



## FIREFIGHTER

1.2

### PHASE 2

The goal here is to widen your movement patterns and continue to develop some quality movement patterns to reduce the risk of injury and build strength within the entire body.

The other goal of this phase to build up some high intensity interval training to further develop your work capacity.

### Release

Foam Roller/ Ball	Frequency	Reps	Timing
<a href="#">Foam Roll Lats</a>	Daily	30s	
<a href="#">Foam Roll Quads</a>	Daily	30s	
<a href="#">Foam Roll - Calves</a>	Daily	30s	

### Reset

Exercises	Sets and Reps	Time Under Tension	Comments
<a href="#">Box hamstring lift w/reach</a>	2x5 breaths		
<a href="#">Lazy Bear</a>	2x 5 breaths		

### Readiness

Exercise	Repetitions
<a href="#">Leg Raise</a>	5e
<a href="#">KB Armbar w/ opposite hip flexion w/screwdriver and SLR</a>	5e
<a href="#">Downward dog or Push Up to Downward Dog</a>	5
<a href="#">Pull back butt kick</a>	5e
<a href="#">Knee Hugs</a>	
<a href="#">Spiderman stretch w/ overhead reach</a>	5e
<a href="#">Lateral Split Squat with Reach Across</a>	5e
<a href="#">KB Goblet Squat</a>	10
<a href="#">KB Handcuff Hinge</a>	10



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**Day 1**

**Reactive**

Exercise	Tempo	1	2	3	4	Comments	Rest
1) <a href="#">Vertical jumps</a>	EXP	3x5	3x5	3x5	3x5		30s

**Resistance**

Exercise	Tempo	1	2	3	4	Comments	Rest
1) <a href="#">Goblet Reverse lunge</a>	DYN	3x8	3x8	3x10	3x10	Feel front whole foot, PUSH out of bottom (use single KB)	60s
2a) <a href="#">Press Up</a> (feet elevated, if able)	201	3x8	3x8	3x10	3x10	Reach long and exhale Knee up, toe up at midpoint	60s
2b) <a href="#">Goblet sprinter step up</a> (use single KB)	201	3x8e	3x8e	3x10e	3x10e	Feel whole front foot, PUSH through the box Hold top position for 1sec	60s
3a) <a href="#">Standing Single Arm Bottoms Up KB Press</a>	201	3x8e	3x8e	3x10e	3x10e	Stand tall, unlock your knees Exhale, ribs tucked in, Reach at midpoint	60s
3b) <a href="#">Wall press dead bug</a>	DYN	3x8e	3x8e	3x10e	3x10e	Exhale and feel back on ground Reach long through heel	60s

**Resiliency – Sprints (Hill)**

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	6s	54s	10	Run at 90% of max intensity, hill sprints are ideal here. Walking recovery, work on getting your heart rate down.
Week 2	6s	44s	10	
Week 3	8s	52s	10	
Week 4	8s	42s	10	

**Recovery**

Exercise	Sets/Reps	Tempo	Comments
<a href="#">Crocodile breathing</a>	10 breaths		Focus on exhaling



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## Day 2

### Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest
1) <a href="#">Lateral jump (2 jumps)</a>	EXP	3x5e	3x5e	3x5e	3x5e		30s

### Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest
1) <a href="#">DB RFESS (Goblet)</a>	201	3x8	3x8	3x10	3x10	Unlock knees, Feel whole foot PUSH out of bottom	60s
2a) <a href="#">Push up to single arm support</a>	201	3x8	3x8	3x10	3x10	3 points of contact Reach long at start/finish Don't rotate	60s
2b) <a href="#">Reciprocal Skywalker</a>	201	3x8e	3x8e	3x10e	3x10e	Exhale, reach long Tuck pelvis Drive heel into box	60s
3a) <a href="#">Unsupported DB row</a>	201	3x8e	3x8e	3x10e	3x10e	Set a soft/neutral spine position Reach long at midpoint	60s
3a) <a href="#">Knees extended Bear</a>	ISO	3x30s	3x35s	3x40s	3x45s	Get tall, exhale, tuck pelvis Reach LONG at midpoint	60s

### Resiliency -Sprints (Hill)

	↑ Intensity	↓ Recovery	Repeats	Comments
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Week 2	6s	44s	10	
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### Recovery

Exercise	Sets/Reps	Tempo	Comments
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Off days - [Cardiac output](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	30-45mins	n/a	n/a	Anything cyclical in nature e.g. cross trainer, walking, cycling, work at a <b>MODERATE LEVEL</b>
Week 2	30-45mins	n/a	n/a	
Week 3	30-45mins	n/a	n/a	
Week 4	30-45mins	n/a	n/a	