



FIREFIGHTER

CANDIDATE READINESS



INTRODUCTION

Scottsdale Fire Department is excited you are exploring a career as a firefighter. The job of a firefighter can be physically and mentally challenging and we want you to be successful as you go thru the recruiting process. This guide is intended to help you enhance your probability for success as a Firefighter candidate by providing examples of the physical needs and requirements.

We have designed this guide to assist and build firefighter preparedness prior to the hiring process. We want to provide a basic compilation of physical and mental attributes for success. This is not one size fits all program, but it will help answer questions and give you a direction in your path for success.



NUTRITION ESSENTIALS

BALANCED DIET BASICS

Eating a well-balanced diet is paramount in regeneration and growth for healthy nervous system, performance, and overall well-being. We focus on easy simple building blocks to follow and assist with your nutritional journey. Let's keep this simple.

Food is fuel. Eat lean protein, complex carbohydrates, and the rainbow in vegetables and fruits. Fats should consist of healthy oils, avocado, and nuts. This is a starting block. Take your bodyweight x 15-16 calories per pound if bodyweight for a generic caloric need. IE. 200-pound individual would need 3000 total calories, (200x15).



Carbohydrates are not your enemy, but your energy source for activity and recovery. Aim for 2 grams per pound of bodyweight. Reduce by 0.5 gram if trying to lose body fat and add 0.5 gram if trying to add weight.



Protein is the most important macronutrient for muscle recovery and growth. Individuals should aim for 0.75 to 1.5 grams of protein per pound of bodyweight depending on goals.



Fats are your filler for satiety and healthy hormonal balance. Aim for 0.5 grams per pound of bodyweight.

STRENGTH TRAINING



We attack strength by the using the primal movement patterns of:

- Squat
- Lunge
- Hinge
- Horizontal push/pull
- Vertical push/pull
- Step up
- Rotational movement

These movement patterns translate to job specific tasks which will be expected of you in a fire academy. Such tasks could consist of progressive hose pulls, carrying varying loads upstairs and on flat ground, managing charged hose lines, and securing waterways among other functional and dynamic tasks. We place high importance on performance over bad function. Training goals should match job function.

Movement Prep Mobility/CNS Prep

We prepare the body to perform the upcoming tasks by working on its ability to move freely and increase range of motion. This will prep the body and decrease the risk of injury by increasing blood flow, increasing core temperature, and elongating muscle tissues.

We do this with dynamic movements such as: world's greatest stretch, high knee cradle to lunge and hamstring scoop stretch. This is followed by explosive movements to connect brain to the body including high knees, broad jumps, and quick starts.

ENERGY SYSTEMS DEVELOPMENT

CARDIOVASCULAR



Firefighters are athletes and need to train their cardiovascular capabilities in a range of modalities. We train this using the tiered system of ESD. These include the Long (aerobic), Medium (anaerobic) and Short (lactic) systems within your body.

For example, "Long system" would be weighted vest hike for 30-60 mins at 65% to 70%.

"Medium system" could be HIIT style workouts at 80%-85%.

The "short system" would be short sprint type work such as Tabata trains or sprints at max effort. (Percentages would be off perceived max heart rate (220 - age.)

Acclimation

Candidates will be working under strenuous workloads and long days as well in heat indexes and humidity that are taxing on the nervous system. This can be trained physically and mentally.

Recommendations would be to start training outside of your comfort zones and get outside as well as in thicker warmer clothes to get your body and mind prepared for uncomfortable settings. This job does not stop for weather or time of year.

Be safe and smart. Begin in small volume and scale up as your body adapts. This can be as simple as training when its warmer out as well as adding sweatshirt and sweatpants. Remember to maintain your hydration and electrolytes with this type of training.

JOB SPECIFIC SKILLS

GENERAL PHYSICAL PREPAREDNESS

General Physical Preparedness (GPP) is used to stimulate job tasks and skills to mimic the functions of a Firefighter Recruit or Candidate. Common tasks of a new recruit or candidate include heavy equipment carries, high rise operations under heavy load, static and dynamic hose pulls, ceiling and door breach, save your own drills, ventilation, vehicle extrication, and tool and ladder raises under extreme load and time.

Grip and aerobic capacity are common fail points in academies and should have emphasis placed.

Examples would be working with heavy sleds, farmers carries, and weight vest hikes as just examples to mirror training for academy setting.



SAMPLE WORKOUT PLAN

ACTIVITY

TIME

REPS

DAY 1	Lower Compound Lower Accessory Trunk Work	4-7 Sets 3-4 sets/2-3 movements or giant sets	1-6 reps per set 12-20 reps 50-100 Reps
DAY 2	Aerobic Intervals Recovery work or stretching	20-40 minutes	Moderate pace with sprints
DAY 3	Upper Compound Lower Accessory Grip Work	4-7 Sets 3-4 sets/2-3 movements or giant sets	1-6 reps per set 12-20 reps
DAY 4	Dynamic Full Body Upper/Lower Split Skill Work	Upper 20 minutes Lower 20 Minutes	
DAY 5	Aerobic Capacity Isolation/Skill Work Recovery and Stretching	Long and Slow	



SAMPLE WORKOUT

ACTIVITY	TIME	REPS
DAY 1 Back Squat Hamstring Curls DB Lunges Goblet Squats Ab Wheels	4-7 Sets for 3RM	Take 80% for max reps 4x10 4x15 4x20 50
DAY 2 Assault Bike Mobility Work	30 minutes	Moderate pace with 15 second sprint every 5 minutes
DAY 3 Close Grip Bench Plate Front Raise DB Lateral Raise DB Real Delt Fly	4-7 Sets for heavy 5RM	3 max pull ups 3 x 20 each
DAY 4 DB Hex Press, Hammer Curls, Tri Extension, Goblet Squat, Walking Lunges, Wall Sit Sled Push and Pull	20 minute Time Cap 10 minutes	30, 20, 15, 15, 10 Reps 25 yards every minute
DAY 5 Weight Vest Walk Tire Pulls, Filps and Strikes Active Stretching	45 minutes	