



ACADEMY PREPAREDNESS – FITNESS

The IFSI Fire Academy is an enhanced training program that not only challenges candidates academically, but also physically. We promote a conditioning program that prepares a candidate for life in the fire service.

BEFORE ARRIVING ON DAY ONE:

To prepare, candidates should start cardiovascular and strength training 4-6 weeks before the Academy starts. The following information is intended to provide a foundation for preparation. All individuals should consult with a medical provider before beginning any exercise or dietary plan.

Cardiovascular Training:

To calculate your target heart rate, subtract your age from 220. Multiply that number by 0.5, 0.7, and 0.9. This is your low, medium, and high intensity heart rates.

Example for a 30 year old: $220 - 30 = 190$ bpm (target heart rate)
 $190 \times 0.5 = 95$ bpm (low intensity heart rate)
 $190 \times 0.7 = 133$ bpm (medium intensity heart rate)
 $190 \times 0.9 = 171$ bpm (high intensity heart rate)

- 80% of training should be spent in the low/medium intensity heart rate zone
- 20% should be spent in the high intensity heart rate zone

Sample Cardiovascular Training Schedule:

Monday: Long Run (3 miles | Slow Pace | Heart Rate Medium)
Wednesday: Sprint Training (Choose 30/60s or 60/120s - sprint 30/60, walk 60/120 | 5 - 7 rounds | Heart Rate High)
Friday: Short Run (2 miles | Slow Pace | Heart Rate Medium)
Sunday: Long Walk (3 miles | Heart Rate Low)

Strength Training:

Building a foundation for strength training aides in transitioning to the physical demands of the Academy. Candidates should begin strength training by focusing on three movements:

Push-up | Air Squat | Overhead Arm Clap

IFSI offers a demonstration video of each movement. Candidates are strongly encouraged to view this content prior to starting Academy. Click [HERE](#) to view the video.

Sample Strength Training Schedule:

Tuesday: 2 minute test | 3 Rounds | Heart Rate Medium
Round 1 – Complete as many push-ups, air squats and overhead arm claps as possible in 2 minutes (6 minutes total). No stopping or resting. Wait 5-10 minutes between each round.
Round 2 – After recording your initial scores, do 75% of your initial score for round two, no time requirement.
Round 3 – Do 50% of your initial score, no time requirement.
Thursday: Rest Day
Saturday: 10 minute test | Heart Rate High
Round = 10 push-ups, 20 air squats, 100m run
Complete as many rounds as possible in 10 min.

Flexibility Training:

Firefighter flexibility and stretching are crucial for injury prevention and on-the-job performance. Candidates should focus on on hip, hamstring, back, and shoulder mobility using dynamic stretches before activity and static holds after. Candidates who begin focusing on stretching and flexibility prior to the Academy will benefit from the practice during training.

Sample Stretching and Flexibility Movements:

Before workout (dynamic):

- Knee hugs
- Leg swings
- Torso twists
- Step forward toe reach (hamstring stretch)

After workout (static):

- Downward dog
- Spiderman lunge
- Cobra
- Lunge to overhead reach
- Knee drops side to side

Prior to arrival at the Academy, a candidate should be able to do these following exercises:

- 50 push-ups in 2 min
- 1 mile run in 8 min

