

# BEGINNER



**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