



**FIREFIGHTERATHLETE**  
Training the Modern Firefighter

**TRAINING TRACKER | START DATE: \_\_\_\_\_**

“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion” ~Ali

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	FFA #155	REST	CARDIO 1	FFA #20	REST	CARDIO 2	REST
<b>Week 2</b>	FFA #154	REST	CARDIO 1	FFA #59	REST	CARDIO 2	REST
<b>Week 3</b>	FFA #99	REST	CARDIO 1	FFA #142	REST	CARDIO 2	FFA #59
<b>Week 4</b>	FFA #134	REST	CARDIO 3	FFA #126	REST	CARDIO 4	FFA #59
<b>Week 5</b>	FFA #102	REST	CARDIO 3	FFA #121	REST	CARDIO 4	FFA #59
<b>Week 6</b>	FFA #150	REST	FFA #186	CARDIO 4	REST	FFA #59	BENCHMARK 1
<b>Week 7</b>	REST	CARDIO 2	FFA #77	REST	CARDIO 3	FFA #20	REST
<b>Week 8</b>	FFA #149	CARDIO 4	REST	FFA #42	FFA #81	REST	CARDIO 5
<b>Week 9</b>	FFA #69	REST	CARDIO 4	FFA #75	FFA #70	REST	CARDIO 5
<b>Week 10</b>	FFA #71	FFA #107	REST	CARDIO 5	FFA #62	FFA #103	REST
<b>Week 11</b>	FFA #89	FFA #72	FFA #47	REST	CARDIO 3	FFA #38	FFA #60
<b>Week 12</b>	REST	FFA #41	FFA #90	CARDIO 4	FFA #59	REST	BENCHMARK 1

Benchmark #1	TIME	CARDIO	DISTANCE/TIME
Date: _____		1	1.5 miles or 12 minutes
Date: _____		2	2.0 miles or 16 minutes
<b>WEIGHT</b>		3	2.5 miles or 20 minutes
Day 1: _____	Week 4: _____	4	3.0 miles or 24 minutes
Week 8: _____	Week 12: _____	5	3.5 miles or 28 minutes

# INTERMEDIATE



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	FFA #43	CARDIO 1	REST	FFA #121	FFA #187	REST	CARDIO 1 + FFA #62
<b>Week 2</b>	FFA #64	REST	CARDIO 2	FFA #123	REST	CARDIO 1 + FFA #75	FFA #63
<b>Week 3</b>	REST	CARDIO 2	FFA #45	REST	FFA #182	CARDIO 2 + FFA #62	FFA #59
<b>Week 4</b>	CARDIO 2	FFA #117	REST	FFA #46	CARDIO 2 + FFA #75	REST	FFA #58
<b>Week 5</b>	CARDIO 3	REST	FFA #165	CARDIO 3 + FFA #62	REST	FFA #191	FFA #188
<b>Week 6</b>	CARDIO 3	FFA #40	REST	FFA #150	CARDIO 1 + FFA #75	REST	BENCHMARK 1
<b>Week 7</b>	REST	FFA #146	CARDIO 3	FFA #199	FFA #129	FFA # 84	CARDIO 3 + FFA #62
<b>Week 8</b>	FFA #115	CARDIO 4	REST	FFA #193	FFA #164	CARDIO 5 + FFA #75	FFA #180
<b>Week 9</b>	FFA #67	REST	FFA #181	CARDIO 4	FFA #165	CARDIO 3 + FFA #62	FFA #107
<b>Week 10</b>	FFA #43	CARDIO 3	FFA #117	REST	CARDIO 5 + FFA #75	FFA #71	FFA #195
<b>Week 11</b>	CARDIO 5	FFA #200	FFA #82	FFA #155	REST	CARDIO 5 + FFA #62	FFA #63
<b>Week 12</b>	CARDIO 5	FFA #116	CARDIO 4 + FFA #75	FFA #21	FFA #59	REST	BENCHMARK 1

Benchmark #1	TIME	CARDIO	DISTANCE/TIME
Date: _____		1	2.0 miles or 16 minutes
Date: _____		2	2.5 miles or 20 minutes
<b>WEIGHT</b>		3	3.0 miles or 24 minutes
Day 1: _____	Week 4: _____	4	3.5 miles or 28 minutes
Week 8: _____	Week 12: _____	5	4.0 miles or 32 minutes

# ADVANCED



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	FFA #239	CARDIO 2	REST	FFA #200	FFA #63	REST	CARDIO 1 + FFA #214
<b>Week 2</b>	FFA #197	REST	CARDIO 2	FFA #231	REST	CARDIO 2 + FFA #174	FFA #71
<b>Week 3</b>	REST	CARDIO 3	FFA #20	REST	FFA #199	CARDIO 2 + FFA #75	FFA #196
<b>Week 4</b>	CARDIO 3	FFA #21	REST	FFA #161	CARDIO 3 + FFA #174	REST	FFA #231
<b>Week 5</b>	CARDIO 4	REST	FFA #99	CARDIO 2 + FFA #214	REST	FFA #43	FFA #164
<b>Week 6</b>	CARDIO 4	FFA #222	REST	FFA #202	CARDIO 1 + FFA #75	REST	BENCHMARK 1
<b>Week 7</b>	REST	FFA #172	CARDIO 4	FFA #85	FFA #84	FFA # 121	CARDIO 3 + FFA #214
<b>Week 8</b>	FFA #212	CARDIO 5	REST	FFA #116	FFA #195	CARDIO 4 + FFA #174	FFA #41
<b>Week 9</b>	FFA #21	REST	FFA #208	CARDIO 4	FFA #159	CARDIO 3 + FFA #75	FFA #35
<b>Week 10</b>	FFA #115	CARDIO 5	FFA #60	REST	CARDIO 3 + FFA #174	FFA #45	FFA #157
<b>Week 11</b>	CARDIO 4	FFA #203	FFA #126	FFA #192	REST	CARDIO 4 + FFA #214	FFA #165
<b>Week 12</b>	CARDIO 5	FFA #220	CARDIO 4 + FFA #75	FFA #238	FFA #237	REST	BENCHMARK 1

Benchmark #1	TIME	CARDIO	DISTANCE/TIME
Date: _____		1	2.0 miles or 16 minutes
Date: _____		2	2.5 miles or 20 minutes
<b>WEIGHT</b>		3	3.0 miles or 24 minutes
Day 1: _____	Week 4: _____	4	3.5 miles or 28 minutes
Week 8: _____	Week 12: _____	5	4.0 miles or 32 minutes