



Commission on Fire Prevention and Control

DATE: November 19, 2007

TO: Recruit Firefighter Candidates

FROM: William DeFord, *Physical Training Instructor*

SUBJECT: Physical Fitness Training

Dear Recruit:

In a few short weeks your recruit training will begin. This letter is intended to serve as a reminder that an important component of your academy training, and essentially your entire fire service career, will include firefighter physical fitness. With that said, it would serve you well to begin to prepare for our fitness program, if you are not already doing so. Below we have included a general overview of what you can expect, and the very basics of how you might want to prepare.

The Connecticut Fire Academy's Fitness Program was developed approximately thirteen years ago and provides recruits with the opportunity to work within all of the known components of physical fitness. There will be an introductory classroom session on the first day, and then regular fitness training on all of the other academy training days. During the first week, fifth week, and final week there will be assessment days conducted to measure levels of fitness at those stages. On all other days the program will follow a set routine that includes muscular strength and endurance training on Mondays and Fridays, cardio respiratory training on Tuesdays and Thursdays, and aquatic training on Wednesdays (work in the pool). We include stretching on all days, and we also regularly include running sessions up through the five-story training tower. Although the progressive program is largely set prior to the start of the recruit class, our experienced instructors have a variety of options they will use to meet the objectives for any given day or week.

In order to prepare for the physical fitness program, your training should at least include jogging, all forms of calisthenics, and stretching. Because we are limited to running on an asphalt surface, early preparation with the running will help your body to adjust to the impact of our running program. Any work running up flights of stairs will also help with your fitness level and any adjustments to the tower runs. With the calisthenics, you should focus on abdominal crunches, lower back exercises (dead bugs or supermans), push-ups, pull-ups, squats, lunges, and calf-raises. At a minimum, you should be accustomed to running up to two miles a couple of times per week, and you should be conditioned to perform the calisthenics two times per week prior to the start of your academy training on February 13.

To conclude, welcome to the best profession in the world. Please accept this advice to prepare for your physical fitness training, as we look forward to meeting you in Recruit Class #41