

12 week bodyweight

training plan

3 days p/w

FIT 4 FIRE PT

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Welcome

First off—congratulations on taking the first step toward becoming Firefighter Fit. Whether you're preparing for a career in the fire service or simply want to train like a firefighter, you're in the right place.

This 12-week plan was built with the purpose: to push your limits, build real-world strength, and condition your body for the demands of one of the toughest, most respected professions out there. Firefighters train for life-saving performance. That's exactly what this programme is all about.

Over the next 12 weeks, you'll challenge yourself physically and mentally. You'll build strength, endurance, mobility, and grit. But more than that, you'll develop the kind of mindset that keeps you going when others would quit.

Thank you for downloading this guide. Let's get to work—and remember: train hard, stay consistent, and never forget why you started.

See you at the finish line—stronger, fitter, and ready for anything.

Plan overview

Getting the Best Results: Determination, Persistence, and Resilience

To get the most out of this 12-week firefighter fitness programme, it's not just about showing up—it's about showing up with the right mindset. Physical transformation begins in the body, but lasting progress starts in the mind. Whether you're preparing for the job, already in the field, or pushing yourself to new personal records, your mental approach will define your results.

Remember, it's meant to be hard and if something is hard many people quit, don't be the one to quit. After all would you quit on saving a life?

This program will challenge you. That's the point. You're not here for average, and neither is this plan. Set clear goals from the start—whether it's improving your strength, endurance, mobility, or readiness for real-world demands. Remind yourself why you started and let that drive you on the hard days. Determination means choosing your goal over your comfort—every single time.

Plan overview

Progress isn't always linear. You'll have great days, and you'll have tough ones. What matters most is consistency.

Commit to doing the workout — even when motivation dips. Trust the process, stick to the plan, and understand that every rep, every set, every run builds a stronger version of you. You don't need perfect days—you need persistent effort.

Fatigue, setbacks, and distractions will come. Life happens. Resilience is your ability to bounce back, adapt, and keep moving forward. Missed a workout? Don't quit—reset and carry on. Struggling with a particular movement? Focus on improving, not avoiding. Remember: this program is designed to build not just a fit firefighter, but a mentally tough one—someone who can handle the pressure, both in training and in the line of duty.

Bottom Line: Results will come to those who commit, who keep going when it's tough, and who refuse to give up.

Stay focused, stay hungry, and prove to yourself what you're capable of. Your team, your community, and most importantly—you—deserve your best.

Equipment

While this workout has been created as a bodyweight only workout so anyone and everyone has the access to become firefighter fit, there are a couple of items that are required for a couple of the HIIT workouts. All the items are general things that you will have around the house and no need to buy anything special. Don't worry, there are not many items at all.

Equipment

- > Towel
- > Rucksack with items inside to make it heavier (don't overload it, make it a weight that is acceptable to your level of fitness)
 - > Yoga mat
 - > Water bottle
- > Chair or stairs (for tricep dips)

Nutrition

Healthy Eating & a Balanced Diet: Fuelling the Firefighter Within.

To become fit enough for the physical demands of firefighting, proper nutrition is just as important as your workouts. Your body is your most important tool – and like any high-performance machine, it runs best on high-quality fuel. A balanced diet doesn't mean perfection, but it does mean making consistent choices that support energy, recovery, and long-term performance.

A balanced diet includes a healthy mix of the three main macronutrients:

Carbohydrates (e.g., whole grains, fruits, vegetables):

Your primary fuel source, especially for high-intensity training and endurance tasks like hauling equipment or climbing stairs.

Proteins (e.g., lean meats, eggs, beans, dairy): Crucial for muscle repair and growth. If you're training hard, your protein needs are higher than average.

Fats (e.g., nuts, avocados, olive oil): Don't fear fat – healthy fats support brain function, hormone production, and sustained energy.

Nutrition

Healthy Carbohydrates suggestions

- Potatoes
- Butternut squash
- Sweet potatoes
- Beans
- Pulses
- Chickpeas
- Lentils
- Buckwheat
- Oats
- Brown rive
- Wholemeal pasta
- Wholemeal bread
- Peas

Nutrition

Healthy Protein suggestions

- Salmon
- Chicken breast
- Beef
- Tuna
- Turkey
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Pumpkin seeds
- chia seeds
- Avocado

Nutrition

Healthy Fats suggestions

- Coconut
- Avocado
- Fish oil
- Flax seeds
- Olive oil
- Walnut oil
- Almonds
- Brazil nuts
- Cashews
- hazelnuts
- pecans
- Chia seeds
- pumpkin seeds
- Sunflower seeds
- Peanut butter

Nutrition

Nutrient Timing

What you eat and when you eat it matters:

Before training: opt for complex carbs and a bit of protein (like oatmeal with fruit and a boiled egg).

After training: Refuel within 30–60 minutes with protein and carbs to kickstart muscle recovery and replenish glycogen (like a chicken wrap with veggies and brown rice).

Hydration: Water is key. Dehydration can lead to fatigue, poor performance, and even injury. Make water your default drink. Aim to drink between 2 – 3 litres of water a day.

Nutrition

Micronutrients Matter Too

Vitamins and minerals play a big role in keeping your body functioning efficiently. Leafy greens, colorful vegetables, nuts, seeds, and whole foods are your best sources.

Consistency Over Perfection

You don't need to eat "clean" 100% of the time. Instead, aim for progress, not perfection. A general rule: follow the 80/20 principle – 80% nutrient-dense whole foods, 20% flexibility.

Nutrition

Breakfast suggestions

1. Oats and semi-skimmed milk
2. Shredded wheat/all-bran/bran flakes and semi-skimmed milk

Lunch suggestions

1. 1 x boiled egg with 2 x slices of wholewheat bread
2. Wholewheat sandwich with 2 slices of bread, 2 slices of lean ham or beef, lettuce, tomatoes, cucumber and low-calorie mayonnaise.
3. Tuna fish salad, with a can of tuna in brine, drained, quarter of a cucumber, tomatoes, shredded lettuce and low-calorie mayonnaise.
4. Jacket potato cottage cheese and side salad.
5. Omelette with chopped vegetables and herbs, no cheese. Use 2 eggs. You should not eat this more than once a week for lunch.

Nutrition

Dinner suggestions

Shepherds pie

225g lean beef mince

1 x chopped onion

1 x small tin of plum tomatoes

1 x clove of garlic, peeled and crushed

1 x carrot

Mixed herbs

3 x large peeled potatoes

1 x tablespoon of olive oil

Salt & Pepper

1. Preheat oven to 160 degrees, gas mark 3.
2. Put the potatoes in a pan of cold water with a pinch of salt and boil until soft, about 20-25 minutes. Drain them and then mash well.
3. Heat the olive oil in a deep pan and lightly fry the onion and garlic. Add the mince and carrot and gently fry until the meat has lost its bright red colour and turned a dull brown. Now add the tomatoes, mixed herbs and salt & pepper, and cook over a moderate heat for about 30 minutes. Transfer to an oven-proof dish, top with mashed potato and bake in the preheated oven for 30 minutes.
4. Serve with steamed mixed vegetables.

Nutrition

Dinner suggestions

Baked salmon parcels

1 salmon steak
2 teaspoons of chopped fresh basil
1 sliced tomato
1 small onion, sliced
Salt & pepper
silver foil

1. Preheat the oven to 160 degrees (gas mark 3).
2. Put half the onion and half the tomato in the centre of a large piece of foil (shiny side up). Put the salmon steak on top, then top this off with the remaining tomato and onion and add the chopped basil. Season with salt & pepper.
3. Fold in the foil, making a tight parcel, and bake in the preheated oven for 20 to 25 minutes, until the salmon closest to the bone is cooked.
4. Serve with boiled new potatoes and a mixed salad of lettuce, tomato, cucumber, celery and mushrooms.

Nutrition

Dinner suggestions

Lemon chicken

1 chicken breast
2 lemons
1 tablespoon of olive oil
1 teaspoon of paprika
2 tablespoons of wholemeal flour
Salt & pepper

1. Preheat the oven to 180 degrees (gas mark 3)
2. Squeeze the juice from one and a half lemons, and slice the remaining half thinly.
3. Mix the flour and the paprika and coat the chicken in it.
4. Heat the oil in a saucepan, then add the flour-coated chicken and brown it on all sides, being careful not to burn it. Place the chicken in a small, shallow, oven-proof dish, season with salt and pepper, pour over the lemon juice and cover the chicken with the slices of lemon. Bake uncovered for half an hour or until the chicken is cooked through.
5. Serve with a jacket potato with a tablespoon of cottage cheese and a green salad with oil-free dressing.

Nutrition

Dinner suggestions

Kebabs

1 chicken breast, skinned and boned, or 225g of pork tenderloin
6 mushrooms
half a red pepper
half a green pepper
1 small onions, quartered
2 small courgettes, sliced thickly
1 tablespoon of olive oil
Salt & pepper

1. Chop the meat and peppers into chunks about inch (2.5cm) square and thread them and the other ingredients on to long skewers, alternating the colours. Season with salt and pepper and brush all over with olive oil
2. Grill under a moderate heat or cook on a barbeque.
3. Serve on a bed of cooked, brown rice and a green salad.

Nutrition

Snack suggestions

1. 40g of mixed nuts
2. Greek yogurt & frozen mixed fruit and chia seeds
3. Apple slices and peanut butter
4. Cottage cheese and fruit
5. Fruit
6. Celery, carrots and hummus
7. Boiled egg
8. Tin of tuna or mackerel on wholemeal bread/toast
9. Avocado on wholemeal bread/toast or cracker
10. Wholemeal toast/bread with one of the following toppings:
 - > Peanut butter
 - > Cottage cheese
 - > Banana

Workout calendar

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Week 1</u>	Fitness test	Rest	Steady run 20 mins	Rest	HIIT workout 1	Rest	Rest
<u>Week 2</u>	Steady run 20 mins	Rest	Strength workout 1	Rest	HIIT workout 2	Rest	Rest
<u>Week 3</u>	Steady run 20 mins	Rest	Strength workout 1	Rest	HIIT workout 3	Rest	Rest
<u>Week 4</u>	Steady run 22 mins	Rest	HIIT workout 4	Rest	Rest	Fitness test	Rest

Workout calendar

Weeks 5 - 8

	<u>Monday.</u>	<u>Tuesday.</u>	<u>Wednesd ay.</u>	<u>Thursda y.</u>	<u>Friday.</u>	<u>Saturday.</u>	<u>Sund ay.</u>
<u>Week 5</u>	Steady run 25 mins	Rest	Strength workout 2	Rest	HIIT workout 5	Rest	Rest
<u>Week 6</u>	Steady run 27 mins	Rest	Strength workout 2	Rest	HIIT workout 6	Rest	Rest
<u>Week 7</u>	Steady run 30 mins	Rest	Strength workout 3	Rest	HIIT workout 7	Rest	Rest
<u>Week 8</u>	Steady run 30 mins	Rest	HIIT Workout 8	Rest	Rest	Fitness test	Rest

Workout calendar

Weeks 9 - 12

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Week 9</u>	Steady run 32 mins	Rest	Strength workout 3	Rest	HIIT workout 1	Rest	Rest
<u>Week 10</u>	Steady run 32 mins	Rest	Strength workout 4	Rest	HIIT workout 3	Rest	Rest
<u>Week 11</u>	Steady run 35 mins	Rest	Strength workout 4	Rest	HIIT workout 4	Rest	Rest
<u>Week 12</u>	Steady run 40 mins	Rest	HIIT Workout 1	Rest	Rest	Fitness test	Rest



HIIT Workouts

Choose a level and time that is best suitable to both your fitness level and time constraints.

Times shown are for the workout, please allow adequate time for a thorough warm up and cool down too. Links to these workouts can be found on our website and youtube channel for you to follow along.

Our HIIT workouts are either 6 or 8 exercises, so please ensure you look at the correct table.

HIIT Workouts

Exercise levels and timings

8 x exercises

Workout 1, Workout 4, Workout 5, Workout 6

<u>Beginner</u>			<u>Intermediate</u>			<u>Advanced</u>		
<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>	<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>	<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>
16 mins	10 secs : 20 secs	4	16 mins	20 secs : 20 secs	3	18 mins	30secs : 15 secs	3
18 mins	15 secs : 30 secs	3	21 mins	20 secs : 20 secs	4	24 mins	40 secs : 20 secs	3
24 mins	20 secs : 40 secs	3	24 mins	30 secs : 30 secs	3	32 mins	40 secs : 20 secs	4
36 mins	30 secs : 60 secs	3	32 mins	30 secs : 30 secs	4	36 mins	60 secs : 30 secs	3

6 x exercises

Workout 2, Workout 3, Workout 7, Workout 8

<u>Beginner</u>			<u>Intermediate</u>			<u>Advanced</u>		
<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>	<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>	<u>Time</u>	<u>Work : Rest</u>	<u>Sets</u>
12 mins	10 secs : 20 secs	4	12 mins	20 secs : 20 secs	3	14 mins	30secs : 15 secs	3
18 mins	15 secs : 30 secs	4	16 mins	20 secs : 20 secs	4	18 mins	40 secs : 20 secs	3
18 mins	20 secs : 40 secs	3	18 mins	30 secs : 30 secs	3	24 mins	40 secs : 20 secs	4
27 mins	30 secs : 60 secs	3	24 mins	30 secs : 30 secs	4	36 mins	60 secs : 30 secs	4

HIIT Workouts

HIIT Workout 1 Equipment Carry.

Exercise

Jumping lunges

Standing mountain climbers

Shoulder taps x 4 & Press ups x 2

Narrow press ups

High knees

Press up pulses

Mountain climbers

Burpees

HIIT Workouts

HIIT Workout 2

Hose & Axes

Exercise

Alternate leg box jumps

Standing mountain climbers

Spiderman press ups

Mountain Climbers

Supermans

High knees

HIIT Workouts

HIIT Workout 3

Casualty Evacuation

Exercise

Squat pulses

Press up pulses

Squats

Press ups

1.5 squats

1.5 press ups

HIIT Workouts

HIIT Workout 4

Ladder Lift

Exercise

Squat

Shoulder taps

Pike press ups

Mountain Climbers

In/Out squat jump

Tricep dips

Squat jacks

Supermans

HIIT Workouts

HIIT Workout 5 Confined Space

Exercise

Bear crawl

Mountain climbers

Spiderman press ups

Crab walk

Froggers

Duck walk

T plank press up

Burpees

HIIT Workouts

HIIT Workout 6

Ladder Carry.

Exercise

Squat pulses

Low plank

Rucksack wrist curl (Left)

Rucksack wrist curl (Right)

Side plank (Left)

Side plank (Right)

Lunge walk

Low press up hold

HIIT Workouts

HIIT Workout 7 Ladder Extension

Exercise

Reverse angel

Press ups

Towel pull ups

High plank

Towel bicep curl

Narrow plank forward and back

HIIT Workouts

HIIT Workout 8

Hose Running

Exercise

Press up pulses

Bear crawl

Low plank hold

Crunch hold cross punch

High plank lunges

Narrow press ups



Strength Workouts

Please allow adequate time for a thorough warm up and cool down too.

Please read the brief description above each workout as they explain the format for each workout.

Strength Workouts

Fitness Test

Complete as many reps as possible of each exercise for 1 minute and make a note of how many you completed. This will be tested throughout the programme to see your progression.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Squats	60 secs	60 secs
Press ups	60 secs	60 secs
Sit ups	60 secs	60 secs
Burpees	60 secs	2 mins
Bleep test - 20 metre	As far as possible	Cool down

Strength Workouts

Strength Workout 1

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Squats	15 reps	30 secs
Burpees	20 reps	30 secs
Press ups	10 reps	30 secs
Long jump	8 reps	30 secs
Plank dips	5 reps each side	30 secs
Tricep dips	12 reps	30 secs
Spiderman press ups	10 - 5 each side	60 secs

Strength Workouts

Strength Workout 2

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Walking lunge	30 secs	10 secs
Mountain climbers	30 secs	10 secs
Squat press	30 secs	10 secs
High knees	30 secs	10 secs
Diamond press up	30 secs	10 secs
Plank hop	30 secs	10 secs
Pike press up	30 secs	10 secs
Commandos	30 secs	10 secs
1.5 squats	30 secs	10 secs
Flutter kicks	30 secs	10 secs
shoulder taps x 2, press up	30 secs	10 secs
Jumping lunge x 2, squat	30 secs	60 secs

Strength Workouts

Strength Workout 3

EMOM - Every Minute On the Minute.

Complete the number of reps of the exercise within 60 seconds and to use whatever time is left in that minute to rest before moving on to the next exercise.

Complete 3 sets, resting 60 secs between sets.

<u>Exercise</u>	<u>Reps/time</u>
Tricep dip	10 reps
Squat	10 reps
Star jumps	10 reps
Press ups	10 reps

Strength Workouts

Strength Workout 4

AMRAP – As Many Rounds As Possible.

Set a timer for 20 mins and work your way through the exercises one after another with minimal rest. Complete as many rounds as possible within the 20 mins.

<u>Exercise</u>	<u>Reps/time</u>
Frog Jumps	10 reps
Tricep dips	10 reps
High knees	10 reps
Squats	10 reps
Press ups	10 reps
Burpees	10 reps

Strength Workouts

Strength Workout 5

Complete as a circuit, one exercise after another with the prescribed rest time. Follow reps for each round as described below.

1st round = 15 reps

2nd round = 20 reps

3rd round = 10 reps

<u>Exercise</u>	<u>Rest</u>
Press ups	None
Squats	None
Wide press ups	None
Alternate lunges	None
Diamond press ups	None
Mountain climbers	60 secs

Strength Workouts

Strength Workout 6

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Squats	20 reps	None
Sit ups	20 reps	None
Squat thrusts	20 reps	None
Dorsal raise	20 reps	None
Press ups	20 reps	None
Step ups	20 reps - 10 per leading leg	None
oblique twist	20 reps	None
Burpee	20 reps	None
Alternate V sit up	20 reps	None
Tricep dips	20 reps	90 Secs

Strength Workouts

Strength Workout 7

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
High Knees	40 reps	None
Dorsal Raise	25 reps	None
Lunges	20 reps	None
Narrow press ups	10 reps	None
Glute bridges	20 reps	None
Crunches	20 reps	None
Side lunge	10 - 5 each side	None
Wide press up	10 reps	None
Squats	20 reps	None
Oblique twist	15 reps	None
Mountain climbers	40 reps	None
Burpees	10 reps	90 secs

Strength Workouts

Strength Workout 8

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Press ups	20 reps	None
Crunch	20 reps	None
Press ups	20 reps	None
Leg raises	25 reps	None
Press ups	20 reps	None
V Crunch	20 reps	None
Press ups	20 reps	None
Supermans	20 reps	None
Tricep dips	20 reps	None
Leg raises	25 reps	2 mins

Strength Workouts

Strength Workout 9

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Press up	20 reps	None
Crunch	20 reps	None
Squat	20 reps	None
Tricep dips	20 reps	None
Jump squats	20 reps	None
Wide press ups	20 reps	None
Sumo Squats	20 reps	None
Burpee	20 reps	None
Tricep dips	20 reps	None
Plank	45 secs	2 mins

Strength Workouts

Strength Workout 10

Complete as a circuit, one exercise after another with the prescribed rest time.

Complete 3 sets.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Mountain climbers	40	None
Burpees	12	None
Squats	20	None
High knees	30	None
Star jumps	20	None
Tricep dips	15	None
Sit ups	15	None
Press ups	15	90 secs

Strength Workouts

Strength Workout 11

Complete 30 reps of each exercise and then move onto the next exercise. 300 reps in total.

<u>Exercise</u>	<u>Reps/time</u>	<u>Rest</u>
Mountain climbers	30 per leg	None
Tricep dips	30	None
Squats	30	None
Heel touch crunch	30 each side	None
Star jumps	30	None
Squat thrusts	30	None
Sit ups	30	None
Press ups	30	None
Jumping lunges	30	None
Burpees	30	90 secs

Socials

Thank you again for downloading this programme. Please don't forget to follow us on our socials to get more fitness hints and tips as well as advice on getting into the fire service and becoming fit 4 fire.

Make sure to subscribe and follow.



<https://www.instagram.com/fit4firept>



<https://www.facebook.com/fit4firept>



www.youtube.com/@Fit4FirePT

Disclaimer

Waiver and Release of Liability

By downloading any of these plans, you acknowledge that you have voluntarily chosen to participate in a physical exercise programme Fit 4 Fire. I understand that the programme includes activities that may be strenuous and may cause bodily injury. I am fully aware of the risks and hazards involved.

Acknowledgment of Risks:

- I acknowledge that physical exercise can involve a risk of serious injury or even death.
- I understand that it is my responsibility to consult with a physician prior to my participation in this exercise program.
- I declare that I am physically fit and able to participate in this programme.

Release of Liability:

- I hereby release Fit 4 Fire, its trainers, from any claims, demands, and causes of action arising from my participation in the exercise program.
- I fully understand that I may injure myself as a result of my participation and I voluntarily assume the risk of such injury.
- I agree to indemnify and hold harmless Fit 4 Fire against any claims of injury, damage, or loss.

Acknowledgment of Understanding:

- I have read this waiver and release of liability and fully understand its terms.
- I acknowledge that by downloading these plans, I am agreeing to this waiver freely and voluntarily.
- I agree that this waiver and release is binding upon myself, my heirs, executors, administrators, and representatives.

