



# Operational Focused Abilities Test

## Physical Preparation Program

Prepared by  
*Ian Stewart, PhD, AES, AEP*  
*Ben McMaster, AES*

Respect

Integrity

Courage

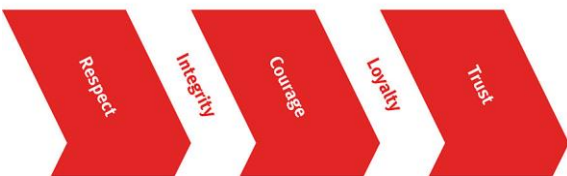
Loyalty

Trust



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## ABBREVIATIONS

1RM = One repetition maximum

BB = Barbell

BW = Bodyweight

DB = Dumbbell

KB = Kettlebell

HK = Half Kneeling

KG = Kilogram

M = Meters

Min = Minute

Repetitions “reps” = number of times (x) you perform an exercise/movement in one set

RPE = Rate of Perceived Exertion

SA = Single Arm

Sec = Seconds

Set = Number of times you perform (x) amount of reps

SL = Single Leg

UH = Underhand/Under grip

@ = At

## OFAT OVERVIEW

The Queensland Fire and Emergency Services (QFES) Firefighter Physical Assessment the Operational Focused Abilities Test (OFAT) is a series of operational tasks that are completed in sequence to simulate tasks which occur at an emergency incident. For a candidate to be successful in completing the OFAT, candidates will be required to demonstrate levels of cardiovascular fitness, muscular strength, and muscular endurance consistent with the duties of an operational firefighter.

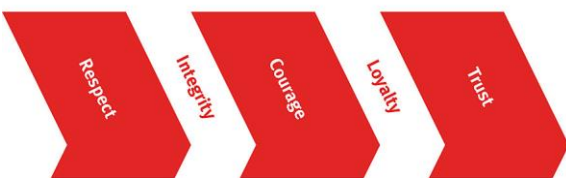
Training for the OFAT is going to be different for everyone. Therefore, it is important to consider your individual circumstances when physically preparing for the OFAT. The minimal recovery between tasks means it will challenge both muscular strength and endurance. Individuals with higher degrees of muscular strength and cardiovascular fitness will therefore have a greater chance of successfully completing OFAT. Exercises included in the following program have been selected following a Movement Analysis as they involve key movement patterns reflected in specific tasks within the OFAT. Your current level of experience will dictate which exercises are selected throughout the training program.

The following table provides an overview of the three parts that comprise the OFAT.

Part 1	Part 2	Part 3
Road Crash Rescue Equipment Hold	Low-level High-rise Stair climb	Case 1 High Pressure Hose Reel Drag
	Forcible Entry	
	Ladders	
	Equipment Haul	
	Flaked Hose Drag	
Life Rescue		
Time: Complete under 4 minutes and 10 seconds	Time: Complete under 8 minutes and 35 seconds	Time: Complete under 3 minutes and 24 seconds

**Part 1** involves the candidate undertaking a road crash rescue equipment hold, which is either pass or fail. The candidate is required to wear the appropriate safety equipment and successfully complete a timed hold of operational rescue equipment at three different set heights for a set period of time. For a candidate to be successful, this task must be completed in under **4 minutes 10 seconds**. If the candidate is successful in achieving this, they will be given a two (2) minute break and proceed to Part 2.

**Part 2** is a timed 6 station test designed to test the physical abilities of the candidate. The time designated for successful completion of Part 2 is under **8 minutes 35 Seconds**. A 20kg weighted vest will be worn by the candidate to simulate the weight a firefighter carries i.e., protective clothing and a self-contained breathing apparatus. The 20kg vest will be put on by the candidate prior to starting Part 2 of the OFAT and will remain on until completion of Part 2. Additional 2 x 6kg shoulder weights will be added for Station 1 of Part 2. The candidate will also be required to wear a harness, hard hat with a chin strap and gloves (all provided) through the entire assessment. The tools, equipment and prods used in the assessment have been chosen to provide a safe, consistent, and valid measure of a candidate's physical abilities. For safety purposes, no running is allowed between or during tasks. Following the successful completion of Part 2 the candidate will be given a minimum two (2) minute break before proceeding to Part 3.



**Part 3** involves the candidate undertaking a case 1 hose drag, which is either pass or fail. The candidate is required to wear the appropriate safety equipment and successfully drag out the required 90m of case 1 high pressure hose. This is a timed task and for a candidate to be successful, this task must be completed in under **3 minutes 24 seconds**. If the candidate is successful in achieving this, they will have successfully completed the OFAT.

It is essential that candidates are familiar with the details of each operational task in order to be adequately prepared for the OFAT. For more detailed information on each task, candidates can refer to the Firefighter Recruitment OFAT guide [OFAT-Guide.pdf \(qfes.qld.gov.au\)](https://qfes.qld.gov.au/OFAT-Guide.pdf)

## PROGRAM OVERVIEW

The following information provided should be used as a general guideline for the physical preparation required of candidates preparing to (successfully) complete the OFAT. These programs focus on developing/improving muscular strength, endurance, and cardiovascular fitness similar to that represented in the OFAT.

If you are unfamiliar or are not confident with any of the exercises described below, it is recommended that you seek professional guidance (qualified fitness professional/strength and conditioning coach/exercise scientist/exercise physiologist) to ensure safe lifting technique and progression is attained.

If you have any existing health conditions or are new to training it is recommended that you consult your doctor or General Practitioner prior to commencing the preparation program.

## STRENGTH TRAINING

The OFAT has been chosen to provide a safe, consistent, and valid measure of an applicant's physical abilities. It is designed to expose applicants to levels of aerobic fitness, muscular strength, and endurance proportionate to the duties of a Firefighter.

To successfully complete the physical requirements of the OFAT, it's recommended that you increase whole body muscular power, strength, and endurance. Resistance training helps develop muscular strength which is a primary factor in building the work capacity required to lift or carry heavy objects. As an operational firefighter this could represent carrying equipment upstairs while wearing breathing apparatus or maintaining a hose hold to suppress a fire. Resistance training will not only help you prepare for the OFAT but will help you establish the physical requirements necessary of operational career Firefighter along with numerous health benefits, including:

- Improved job and sports performance
- Reduced musculoskeletal injuries
- Improved mobility
- Increased bone density
- Increased lean muscle tissue
- Increased metabolism



## BASIC TRAINING PRINCIPLES AND TERMINOLOGY

To ensure you understand the following programs, it is important that you can accurately interpret and understand the information provided in this program. The main things that you will need to understand to successfully complete the program is:

- Exercise order
- Sets
- Repetitions
- Rest/Recovery
- Deload
- Training Intensity and Load
- Load Progressions
- Exercise Selection

## EXERCISE ORDER

Exercise order may be prescribed as A1, B1, C1 format. This indicates that each exercise (i.e., A1) is to be completed for a number of sets, and a number of repetitions followed by a recommended rest period, before moving onto the next exercise (i.e., B1). Alternatively, if the exercise order is prescribed as A1, A2, A3 etc., this informs that each exercise is to be completed directly after each other (superset or circuit) until one whole round has been completed, followed by the recommended rest period.

## SETS AND REPETITIONS (REPS)

Each exercise prescribed in the program will have a recommended number of sets and repetitions required to complete the individual exercise or circuit. Sets and repetitions (also called “reps”) can be described as the number of times you need to perform an exercise before it is complete. An exercise set is considered one cycle of prescribed repetitions, while repetitions are the number of times you perform the given movement/exercise within the set. For example, if you are asked to complete 3 sets for 10 repetitions of Barbell Back Squats, you will need to complete 3 cycles of 10 repetitions, equalling a total of 30 repetitions.

## REST/RECOVERY

Rest is another important factor to consider when completing any form of exercise program. The prescribed rest period is there for a reason. In conjunction with other training variables, the prescribed rest or recovery undines the specific adaptation trying to be achieved. Adequate rest between exercise sets helps to maintain the force production for the next set. For example, rest periods for training strength will be much longer than required for training either muscular endurance or aerobic fitness. Resting too short, or too long could potentially negate the desired adaptations or outcomes, or potentially increase the risk of an injury.

## TRAINING DELOADS

A training deload is a planned period of recovery in which you take things easier with your training by reducing your training volume and intensity. Deloads normally last a week and encourage recovery before another period of harder training, or when peaking performance for competition. For example, a scheduled deload might be used when transitioning from a final block (usually 3-5 weeks) of intense training before a planned competition. Or in this case, in preparation for the OFAT.

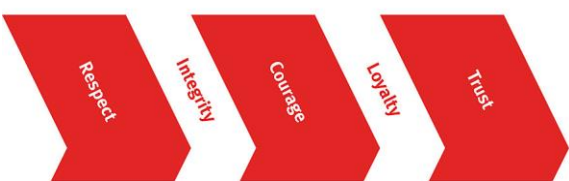
## EXERCISE INTENSITY AND LOAD

Training load (volume), intensity and recovery are some essential factors that will determine your successful progression in a resistance training planning. Training to improve muscular power, strength or endurance is determined by how you manipulate these variables. When designing or completing a resistance training program, the appropriate balance and correct application of these variables in conjunction with the individual's current physical condition/experience will constitute its success. Below is a brief outline on how these specific training outcomes can be achieved through the commonly prescribed percentage-based program design.

Muscular Power	Muscular Strength	Muscular Endurance
<ul style="list-style-type: none"> <li>• 30-60% of 1RM</li> <li>• 3-5 Sets</li> <li>• 1-3 Repetitions</li> <li>• 3-5 Minutes rest</li> <li>• Explosive/Fast Tempo</li> <li>• Multi joint exercise</li> </ul>	<ul style="list-style-type: none"> <li>• 60-100% of 1RM</li> <li>• 3-5 Sets</li> <li>• 3-8 Repetitions</li> <li>• 3-5 Minutes rest</li> <li>• Controlled to Fast tempo</li> <li>• Multi and single joint exercises</li> </ul>	<ul style="list-style-type: none"> <li>• 30-60% of 1RM</li> <li>• 1-3 Sets</li> <li>• 15-20 Repetitions</li> <li>• 30s – 3 Minutes rest</li> <li>• Controlled tempo</li> <li>• Multi and single joint exercises</li> </ul>

The importance of monitoring exercise training load and intensity during resistance training is an integral part of a successful program. Traditionally this is done via testing an individual's one repetition max or 1RM, which is the gold standard for assessing muscular strength. However, if you are new to resistance training or unfamiliar with this protocol (i.e., have never identified your 1RM) this method may not be suitable to use. As an alternative, the intensity of your training can be quantified by using a subjective method such as the Rate of Perceived Exertion or the RPE. Research has shown RPE can be used as a reliable technique to monitor training intensities.

The RPE scale (Borg CR10) consists of ratings from 0-10, with 0 or 1 describing no effort being exerted or complete rest. As you move up the scale, intensity increases to 10 which represents maximal effort, meaning no more work can be done. Practically, RPE can be utilised as a safe, easy, and reliable method to monitor or self-regulate/assess load intensities required for progressive/ continued increases in strength. For example, if you lift a load for 5 reps and feel you could maybe achieve 3 more easy reps, you might give this an RPE rating of 5 or 6. Or if you lifted a weight close to failure where you could only achieve 1 more rep, an RPE rating of 9 would be given. However, lifting close to failure should not happen often throughout a training program, especially if you are a novice or new to resistance training. Below is a table illustrating how the RPE scale can be practically used to with resistance training.



RPE Scale (Borg CR10 Scale)	
RPE 0	Rest
RPE 1	Very, Very Easy
RPE 2	Easy
RPE 3	Moderate
RPE 4	Somewhat Hard
RPE 5	Hard
RPE 6	-
RPE 7	Very Hard
RPE 8	-
RPE 9	-
RPE 10	Maximal

Example of RPE for Resistance Training
No weight being lifted
Body weight or weight used for warmups, mobility, or active recovery
-
Light loads use for power or endurance-based rep ranges
-
3 more reps could easily be done
-
3 more reps could be done
2 more rep can be done
1 more rep could possibly be done
Max repetition (1RM) / no more reps can be achieved / reps to failure

It is also important to remember that both RPE and relative intensity can vary significantly depending on the individual, as well as the level of experience one has with resistance training. For example, if you have experience with resistance training and have previously tested your 1RM, then using a percentage-based program may be more beneficial. However, if you are unfamiliar with resistance training or have never used percentage-based training, you might consider RPE a more suitable method to gauge or progress with your training.

## LOAD PROGRESSION

The following program does not provide any weights for exercises. As a guide, you should aim to increase loads each week by 1.25kg-2.5kg for upper body (i.e., Bench press) and 2.5kg-5kg lower body movements (i.e., Squat). Another reason to increase load would be when you reduce the number of reps from week to week. For example, if the program specifies one week that you need to lift 3 sets of 5 reps this week compared to 3 sets of 6 reps last week, you should be increasing the weight. It is also recommended that you aim to complete the training program using weights that are used during the OPAT physical tasks, i.e., 4.5kg (sledgehammer) for exercises like med ball slams, to 85kg (mannequin drag during Life Rescue) for compound movements like the Deadlift or Sled Drag.

To ensure safe progression, it is imperative that the correct lifting technique is attained with a given exercise prior to any load increase. If exercise form/technique breaks down at a given load, reduce the load or repeat the same load the following week with improved form/technique.





## OFAT STRENGTH PROGRAM

The OFAT Strength program is comprised of two six-week blocks of training. They range from full gym access/equipment to training with minimal equipment and include a minimum of two to three strength sessions per week. These strength-based programmes will be designed to be completed a minimum 12 weeks out from the OFAT. Each training block will have a specific purpose, including variations in exercise selection, sets, reps and intensity.

The first six-week block will focus on general preparation. The general preparation phase is an important period of training and develops the foundation level of strength and conditioning required to transition into more intense training. This means strength training intensity during this phase will be low to moderate, with higher training volumes. The main goal of this phase is to improve mobility and movement integrity/lifting technique while developing muscular strength and endurance. If you are an individual whose training is already at an intermediate or elite level, then you can choose to skip the first training block and move into the specific preparation phase.

The second six-week block will focus on more specific preparation. The specific preparation phase aims to build upon general preparation by increasing training intensities and progressing strength levels in specific exercises. This means heavier weights will need to be lifted, however reps and number of exercises will start to reduce. Training during this phase will start to become more specific to the training objective (i.e., OFAT).

It is recommended that you supplement these programs with additional sessions (i.e., aerobic/beep test conditioning, circuit, or minimal equipment programs) to improve physical preparedness. For example, after completing a strength session on day one, you could aim to complete an additional minimal equipment workout or conditioning session. It is however important to consider individual time constraints, i.e., if you only have 1 hour to complete training, your additional or extra training session could be completed on a separate day or at a different time (morning and evening).

**STRENGTH PROGRAM – Full Gym Access (including additional training session example)**

**Training Block 1**

**Week 1.**

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	2	12-15	60% /RPE 6	2:30min	<i>i.e., 3x12@100kg</i>
B1.	Bench Press	2	12-15	65% /RPE 6	2:30min	
B2.	BW Row/Rope Row		12-15	RPE 7		
C1.	Walking DB Lunge	2	12-15	RPE 7	2:30min	
C2.	Cable Row		12-15	RPE 7		
D1.	Prone Hold	2	30sec	RPE 7	2:30min	

RPE for resistance training		
RPE 0		No weight being lifted
RPE 1		Body weight, warmups, mobility, or active recovery
RPE 2		-
RPE 3		Light loads - power or endurance
RPE 4		
RPE 5		3 more reps could easily be done
RPE 6		-
RPE 7		3 more reps could be done
RPE 8		2 more rep can be done
RPE 9		1 more rep could possibly be done
RPE 10		Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	2	12-15	60% /RPE 6	2:30min	
B1.	UH Chin Up	2	12-15	RPE 7	2:30min	
B2.	DB Shoulder Press		12-15	RPE 7		
C1.	1 Arm DB Row	2	12-15	RPE 7	2:30min	
C2.	Dips		12-15	RPE 7		
D1.	Russian Twists	2	12-15	RPE 7	2:30min	

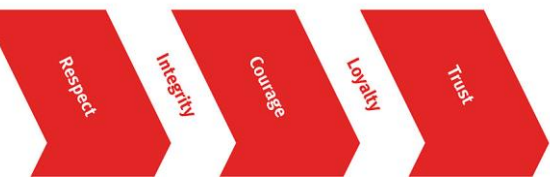


(Extra Session Example)	
<b>Complete 2-3 Rounds:</b>	
A1. Body Weight Squats x 15	
A2. Mountain Climbers x 15	
A3. KB Swings x 15	



**Day 3**

Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
<b>A1.</b>	DB Split Squat	2	12/side	RPE 6	2:30min	
<b>B1.</b>	Romanian Deadlift	2	12	RPE 6	2:30min	
<b>B2.</b>	DB Bench Press		12	RPE 6		
<b>C1.</b>	Bentover BB Row	2	12	RPE 6	2:30min	
<b>C2.</b>	SA HK Shoulder Press		12/ side	RPE 6		
<b>D1.</b>	Side Prone Hold	2	30sec / side	RPE 6	2:30min	



Week 2.

Day 1						
	Exercise	Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	3	12	65% /RPE 6	2:30min	<i>i.e., 3x12@100kg</i>
B1.	Bench Press	3	12	65% /RPE 6	2:30min	
B2.	BW Row/Rope Row		12	RPE 7		
C1.	Walking DB Lunge	2	12	RPE 7	2:30min	
C2.	Cable Row		12	RPE 7		
D1.	Prone Hold	2-3	30sec	RPE	2:30min	

Day 2						
	Exercise	Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	3	12	65% /RPE 6	2:30min	
B1.	UH Chin Up	3	12	RPE 7	2:30min	
B2.	DB Shoulder Press		12	RPE 7		
C1.	1 Arm DB Row	2	12	RPE 7	2:30min	
C2.	Dips		12	RPE 7		
D1.	Russian Twists	2-3	12	RPE 7	2:30min	



RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

**(Extra Session Example)**

**Complete 3 Rounds:**

**A1.** Body Weight Squats x 15  
**A2.** Mountain Climbers x 15  
**A3.** KB Swings x 15

**OR**

**50-70m Running Intervals**  
2 sets of 6 runs / 2 min recovery

**(Extra Session Example)**



Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Split Squat	3	12/side	RPE 6	2:30min	
B1.	Romanian Deadlift	3	12	RPE 6	2:30min	
B2.	DB Bench Press		12	RPE 6		
C1.	Bentover BB Row	2	12	RPE 6	2:30min	
C2.	SA HK Shoulder Press		12/ side	RPE 6		
D1.	Side Prone Hold	2-3	30sec / side	RPE 6	2:30min	



**Continuous Jog/Run or Cycle:  
Complete 2 Sets w/ 2min recovery**

Easy/Light Jog 2min @ RPE 4-5 Jog/Run x 1km @ RPE 6-7  
Easy/Light Jog 2min @ RPE 4-5

OR

Easy Cycling 2mins @ RPE 4-5  
Cycle 1km @ RPE 6-7  
Easy Cycling 2mins @ RPE 4-5

**Week 3.**

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	3	10	70% RPE 7	2:30min	
B1.	Bench Press	3	10	70% RPE 7	2:30min	
B2.	BW Row/Rope Row		10	RPE 7-8		
C1.	Walking DB Lunge	3	10	RPE 7-8	2:30min	
C2.	Cable Row		10	RPE 7-8		
D1.	Prone Hold	3	40sec	RPE 7	2:30min	

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

**Day 2**



Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	3	10	70% RPE 7	2:30min	
B1.	UH Chin Up	3	10	RPE 7-8	2:30min	
B2.	DB Shoulder Press		10	RPE 7-8		
C1.	1 Arm DB Row	3	10	RPE 7-8	2:30min	
C2.	Dips		10	RPE 7-8		
D1.	Russian Twists	3	10	RPE 7	2:30min	



**(Extra Session Example)**

**Complete 4 Rounds:**

**A1.** Body Weight Squats x 15  
**A2.** Mountain Climbers x 15  
**A3.** KB Swings x 15

**OR**

**50-70m Running Intervals**  
 2 sets of 8 reps w/ 3 min recovery  
 15sec run (RPE 7-8): 15sec recovery

Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Split Squat	3	10/side	RPE 7	2:30min	
B1.	Romanian Deadlift	3	10	RPE 7	2:30min	
B2.	DB Bench Press		10	RPE 7		
C1.	Bentover BB Row	3	10	RPE 7	2:30min	
C2.	SA HK Shoulder Press		10/ side	RPE 7		
D1.	Side Prone Hold	3	40sec / side	RPE 7	2:30min	



**(Extra Session Example)**

**Continuous Jog/Run or Cycle:**  
**Complete 3 Sets w/ 2min recovery**

Easy/Light Jog 2min @ RPE 4-5  
 Jog/Run x 1km @ RPE 7  
 Easy/Light Jog 2min @ RPE 4-5

**OR**

Easy Cycling 2mins @ RPE 4-5  
 Cycle 1km @ RPE 7  
 Easy Cycling 2mins @ RPE 4-5



Week 4.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	4	8	70-75% RPE 8	2:30min	
B1.	Bench Press	3	8	70-75% RPE 8	2:30min	
B2.	BW Row/Rope Row		8	RPE 7-8		
C1.	Walking DB Lunge	3	8	RPE 7-8	2:30min	
C2.	Cable Row		8	RPE 7-8		
D1.	Prone Hold	3	50sec	RPE 8	2:30min	

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	4	8	70-75% RPE 8	2:30min	
B1.	UH Chin Up	3	8	RPE 7	2:30min	
B2.	DB Shoulder Press		8	RPE 7		
C1.	1 Arm DB Row	3	8	RPE 7	2:30min	
C2.	Dips		8	RPE 7		
D1.	Russian Twists	3	8	RPE 7	2:30min	



**(Extra Session Example)**

**Complete 5 Rounds:**

**A1.** Body Weight Squats x 15  
**A2.** Mountain Climbers x 15  
**A3.** KB Swings x 15

**OR**

**50-70m Running Intervals**  
 2 sets of 10 reps w/ 3min recovery  
 15sec run (RPE 7-8): 15sec recovery



**Day 3**

Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
<b>A1.</b>	DB Split Squat	4	8/side	RPE 8	2:30min	
<b>B1.</b>	Romanian Deadlift	3	8	RPE 8	2:30min	
<b>B2.</b>	DB Bench Press		8	RPE 8		
<b>C1.</b>	Bentover BB Row	3	8	RPE 7-8	2:30min	
<b>C2.</b>	SA HK Shoulder Press		8/ side	RPE 7-8		
<b>D1.</b>	Side Prone Hold	3	45sec / side	RPE 8	2:30min	



**(Extra Session Example)**

**Continuous Jog/Run or Cycle:  
Complete 4 Sets w/ 2min recovery**

Easy/Light Jog 2min @ RPE 4-5  
Jog/Run x 1km @ RPE 8  
Easy/Light Jog 2min @ RPE 4-5

**OR**

Easy Cycling 2mins @ RPE 4-5  
Cycle 1km @ RPE 8  
Easy Cycling 2mins @ RPE 4-5





Week 5.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	4	6-8	70-80% RPE 8	2:30min	
B1.	Bench Press	4	6-8	70-80% RPE 8	2:30min	
B2.	BW Row/Rope Row		8	RPE 7-8		
C1.	Walking DB Lunge	3	8	RPE 7-8	2:30min	
C2.	Cable Row		8	RPE 7-8		
D1.	Prone Hold	3	50sec	RPE 8	2:30min	

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	4	6-8	75-10% RPE 8	2:30min	
B1.	UH Chin Up	4	8	RPE 7	2:30min	
B2.	DB Shoulder Press		8	RPE 7		
C1.	1 Arm DB Row	3	8	RPE 7	2:30min	
C2.	Dips		8	RPE 7		
D1.	Russian Twists	3	8	RPE 7	2:30min	



**(Extra Session Example)**

**Complete 6 Rounds:**

**A1.** Body Weight Squats x 15  
**A2.** Mountain Climbers x 15  
**A3.** KB Swings x 15

**OR**

**50-70m Running Intervals**

2 sets of 12 reps w/ 3min recovery  
 15sec run (RPE 7-8): 15sec recovery



**Day 3**

Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
<b>A1.</b>	DB Split Squat	4	6-8/side	RPE 8	2:30min	
<b>B1.</b>	Romanian Deadlift	4	8	RPE 8	2:30min	
<b>B2.</b>	DB Bench Press		8	RPE 8		
<b>C1.</b>	Bentover BB Row	3	8	RPE 7-8	2:30min	
<b>C2.</b>	SA HK Shoulder Press		8/ side	RPE 7-8		
<b>D1.</b>	Side Prone Hold	3	45sec / side	RPE 8	2:30min	



**(Extra Session Example)**

**Continuous Jog/Run or Cycle:  
Complete 4-5 Sets w/ 2min recovery**

Easy/Light Jog 2min @ RPE 4-5  
Jog/Run x 1km @ RPE 8  
Easy/Light Jog 2min @ RPE 4-5

**OR**

Easy Cycling 2mins @ RPE 4-5  
Cycle 1km @ RPE 8  
Easy Cycling 2mins @ RPE 4-5



Week 6. (Deload)

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Box Squat/Squat	2	5	50% RPE 4-5	2:30min	
B1.	Bench Press	2	5	50% RPE 4-5	2:30min	
B2.	BW Row/Rope Row		5	RPE 5		
C1.	Walking DB Lunge	2	5	RPE 5	2:30min	
C2.	Cable Row		5	RPE 5		
D1.	Prone Hold	2	15sec	RPE 5	2:30min	

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Trap Bar Deadlift	2	5	50% RPE 4-5	2:30min	
B1.	UH Chin Up	2	5	RPE 7	2:30min	
B2.	DB Shoulder Press		5	RPE 5		
C1.	1 Arm DB Row	2	5	RPE 5	2:30min	
C2.	Dips		5	RPE 5		
D1.	Russian Twists	2	6	RPE 5	2:30min	

**(Extra Session Example)**

**PRACTICE BEEP TEST**

Record level



**Day 3**

Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
<b>A1.</b>	DB Split Squat	2	5 /side	RPE 4-5	2:30min	
<b>B1.</b>	Romanian Deadlift	2	5	RPE 4-5	2:30min	
<b>B2.</b>	DB Bench Press		5	RPE 4-5		
<b>C1.</b>	Bentover BB Row	2	5	RPE 4-5	2:30min	
<b>C2.</b>	SA HK Shoulder Press		5/ side	RPE 4-5		
<b>D1.</b>	Side Prone Hold	2	15sec / side	RPE 4-5	2:30min	



**(Extra Session Example)**

**Continuous Jog/Run or Cycle:  
Complete 1 Set w/ 2min recovery**

Easy/Light Jog 2min @ RPE 4-5  
Jog/Run x 1km @ RPE 5  
Easy/Light Jog 2min @ RPE 4-5

**OR**

Easy Cycling 2mins @ RPE 4-5  
Cycle 1km @ RPE 5  
Easy Cycling 2mins @ RPE 4-5



Training Block 2

Week 7.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	3	10,10,10	70% RPE 7	3-5min	
B1.	Bench Press	3	10	70% RPE 6-7	3-5min	
C1.	Bentover BB Row	3	10	RPE 6-7	2-3min	
D1.	DB Split Squat	2	10	RPE 6-7	2-3min	
E1.	DB/ BB curls	2	10-12	RPE 6-7	2-3min	
E2.	Swiss Ball Prone Hold		35sec	RPE 6-7		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	3	10	72% RPE 7	3-5min	
B1.	UH Chin Up	2	10	RPE 6-7	2-3min	
B2.	BB Shoulder Press		10	RPE 6-7		
C1.	1 Arm DB Row	2	10	RPE 6-7	2-3min	
C2.	DB Bench		10	RPE 6-7		
D1.	Sled Push/Pull	3	40m	50%SQ 1RM RPE 6-7	2-3min	



RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

**(Extra Session Example)**

**Complete 1-2 Rounds:**

- A1. Wall Balls x 12
- A2. Push Ups x 12
- A3. KB Swings x 12
- A4. Walking Lunges x 12/side



Day 3						
	Exercise	Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Power Clean	2	6	40-45% RPE 3-4	3-5min	
B1.	Romanian Deadlift	2	8	RPE 6	2-3min	
B2.	Incline Bench Press		8	RPE 6		
C1.	Cable Row	2	12	RPE 6	2-3min	
C2.	DB Side Raises		12	RPE 6		
D1.	Farmers/Loaded Carry	2	40m	45%SQ 1RM RPE 6-7	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

30sec Jog @ RPE 5-6, 15sec Run @ RPE 7-8  
X 5 w/ 3mins recovery (walk)  
Repeat x 3

Cool Down: Easy/Light Jog 2min @ RPE 4-5



Week 8.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	3	8,8,8	72% RPE 7	3-5min	
B1.	Bench Press	3	8	72% RPE 6-7	3-5min	
C1.	Bentover BB Row	3	8	RPE 6-7	2-3min	
D1.	DB Split Squat	3	8	RPE 6-7	2-3min	
E1.	DB/ BB curls	3	10-12	RPE 6-7	2-3min	
E2.	Swiss Ball Prone Hold		35sec	RPE 6-7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	3	8	72% RPE 7	3-5min	
B1.	UH Chin Up	3	8	RPE 6-7	2-3min	
B2.	BB Shoulder Press		8	RPE 6-7		
C1.	1 Arm DB Row	3	8	RPE 6-7	2-3min	
C2.	DB Bench		8	RPE 6-7		
D1.	Sled Push/Pull	4	40m	50%SQ 1RM RPE 6-7	2-3min	



**(Extra Session Example)**

**Complete 2-3 Rounds:**

**A1.** Wall Balls x 12  
**A2.** Push Ups x 12  
**A3.** KB Swings x 12  
**A4.** Walking Lunges x 12/side

**OR**

**60-80m Running Intervals**  
 2-3 sets of 6 reps w/ 3min recovery  
 15sec run (RPE 8): 15sec recovery



Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Power Clean	3	6	40-45% RPE 3-4	3-5min	
B1.	Romanian Deadlift	3	8	RPE 6	2-3min	
B2.	Incline Bench Press		8	RPE 6		
C1.	Cable Row	3	12	RPE 6	2-3min	
C2.	DB Side Raises		12	RPE 6		
D1.	Farmers/Loaded Carry	3	40m	45%SQ 1RM RPE 6-7	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

1min Jog @ RPE 5-6, 30sec Run @ RPE 7-8  
X 5 w/ 3mins recovery (walk)  
Repeat x 3

Cool Down: Easy/Light Jog 2min @ RPE 4-5





Week 9.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	3	8,6,8	72%,77%,72% RPE 7-8	3-5min	
B1.	Bench Press	3	8,6,8	72%,77%,72% RPE 7-8	3-5min	
C1.	Bentover BB Row	3	8	RPE 7	2-3min	
D1.	DB Split Squat	3	8	RPE 7	2-3min	
E1.	DB/ BB curls	3	10	RPE 7	2-3min	
E2.	Swiss Ball Prone Hold		45sec	RPE 7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	3	8,6,8	72%,77%,72% RPE 7-8	3min	
B1.	UH Chin Up	3	8	RPE 7	2-3min	
B2.	BB Shoulder Press		8	RPE 7		
C1.	1 Arm DB Row	3	8	RPE 7	2-3min	
C2.	DB Bench		8	RPE 7		
D1.	Sled Push/Pull	5	40m	50%SQ 1RM RPE 7	2-3min	



**(Extra Session Example)**

**Complete 3-4 Rounds:**

- A1. Wall Balls x 12
- A2. Push Ups x 12
- A3. KB Swings x 12
- A4. Walking Lunges x 12/side

**OR**

**60-80m Running Intervals**  
 2-3 sets of 8 reps w/ 3min recovery  
 15sec run (RPE 8): 15sec recovery



Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Power Clean	3	6,5,4	45%,50%,60% RPE 4	3-5min	
B1.	Romanian Deadlift	3	8	RPE 7	2-3min	
B2.	Incline Bench Press		8	RPE 7		
C1.	Cable Row	3	10	RPE 6-7	2-3min	
C2.	DB Side Raises		10	RPE 6-7		
D1.	Farmers/Loaded Carry	4	40m	50%SQ 1RM RPE 7	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

1:30min Jog @ RPE 5-6, 45sec Run @ RPE 7-8  
X 5 w/ 3mins recovery (walk)  
Repeat x 3

Cool Down: Easy/Light Jog 2min @ RPE 4-5



Week 10.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	4	6,5,6,8	77%,80%,77%,72% RPE 8	3-5min	
B1.	Bench Press	4	6,5,6,8	77%,80%,77%,72% RPE 8	3-5min	
C1.	Bentover BB Row	3	6-8	RPE 7-8	2-3min	
D1.	DB Split Squat	3	6-8	RPE 7-8	2-3min	
E1.	DB/ BB curls	3	8-10	RPE 7-8	2-3min	
E2.	Swiss Ball Prone Hold		60sec	RPE 7-8		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	4	6,5,6,8	77%,80%,77%,72% RPE 8	3-5min	
B1.	UH Chin Up	4	6-8	RPE 7-8	2-3min	
B2.	BB Shoulder Press		6-8	RPE 7-8		
C1.	1 Arm DB Row	3	6-8	RPE 7-8	2-3min	
C2.	DB Bench		6-8	RPE 7-8		
D1.	Sled Push/Pull	4-5	40m	60%SQ 1RM RPE 7-8	2-3min	



RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

**(Extra Session Example)**

**Complete 5-6 Rounds:**

- A1.** Wall Balls x 12
- A2.** Push Ups x 12
- A3.** KB Swings x 12
- A4.** Walking Lunges x 12/side

**OR**

**60-80m Running Intervals**

2-3 sets of 10 reps w/ 3min recovery  
15sec run (RPE 8): 15sec recovery



Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Power Clean	3	6,5,4	45%,50%,60% RPE 4	3-5min	
B1.	Romanian Deadlift	4	8	RPE 7	2-3min	
B2.	Incline Bench Press		8	RPE 7		
C1.	Cable Row	3	10	RPE 6-7	2-3min	
C2.	DB Side Raises		10	RPE 6-7		
D1.	Farmers/Loaded Carry	5	40m	55%SQ 1RM RPE 7-8	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

2:00min Jog @ RPE 5-6, 1:00min Run @ RPE 7-8  
X 5 w/ 3mins recovery (walk)  
Repeat x 3

Cool Down: Easy/Light Jog 2min @ RPE 4-5



Week 11.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	4	5,3,5,6	80%,85%,80%,77% RPE 8	3-5min	
B1.	Bench Press	4	5,3,5,6	80%,85%,80%,77% RPE 8	3-5min	
C1.	Bentover BB Row	3	6-8	RPE 7-8	2-3min	
D1.	DB Split Squat	3	6-8	RPE 7-8	2-3min	
E1.	DB/ BB curls	3	8-10	RPE 7-8	2-3min	
E2.	Swiss Ball Prone Hold		60sec	RPE 7-8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	4	5,3,5,6	80%,85%,80%,77% RPE 8	3-5min	
B1.	UH Chin Up	4	6-8	RPE 7-8	2-3min	
B2.	BB Shoulder Press		6-8	RPE 7-8		
C1.	1 Arm DB Row	3	6-8	RPE 7-8	2-3min	
C2.	DB Bench		6-8	RPE 7-8		
D1.	Sled Push/Pull	4-5	40m	60%SQ 1RM RPE 7-8	2-3min	



**(Extra Session Example)**

**Complete 6-8 Rounds:**

**A1.** Wall Balls x 12  
**A2.** Push Ups x 12  
**A3.** KB Swings x 12  
**A4.** Walking Lunges x 12/side

**OR**

**60-80m Running Intervals**

2-3 sets of 12 reps w/ 3min recovery  
15sec run (RPE 8): 15sec recovery



Day 3						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Power Clean	3	6,5,4	45%,50%,60% RPE 4	3-5min	
B1.	Romanian Deadlift	4	8	RPE 7	2-3min	
B2.	Incline Bench Press		8	RPE 7		
C1.	Cable Row	3	10	RPE 6-7	2-3min	
C2.	DB Side Raises		10	RPE 6-7		
D1.	Farmers/Loaded Carry	5	40m	55%SQ 1RM RPE 7-8	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

2:00min Jog @ RPE 5-6, 1:30min Run @ RPE 7-8  
X 5 w/ 3mins recovery (walk)  
Repeat x 3

Cool Down: Easy/Light Jog 2min @ RPE 4-5



Week 12. (Deload)

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Front/Back Squat	2	5	60% RPE 5	2-3min	
B1.	Bench Press	2	5	60% RPE 5	2-3min	
C1.	Bentover BB Row	2	5	RPE 5	2-3min	
D1.	DB Split Squat	2	5	RPE 5	2-3min	
E1.	DB/ BB curls	1	5	RPE 5	2-3min	
E2.	Swiss Ball Prone Hold		30sec	RPE 5		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Deadlift	2	5	60% RPE 5	2-3min	
B1.	UH Chin Up	2	5	RPE 5	2-3min	
B2.	BB Shoulder Press		5	RPE 5		
C1.	1 Arm DB Row	2	5	RPE 5	2-3min	
C2.	DB Bench		5	RPE 5		
D1.	Sled Push/Pull	2	40m	40% SQ 1RM RPE 5-6	2-3min	



**(Extra Session Example)**

**Practice BEEP TEST**  
(If you feel you need to re-test)

**OR**

**60-80m Running Intervals**  
1-2 sets of 6 reps w/ 3min recovery  
15sec run (RPE 8): 15sec recovery



Day 3						
Exercise	Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes	
A1.	Power Clean	2	3	45% RPE 4	2-3min	
B1.	Romanian Deadlift	2	5	RPE 5	2-3min	
B2.	Incline Bench Press		5	RPE 5		
C1.	Cable Row	1	5	RPE 5	2-3min	
C2.	DB Side Raises		1	RPE 5		
D1.	Farmers/Loaded Carry	1	40m	40%SQ 1RM RPE 5	2-3min	



**(Extra Session Example)**

**Fartlek Run/Walk:**

Warm up: Easy/Light Jog 2min @ RPE 4-5

45sec Jog @ RPE 6-7, 15sec Run @ RPE 8-9  
X 3 w/ 3mins recovery (walk)  
Repeat x 2

Cool Down: Easy/Light Jog 2min @ RPE 4-5





**STRENGTH PROGRAM – Minimal Equipment (i.e., DB’s, KB’s & Bands)**

Week 1.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	2	8-10	RPE 7	1:30min	
A2.	Horizontal/ Ring Row		8-10	RPE 7		
B1.	DB Reverse Lunge	2	10/side	RPE 7	1:30min	
B2.	Push Up		10	RPE 7		
C1.	KB Swings	2	10	RPE 7	1:30min	
C2.	DB Shoulder Press		10	RPE 7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	2	10	RPE 7	1:30min	
A2.	DB Bench Press		10	RPE 7		
B1.	DB Step Up	2	10/side	RPE 7	1:30min	
B2.	1 Arm DB Row		10/side	RPE 7		
C1.	Band Assisted Chin Up	2	8-10	RPE 7	1:30min	
C2.	KB Push Press		8-10	RPE 7		
C3.	Prone Hold		30sec	RPE 7		



Week 2.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	3	8-10	RPE 7	1:30min	
A2.	Horizontal/ Ring Row		8-10	RPE 7		
B1.	DB Reverse Lunge	3	10/side	RPE 7	1:30min	
B2.	Push Up		10	RPE 7		
C1.	KB Swings	3	10	RPE 7	1:30min	
C2.	DB Shoulder Press		10	RPE 7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	3	10	RPE 7	1:30min	
A2.	DB Bench Press		10	RPE 7		
B1.	DB Step Up	3	10/side	RPE 7	1:30min	
B2.	1 Arm DB Row		10/side	RPE 7		
C1.	Band Assisted Chin Up	2	8-10	RPE 7	1:30min	
C2.	KB Push Press		8-10	RPE 7		
C3.	Prone Hold		30sec	RPE 7		



Week 3.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	4	8-10	RPE 7-8	1:30min	
A2.	Horizontal/ Ring Row		8-10	RPE 7-8		
B1.	DB Reverse Lunge	4	10/side	RPE 7-8	1:30min	
B2.	Push Up		10	RPE 7-8		
C1.	KB Swings	3	10	RPE 7-8	1:30min	
C2.	DB Shoulder Press		10	RPE 7-8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	4	10	RPE 7-8	1:30min	
A2.	DB Bench Press		10	RPE 7-8		
B1.	DB Step Up	4	10/side	RPE 7-8	1:30min	
B2.	1 Arm DB Row		10/side	RPE 7-8		
C1.	Band Assisted Chin Up	3	8-10	RPE 7-8	1:30min	
C2.	KB Push Press		8-10	RPE 7-8		
C3.	Prone Hold		45sec	RPE 7-8		



Week 4.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	4	10-12	RPE 8	1:30min	
A2.	Horizontal/ Ring Row		10-12	RPE 8		
B1.	DB Reverse Lunge	4	12/side	RPE 8	1:30min	
B2.	Push Up		10-12	RPE 8		
C1.	KB Swings	3	10-12	RPE 8	1:30min	
C2.	DB Shoulder Press		10-12	RPE 8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	4	10-12	RPE 8	1:30min	
A2.	DB Bench Press		10-12	RPE 8		
B1.	DB Step Up	4	12/side	RPE 8	1:30min	
B2.	1 Arm DB Row		12/side	RPE 8		
C1.	Band Assisted Chin Up	3	10	RPE 8	1:30min	
C2.	KB Push Press		10	RPE 8		
C3.	Prone Hold		60sec	RPE 8		



Week 5.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	4	12-15	RPE 8	1:30min	
A2.	Horizontal/Ring Row		12-15	RPE 8		
B1.	DB Reverse Lunge	4	15/side	RPE 8	1:30min	
B2.	Push Up		12-15	RPE 8		
C1.	KB Swings	4	12-15	RPE 8	1:30min	
C2.	DB Shoulder Press		12-15	RPE 8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	4	12-15	RPE 8	1:30min	
A2.	DB Bench Press		12-15	RPE 8		
B1.	DB Step Up	4	15/side	RPE 8	1:30min	
B2.	1 Arm DB Row		15/side	RPE 8		
C1.	Band Assisted Chin Up	4	12	RPE 8	1:30min	
C2.	KB Push Press		12	RPE 8		
C3.	Prone Hold		1:15min	RPE 8		



Week 6. (Delaod)

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Goblet Squat	1	12-15	RPE 5	1:30min	
A2.	Horizontal/Ring Row		12-15	RPE 5		
B1.	DB Reverse Lunge	1	15/side	RPE 5	1:30min	
B2.	Push Up		12-15	RPE 5		
C1.	KB Swings	1	12-15	RPE 5	1:30min	
C2.	DB Shoulder Press		12-15	RPE 5		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB RDL	1	12-15	RPE 5	1:30min	
A2.	DB Bench Press		12-15	RPE 5		
B1.	DB Step Up	1	15/side	RPE 5	1:30min	
B2.	1 Arm DB Row		15/side	RPE 5		
C1.	Band Assisted Chin Up	1	12	RPE 5	1:30min	
C2.	KB Push Press		12	RPE 5		
C3.	Prone Hold		1:15min	RPE 5		



Week 7.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Front Squat	2	10	RPE 7	1:30min	
A2.	Chin up		6-8	RPE 6		
B1.	DB Split Squat	2	10	RPE 7	1:30min	
B2.	1-Arm DB Row		10	RPE 7		
C1.	HK DB Shoulder Press	2	8/side	RPE 7	1:30min	
C2.	DB SL Hip Thrust		8/side	RPE 7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	2	10	RPE 7	1:30min	
A2.	DB Incline Bench Press		10	RPE 7		
B1.	DB Walking Lunge	2	10/side	RPE 7	1:30min	
B2.	DB Renegade Row		10/side	RPE 7		
C1.	Push Up	2	10	RPE 7	1:30min	
C2.	Band Pulls		10	RPE 7		
C3.	Swiss Ball Prone Hold		30sec	RPE 7		



Week 8.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Front Squat	3	10	RPE 7	1:30min	
A2.	Chin up		6-8	RPE 6		
B1.	DB Split Squat	3	10	RPE 7	1:30min	
B2.	1-Arm DB Row		10	RPE 7		
C1.	HK DB Shoulder Press	3	8/side	RPE 7	1:30min	
C2.	DB SL Hip Thrust		8/side	RPE 7		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	3	10	RPE 7	1:30min	
A2.	DB Incline Bench Press		10	RPE 7		
B1.	DB Walking Lunge	3	10/side	RPE 7	1:30min	
B2.	DB Renegade Row		10/side	RPE 7		
C1.	Push Up	3	10	RPE 7	1:30min	
C2.	Band Pulls		10	RPE 7		
C3.	Swiss Ball Prone Hold		30sec	RPE 7		





Week 9.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Front Squat	3	12	RPE 7-8	1:30min	
A2.	Chin up		8-10	RPE 7		
B1.	DB Split Squat	3	12/side	RPE 7-8	1:30min	
B2.	1-Arm DB Row		12/side	RPE 7-8		
C1.	HK DB Shoulder Press	3	10/side	RPE 7-8	1:30min	
C2.	DB SL Hip Thrust		10/side	RPE 7-8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	3	12	RPE 7-8	1:30min	
A2.	DB Incline Bench Press		12	RPE 7-8		
B1.	DB Walking Lunge	3	12/side	RPE 7-8	1:30min	
B2.	DB Renegade Row		12/side	RPE 7-8		
C1.	Push Up	3	12	RPE 7-8	1:30min	
C2.	Band Pulls		12	RPE 7-8		
C3.	Swiss Ball Prone Hold		45sec	RPE 7-8		



Week 10.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Front Squat	4	12	RPE 8	1:30min	
A2.	Chin up		8-10	RPE 8		
B1.	DB Split Squat	4	12/side	RPE 8	1:30min	
B2.	1-Arm DB Row		12/side	RPE 8		
C1.	HK DB Shoulder Press	4	10/side	RPE 8	1:30min	
C2.	DB SL Hip Thrust		10/side	RPE 8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	4	12	RPE 8	1:30min	
A2.	DB Incline Bench Press		12	RPE 8		
B1.	DB Walking Lunge	4	12/side	RPE 8	1:30min	
B2.	DB Renegade Row		12/side	RPE 8		
C1.	Push Up	4	12	RPE 8	1:30min	
C2.	Band Pulls		12	RPE 8		
C3.	Swiss Ball Prone Hold		60sec	RPE 7-8		



Week 11.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Front Squat	4	12-15	RPE 8	1:30min	
A2.	Chin up		10-12	RPE 8		
B1.	DB Split Squat	4	12-15/side	RPE 8	1:30min	
B2.	1-Arm DB Row		12-15/side	RPE 8		
C1.	HK DB Shoulder Press	4	12/side	RPE 8	1:30min	
C2.	DB SL Hip Thrust		12/side	RPE 8		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	4	12-15	RPE 8	1:30min	
A2.	DB Incline Bench Press		12-15	RPE 8		
B1.	DB Walking Lunge	4	12-15/side	RPE 8	1:30min	
B2.	DB Renegade Row		12-15/side	RPE 8		
C1.	Push Up	4	12-15	RPE 8	1:30min	
C2.	Band Pulls		12-15	RPE 8		
C3.	Swiss Ball Prone Hold		1:30min	RPE 8		



Week 12. (Deload)

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	DB Thruster	1	10	RPE 5	1:30min	
A2.	Band Pulls		6-8	RPE 5		
B1.	DB Split Squat	1	10/side	RPE 5	1:30min	
B2.	1-Arm DB Row		10/side	RPE 5		
C1.	HK DB Shoulder Press	1	8/side	RPE 5	1:30min	
C2.	DB SL Hip Thrust		8/side	RPE 5		

RPE for resistance training	
RPE 0	No weight being lifted
RPE 1	Body weight, warmups, mobility, or active recovery
RPE 2	-
RPE 3	Light loads - power or endurance
RPE 4	
RPE 5	3 more reps could easily be done
RPE 6	-
RPE 7	3 more reps could be done
RPE 8	2 more rep can be done
RPE 9	1 more rep could possibly be done
RPE 10	Max repetition (1RM)/ rep failure

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	KB Deadlift	1	10	RPE 5	1:30min	
A2.	DB Incline Bench Press		10	RPE 5		
B1.	DB Walking Lunge	1	10/side	RPE 5	1:30min	
B2.	DB Renegade Row		10/side	RPE 5		
C1.	Push Up	1	10	RPE 5	1:30min	
C2.	Band Pulls		10	RPE 5		
C3.	Swiss Ball Prone Hold		30sec	RPE 5		



## UPPER BODY SPECIFIC STRENGTH PROGRAM

The Upper Body Specific Strength Program is designed to be used as either additional upper body only training option or as a stand-alone program prior to commencing the OFAT Strength Training Program. The selected exercises aim to focus on developing upper body strength specific to operational tasks (i.e., Road Crash Rescue Hold, Case 1 High Pressure Hose Reel Drag or Equipment Haul) which have a greater emphasis on the upper body musculature. If you feel that upper body strength might need improvement prior to commencing the OFAT, then this program provides a good starting point.

To make exercises like chin ups, horizontal body rows and push less challenging, try using a band (for chin ups) or utilising an incline surface (push ups or body rows). Or, if you wish to make these more challenging, try adding additional weight via a weighted vest.



Upper Body Specific Training Block (4 Weeks)

Week 1.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Bench Press	3	8,8,8	72% RPE 7	3min	
A2.	Horizontal/Rope BW Rows		8-10	RPE 6-7		
B1.	Standing DB Press	3	8-10	RPE 6-7	2-3min	
C1.	Latpulldown	3	8-10	RPE 6-7	2-3min	
D1.	Band Pull-Aparts	3	10-15	RPE 6-7	2-3min	
D2.	Farmers/Loaded Carry		40m	45%SQ 1RM RPE 6-7		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	High Pull	3	6	RPE 7	3min	
A1.	Push Up		8-10	RPE 6-7		
B1.	UH Chin Up (band assisted or weighted)	3	8-12	RPE 6-7	2-3min	
B2.	DB/KB Front Squat Press (Thruster)		8-12	RPE 6-7		
C1.	1 Arm DB Row	3	10-12	RPE 6-7	2-3min	
C2.	Sled Push/Pull		40m	50%SQ 1RM RPE 6-7		



Week 2.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Bench Press	3	8,6,8	72%,77%,72% RPE 7-8	3min	
A2.	Horizontal/Rope BW Rows		10-12	RPE 7		
B1.	Standing DB Press	3	8	RPE 7	2-3min	
C1.	Latpulldown	3	8	RPE 7	2-3min	
D1.	Band Pull-Aparts	4	10-15	RPE 7	2-3min	
D2.	Farmers/Loaded Carry		40m	50%SQ 1RM RPE 7		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	High Pull	3	6,5,4	RPE 7-8	3min	
A1.	Push Up		10-12	RPE 7-8		
B1.	UH Chin Up (band assisted or weighted)	3	8-10	RPE 7	2-3min	
B2.	DB/KB Front Squat Press (Thruster)		8-10	RPE 7		
C1.	1 Arm DB Row	4	8-10	RPE 7	2-3min	
C2.	Sled Push/Pull		40m	50%SQ 1RM RPE 7		



Week 3.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Bench Press	4	6,5,6,8	77%,80%,77%,72% RPE 8	3-5min	
A2.	Horizontal/Rope BW Rows		12-15	RPE 7-8		
B1.	Standing DB Press	4	6-8	RPE 7-8	3min	
C1.	Latpulldown	4	6-8	RPE 7-8	3min	
D1.	Band Pull-Aparts	4	10-15	RPE 7-8	3min	
D2.	Farmers/Loaded Carry		40m	55%SQ 1RM RPE 7-8		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	High Pull	4	6,5,4,3	RPE 8	3-5min	
A1.	Push Up		12-15	RPE 7-8		
B1.	UH Chin Up (band assisted or weighted)	4	6-8	RPE 7-8	3min	
B2.	DB/KB Front Squat Press (Thruster)		6-8	RPE 7-8		
C1.	1 Arm DB Row	4	6-8	RPE 7-8	3min	
C2.	Sled Push/Pull		40m	60%SQ 1RM RPE 7-8		





Week 4.

Day 1						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	Bench Press	4	5,3,5,6	80%,85%,80%,77% RPE 8-9	3-5min	
A2.	Horizontal/Rope BW Rows		12-15	RPE 8		
B1.	Standing DB Press	4	6-8	RPE 8	3min	
C1.	Latpulldown	4	6-8	RPE 7-8	3min	
D1.	Band Pull-Aparts	5	10-15	RPE 7-8	3min	
D2.	Farmers/Loaded Carry		40m	55%SQ 1RM RPE 7-8		

Day 2						
Exercise		Sets	Reps	Intensity (% 1RM or RPE)	Rest	Training weight/notes
A1.	High Pull	4	5,4,3,2	RPE 8	3-5min	
A1.	Push Up		12-15	RPE 8		
B1.	UH Chin Up (band assisted or weighted)	4	6-8	RPE 8	3min	
B2.	DB/KB Front Squat Press (Thruster)		6-8	RPE 8		
C1.	1 Arm DB Row	5	6-8	RPE 8	3min	
C2.	Sled Push/Pull		40m	60%SQ 1RM RPE 7-8		



## ADDITIONAL CIRCUIT TRAINING

The following circuit programs are designed to be incorporated with the strength and aerobic training programs. The inherent style of these programs match the physical requirements similar to that experienced during the OFAT. As such, it is recommended that candidates consider integrating these circuit programs into their weekly training regime, especially when preparing for the OFAT physical. They are designed to be used as either a workout “finisher”, or as a standalone training session. Each circuit involves completing each exercise directly after another, with minimal rest for the specified amount of reps. Depending on how far into the training program (or how you feel) you will dictate how many rounds should be completed. Ideally, these circuits should be performed between 3-10 times.

These circuit workouts can be done at a gym or at home with limited equipment (i.e. medicine balls, weight vests, and kettlebells or ankle weights).



Circuit Option 1					
Exercise		Reps	RPE	Rest	Training weight/notes
A1.	Bodyweight Squats	10-15	RPE 7-8	1:30min	
A2.	Mountain Climbers	10-15			
A3.	KB Swings	10-15			

Circuit Option 2					
Exercise		Reps	RPE	Rest	Training weight/notes
A1.	Wall Balls	10-15	RPE 7-8	1:30min	
A2.	Push Ups	10-15			
A3.	KB Swings	10-15			
A4.	Walking Lunges	10-15/side			



Circuit Option 3					
Exercise		Reps	RPE	Rest	Training weight/notes
A1.	Step Ups	10-15/side	RPE 7-8	1:30min	
A2.	Push Ups	10-15			
A3.	Burpees	10-15			
A4.	Mountain Climbers	10-15			
A5.	Russian Twists	10-15/side			

Circuit Option 4					
Exercise		Reps	RPE	Rest	Training weight/notes
A1.	Step Ups	10-15/side	RPE 7-8	1:30min	
A2.	Horizontal BW/Ring Rows	10-15			
A3.	KB Swings	10-15			
A4.	Push Ups	10-15			
A5.	DB Thrusters	10-15			



## TRAINING WEEK STRUCTURE AND RECOVERY

Planning your training around work and family life is an important factor to consider. While some individuals will have the ability to train every day, twice a day. Some individuals might only be able to train for 30 minutes to 1 hour a day. So it is important to create some form of structure or approach on how you are going to undertake your own physical preparation leading into the OFAT Physical. It is also important to consider that if you have only been training once or twice a week, then committing to six days a week might be a bit much. If this is the case, then you should consider when to start your physical preparation.

Planning your training weeks will not only give some much needed structure and commitment around a potentially busy schedule, it will also assist in allowing for adequate recovery between training sessions. For example, aerobic training should ideally be kept separate from strength training to maximise the adaptations or capacity of each mode of exercise and reduce residual fatigue. With the general population this does not always work with peoples busy schedules, so finding ways to reduce training session interference is critical. Ideally, if both modes of training are to be completed on the same day (concurrent training), then a morning/evening split is the next best option. If two different modes of training must be completed during the same session, strength and power training would take precedence, then finish with the conditioning/aerobic training. However, you should aim to prioritise the mode of exercise that is in the most need of attention, then plan the less important training sessions around it.

There are multiple factors that may impact an individual's level of fatigue and ability to recover (training experience, stress, nutrition), so it is important that you listen to your body and understand what might be the most suitable approach. Rest or recovery is often undervalued when it comes to training programs and can be very specific to the individual. Apart from scheduled recovery days, signs that may indicate its time for a rest day include increased muscle soreness, reduced appetite, poor sleep or abnormally hard training sessions. If you start to notice these symptoms, rest takes priority over training. Recovery can be separated into two categories, one being passive, the other active. Passive recovery is the more common form of recovery and usually involves complete relaxation or rest (maybe even a massage) without any form of physical activity. Think laying on the couch all day watching television. The other form is active recovery. Active recovery can be used as an effective way to recover from acute, intense bouts of exercise. It can help reduce any soreness within you muscles and joints by promoting blood flow and reducing inflammation. Forms of active recovery include things like easy/brisk walking, yoga, stretching or swimming.

The next page includes two example training week structures. One that includes what would be considered the minimum amount (i.e., strength and aerobic programs) of physical training required leading into the OFAT, while the other includes additional training modalities (i.e., additional circuit training). Both include scheduled rest/recovery days.

**Training Week Plan Example 1. (Weeks 1-4 inc. Strength and Aerobic Conditioning Sessions)**

Training Week							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Rest	Aerobic Training Day 1 (Light/Easy)	Rest	Aerobic Training Day 2 (Hard)	Rest	Aerobic Training Day 3 (Moderate)	Rest
PM	Strength Program Day 1	Rest	Strength Program Day 2	Rest	Strength Program Day 3	Rest	Rest

**Training Week Plan Example 2. (Weeks 5-12 inc. Strength, Aerobic Conditioning and OFAT Bootcamp Sessions)**

Training Week							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Rest	Rest Aerobic Training Day 1 (Light/Easy)	Rest	Aerobic Training Day 2 (Hard)	Strength Program Day 3	OFAT Bootcamp	Rest
PM	Strength Program Day 1	Rest	Strength Program Day 2	Rest	Rest	Aerobic Training Day 3 (Moderate)	Rest

