

INTERMEDIATE



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