:
 - 10 Star Jumps
 - 10 Childs pose into cobra raise
 - 10 Shoulder Circles (each arm)

2) Workout

- A) Incline Treadmill Intervals: 30s Sprint / 60s Walk x 10
 - B) Dumbbell/Weight Vest Step Ups - 4 x 2mins
 - C) Farmers Carry - 4 x 40m
- Then complete the following conditioning circuit for 3 rounds:
- 15 Leg raises (Hanging or Lying)
 - 20 Russian Twists
 - 30s Side Plank (each side)

Rest 1-2mins between each set / For the condition circuit, rest where needed.

Rest 2-3 mins between each exercise



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If you enjoyed this plan and would like further support with your training, check out all of our available plans at:

www.getfitforduty.co.uk

As a thank you for downloading this trial week plan, feel free to use the code
"TRIALWEEK"
to receive 20% discount off any of the plans.

In addition, if you would like a bespoke training plan based on your schedule, upcoming test date or equipment available, please reach out to me - info@getfitforduty.co.uk