

ADVANCED



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