

Emergency Services Technology Program Preparation for FE220: Physical Fitness Training

Congratulations on choosing the Emergency Services Technology Program at Lakeland College!

The following is information on **WHAT TO EXPECT** and **HOW TO PREPARE** for the Physical Training class FE220 of the EST program. A **minimum final mark of 70%** is required to pass FE220. If you are not successful in FE220, you will not graduate from the EST diploma.

FE220 is considered by most students to be the most challenging and physically demanding. It is your formal 3x-weekly physical preparation for your career as a firefighter. The workouts are designed to stress all of the body's energy systems of aerobic, anaerobic, and muscular strength/endurance to peak limits. Workouts include high-intensity gymnasium circuits, 5-10 km runs, 20 km bikes, hill/bleacher training, swimming (you must be able to swim 16 lengths in 14 minutes or less), and industry-specific training (Fire-Fit-Combat Challenge Simulation: 2 minutes and 10 seconds or less required for 100%). A supplementary weight training program will also be provided for the student to perform, outside of class time, for an additional 4x/week. In short, you will be training 6x/week at a moderate to high intensity for nine months.

All FE220 classes begin at 7 a.m. sharp. Tardiness, absenteeism, and disrespectful behaviour are not tolerated. The activities are physically demanding, and due to the early morning start, it can also be very challenging mentally. It is recommended that the student already is at an *above-average* fitness level when entering the program. In other words, if you enter this program without adequately preparing your body, you will struggle to keep up and may be at risk of injury.

Plan to make vigorous physical activity part of your daily routine before arriving at Lakeland College!

The following is a sample of what you should aim for in terms of training before arriving:

Aerobic endurance training: you should run 2-3x/week, aiming for a distance of 5 km (you may have to build up to this distance initially). **Three- quarters of FE220 involves running or some variation of running.**

Resistance training: total body or split program 3-4x/wk (you may have to initially start with 2x/week if you are new to weight training). Interval circuits are also recommended (see below).

Circuit training/High-Intensity Interval Training (HIIT): In place of one aerobic or resistance training session during the week, performing this form of workout at least 1x/week would also be very beneficial.

Stretching: It is advised that you stretch every day for injury prevention and to help keep the body supple.

Dietary: Eat well-balanced meals, following Canada's food guide, to allow for proper calorie replacement following the training sessions. This will help keep your immune system strong and accelerate recovery from your workouts.

You are encouraged to seek out a qualified fitness professional for any additional training preparation needs. A professional who is a **CSEP-Certified Personal Trainer** or a **CSEP-Certified Exercise Physiologist** is an ideal choice. If you need assistance with dietary advice, please seek out a **Registered Dietitian**.

Please ensure you give equal attention to both muscular strength/endurance training and aerobic training. A large portion of the FE220 class involves high-level aerobic conditioning. Inadequate preparation will inhibit your ability to be successful in this class.

FE220 Required Materials Checklist

You will need to bring the following items with you for the FE220 class:

1. A good quality road bike and helmet (there will be many 20 km bike rides scheduled).
2. Form Fitting, High Quality Work Gloves (i.e., 10/40, Helly Hansen – TPR Style, Work Pro or Dakota, Mad Grip) for Industry Specific Training. These can be found at Mark's or on Amazon.ca. Approximately \$25-\$50 for the standard quality requirement (*gardening style gloves* will not be accepted, as they do not provide adequate protection). Gloves with a rubber palm are particularly effective for the rope pull station.
3. Swim trunks for men; full piece bathing suit for women.
4. A pair of swimming goggles.
5. A good quality pair of running shoes that provide fore-foot and arch support to help reduce the chances of shin-splints (i.e. Asics, Adidas, Reebok, Nike).
6. Clothing for both indoor and outdoor conditions; material that has “wicking moisture qualities” is beneficial (i.e. Under Armor).
7. Ice packs for muscle aches/pains that can result from training.

If you have any questions, please do not hesitate to contact:

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Thank you, and good luck!