



Pike Township Fire Department 2024 Hiring Process

10-Week Physical Fitness Evaluation Preparation Program

This 10-week program has been designed to provide candidates with a basic fitness routine that can be followed, regardless of fitness level, in preparation for the PTFD hiring process physical fitness evaluation (PFE). This program does not constitute a comprehensive physical fitness training program and is not designed to replace a candidate's current fitness regimen. Instead, it is a base on which to build for any candidate preparing for the PFE.

The preparation program will give training progressions related to the specific events of the PTFD hiring process PFE. In no way does this program guarantee a certain level of success on the PFE. High scores on the PFE are solely due to effort and the fitness level of each individual candidate.

Testing Components

- Cardiovascular Fitness: 1 ½ Mile Run
- Muscular Strength (Upper Body): 1 Rep Max Bench Press
- Muscular Endurance (Upper Body): Push up Max Reps
- Muscular Endurance (Lower Body): Sit up Max Reps
- Muscular Strength (Lower Body): Standing Isometric Pull Test
- Flexibility: Sit and Reach Test

The following provides a 10-week progression for each of the individual components of the test. Each test will follow a 3-day per week training structure. Keep in mind that proper warm-up and mobility should be implemented prior to any physical training.

Disclaimer: PTFD strongly recommends that you consult with your physician or health care provider before beginning any exercise program. Before performing any exercise program remember to think about your current level of physical health and whether you are able to participate in exercise.

Cardiovascular Fitness: 1.5 Mile Run

- One lap of a standard track is ¼ mile or 400m.

Week 1

Day 1

- 1 ½ mile (2400m) run for time:
 - Record time.

Day 2

- 4 x ½ mile (4 x 800m) run:
 - Rest 2 mins between each ½ mile (800m).



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Day 3

- 20 min interval run:
 - Every minute on the minute - 100m sprint then rest for the remainder of the minute.

Week 2

Day 1

- 1 $\frac{3}{4}$ mile (2800m) run for time:
 - Record time.

Day 2

- 5 x $\frac{1}{2}$ mile (800m run):
 - Rest 2 mins between each $\frac{1}{2}$ mile (800m).

Day 3

- 22 min interval run:
 - Every minute on the minute - 110 yard (100m) sprint then rest for the remainder of the minute.

Week 3

Day 1

- 2 mile (3200m) run for time.

Day 2

- 4 x $\frac{2}{3}$ mile (1000m) run:
 - Rest 2 mins between each $\frac{3}{4}$ mile (1000m).

Day 3

- 24 min interval run:
 - Every minute on the minute - 110 yard (100m) sprint then rest for the remainder of the minute.

Week 4

Day 1

- 1 $\frac{3}{4}$ mile (2800m) run for time.

Day 2

- 5 x $\frac{2}{3}$ mile (1000m) run:
 - Rest 2 mins between each $\frac{3}{4}$ mile (1000m).

Day 3

- 24 min interval run:
 - Every minute on the minute - 110 yard (100m) sprint then rest for the remainder of the minute.

Week 5

Day 1



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- 1 ½ mile run for time:
 - Record time.

Day 2

- 3 x 1 mile (1600m) run:
 - Rest 2 mins between each 1 mile (1600m).

Day 3

- 20 min interval run:
 - Every 2 minutes – 220 yard (200m) sprint then rest for the remainder of the 2 minutes.

Week 6

Day 1

- 1 ¾ mile (2800m) run for time:
 - Record time.

Day 2

- 2 x 1 ¼ mile (2 x 2000m) run:
 - Rest 2 mins between each 1 ¼ mile (2000m).

Day 3

- 22 min interval run:
 - Every 2 minutes – 220 yard (200m) sprint then rest for the remainder of the 2 minutes.

Week 7

Day 1

- 3200 m (2 mile)run for time:
 - Record time.

Day 2

- 2 x 1 ½ mile (2400m) run:
 - Rest 2 mins between each 1 ½ mile (2400m).

Day 3

- 24 min interval run:
 - Every 2 minutes – 220 yard (200m) sprint then rest for the remainder of the 2 minutes.

Week 8

Day 1

- 1 ½ mile run for time:
 - Record time.

Day 2

- 4 x ½ mile (800m) run:
 - Rest 2 mins between each ½ mile (800m).

Day 3



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- 21 min interval run:
 - Every 3 minutes – ¼ mile (400m) sprint then rest for the remainder of the 3 minutes.

Week 9

Day 1

- 2 mile (3200m) run for time.

Day 2

- 5 x ½ mile (800m) run:
 - Rest 2 mins between each ½ mile (800m).

Day 3

- 24 min interval run:
 - Every 3 minutes – ¼ mile (400m) sprint then rest for the remainder of the 3 minutes.

Week 10

Day 1

- Jog 2 miles (3200m)

Day 2

- 12 x 220 yard (200m) run:
 - Pace should be at target 1 ½ mile pace.
 - Rest 2 min between 220 yards (200m).

Day 3

- 6 x ¼ mile (400m) run:
 - Pace should be at target 1 ½ mile pace.
 - Rest 4 min between ¼ mile (400m).

Muscular Strength (Upper Body): 1 Rep Max Bench Press

	Day 1	Day 2	Day 3
Week 1	1 rep max	3x15 @ 55-60%	4x8 @ 70-75%
Week 2	5x2 @ 90-95%	3x12 @ 60-65%	4x6 @ 75-80%
Week 3	5x3 @ 85-90%	3x10 @ 65-70%	4x5 @ 80-85%
Week 4	1 rep max	3x15 @ 55-60%	4x8 @ 70-75%
Week 5	5x2 @ 90-95%	3x12 @ 60-65%	4x6 @ 75-80%
Week 6	5x3 @ 85-90%	3x10 @ 65-70%	4x5 @ 80-85%
Week 7	1 rep max	3x15 @ 55-60%	4x8 @ 70-75%
Week 8	5x2 @ 90-95%	3x12 @ 60-65%	4x6 @ 75-80%
Week 9	5x3 @ 85-90%	3x10 @ 65-70%	4x5 @ 80-85%
Week 10	Light 3x5	Light 3x10	Light 3x5



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Muscular Endurance (Upper Body): Push Up Max Reps

	Day 1	Day 2	Day 3
Week 1	Push up Max	4x50% of max	3x70% of max
Week 2	2x90% of Max	6x40% of max	3x80% of max
Week 3	2x100% of previous Max	8x30% of max	3x90% of max
Week 4	Push up Max	4x50% of max	3x70% of max
Week 5	2x90% of Max	6x40% of max	3x80% of max
Week 6	2x100% of previous Max	8x30% of max	3x90% of max
Week 7	Push up Max	4x50% of max	3x70% of max
Week 8	2x90% of Max	6x40% of max	3x80% of max
Week 9	2x100% of previous Max	8x30% of max	3x90% of max
Week 10	3x50% of max	3x50% of max	3x50% of max

Muscular Endurance (Lower Body): Sit Up Max Reps

	Day 1	Day 2	Day 3
Week 1	Sit up Max	4x50% of max	3x70% of max
Week 2	2x90% of Max	6x40% of max	3x80% of max
Week 3	2x100% of previous Max	8x30% of max	3x90% of max
Week 4	Sit up Max	4x50% of max	3x70% of max
Week 5	2x90% of Max	6x40% of max	3x80% of max
Week 6	2x100% of previous Max	8x30% of max	3x90% of max
Week 7	Sit up Max	4x50% of max	3x70% of max
Week 8	2x90% of Max	6x40% of max	3x80% of max
Week 9	2x100% of previous Max	8x30% of max	3x90% of max
Week 10	3x50% of max	3x50% of max	3x50% of max



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Muscular Strength (Lower Body): Standing Isometric Pull Test

	Day 1	Day 2	Day 3
Week 1	Back Squat: 3x15 @ 55-60%	Deadlift: 3x15 @ 55-60%	Pin Pull: 3x20
Week 2	Back Squat: 3x12 @ 60-65%	Deadlift: 3x12 @ 60-65%	Pin Pull: 3x20
Week 3	Back Squat: 3x10 @ 65-70%	Deadlift: 3x10 @ 65-70%	Pin Pull: 3x15
Week 4	Back Squat: 4x8 @ 70-75%	Deadlift: 4x8 @ 70-75%	Pin Pull: 4x15
Week 5	Back Squat: 4x6 @ 75-80%	Deadlift: 4x6 @ 75-80%	Pin Pull: 4x10
Week 6	Back Squat: 5x4 @ 80-85%	Deadlift: 5x4 @ 80-85%	Pin Pull: 5x10
Week 7	Back Squat: 5x3 @ 85-90%	Deadlift: 5x3 @ 85-90%	Pin Pull: 5x8
Week 8	Back Squat: 5x2 @ 90-95%	Deadlift: 5x2 @ 90-95%	Pin Pull: 5x6
Week 9	Back Squat: 5x1 @ 95%+	Deadlift: 5x1 95%+	Pin Pull: 5x5
Week 10	Back Squat: Light 3x10	Deadlift: Light 3x10	Pin Pull: 5x10

Flexibility: Sit and Reach Test

- Spend at least 2:00 per day performing the sit and reach stretch.