



Department of Emergency Services and Public Protection
Connecticut Fire Academy
Recruit Firefighter Program

Firefighter Candidate or Recruit:

This letter is intended to serve as a reminder that an important component of the Recruit Firefighting Program, and essentially your entire fire service career, will include firefighter physical fitness and wellness. With that said, it would serve you well to begin to prepare for our fitness program, if you are not already doing so. In preparing, you should be aware that successful completion of CPAT, or other physical abilities testing process, is not necessarily adequate preparation for the rigors of Recruit PT or your firefighting career. We view CPAT as only one step on the readiness scale of firefighter fitness. 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 Recruit Program wellness and fitness component provides recruits with the opportunity to work within all of the known elements 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, seventh week, and final week there will be fitness 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 Thursdays, cardio respiratory training on Tuesdays and Fridays, and aquatic training or fire ground functional training on Wednesdays (work in the pool, or work in FF PPE). 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; they will develop the weekly lesson plans according to the progress of the class.

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 core exercises for the abdomen and lower back, 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.

To conclude, please accept this advice to prepare for your physical fitness training. We thank you for your interest in the fire service, wish you well in all of your endeavors, and look forward to meeting you should you succeed.