



CPAT PREPARATION PLAN I

4-Week Training Program

Program designed to prepare perspective firefighters for the Candidate Physical Abilities Test (CPAT). Task specific strength and conditioning, paired with event practice will set candidates up for success on test day. 4-week program can be repeated for a long preparation period.

3 days/week

STRENGTH AND CONDITIONING PROGRAMS

PREPARE SWEAT RECOVER | The O2X Methodology

Tactical athletes meet physical demands as a job requirement. This includes enduring extended time on their feet, operating on unpredictable terrain, and moving in asymmetrical positions - often while wearing, or carrying heavy gear. As a result, it is crucial for tactical athletes to account for these known factors by targeting potential areas of weakness. Doing so requires proper preparation for workouts, as well as regular prehabilitation routines aimed to prevent injuries and mitigate job-related risks.

So, how do you incorporate injury prevention into your training plan? The PREPARE SWEAT RECOVER methodology: start your workout with 5 minutes of movement (Run/Bike/Row) that will get your blood flowing. Then, focus on warming up individual body parts by moving through the dynamic exercises listed below (Prepare). Finally, after your workout, complete a proper cool down (Recover) to maximize the benefits of your training and enhance your body's ability to recover.

If you miss or skip a workout day, don't stress. Continue with the plan on your next available day, starting from where you left off. You'll notice that PREPARE and RECOVER are still listed on rest days. You should still be moving on your recovery days and PREPARE/RECOVER are great ways to do it!

Complete the training sessions in this program as efficiently as possible and limit your rest in between sets and exercises. Follow prescribed rest intervals if specified.

Unless otherwise specified, loading for all resistance exercises should be challenging, but you should be able to complete all sets. Fewer repetitions per set require higher intensity loads (heavier) to produce the desired adaptation. For example, a protocol that calls for 3 sets of 5 repetitions (3x5) is meant to be completed with more intense loading than 3 sets of 8 (3x8), but less than for 3 sets of 2 (3x2).

Base your loading on your ability, not your ego and note that some days you'll feel stronger than others. There are a lot of variables that can affect tactical athletes day to day and your training should adjust to account for them.

Before attempting this plan, or any exercise program, please consult with and get approval from your personal health care provider. Significant illness or injury can come from attempting an exercise, or workout program, without proper approval from your personal health care provider. The information contained in this plan is intended to be general and educational in nature, and not meant to replace or supplant the advice of your personal health care professionals.

LEGEND

KB = Kettlebell | DB = Dumbbell | BB = Barbell
RB = Resistance Band | MB = Medicine Ball

PREPARE

(complete each exercise for the provided time/distance)

1. Run/Bike/Row (5 mins)
2. Forearm Plank (20 secs)
3. Straight Arm Side Plank (20 secs)
4. Hip Bridge (20 secs)
5. Mini Band Walk (Lateral) (10 yards/2 sets)
6. Mini Band Walk (For/Back) (10 yards/2 sets)
7. Walking Knee Grab (10 yards)
8. Walking Heel Grab (10 yards)
9. Traveling Butt Kicks (10 yards)
10. High Knees (10 yards)
11. Lateral Lunge (Right/Left) (10 yards)
12. Push Up w/ Inchworm (10 yards)

RECOVER

(complete each exercise for 20-30 seconds)

1. Quad Foam Roll
2. IT Foam Roll
3. Glute Foam Roll
4. Back Foam Roll
5. Shoulder Foam Roll
6. Forward Fold
7. Downward Dog
8. Hip Stretch
9. Quad Stretch
10. Knee to Chest Stretch
11. Hamstring Stretch
12. Spinal Twist Stretch
13. Prone Glute Stretch
14. Bent Arm Chest Stretch
15. Tricep Stretch

For more information on how to complete all exercises, please visit [o2x.com/exercise-gallery](https://www.o2x.com/exercise-gallery)



CPAT PREPARATION PLAN I

4-Week Training Program

WEEK 1

Day	1	2	3
Notes:	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Back Squats: 3x20/2min Bentover Sled Pull: 3x30yds/10sec Backward Sled Drag: 3x30yds/30sec</p> <p>Overhead Press: x2 Pull Ups: x2 Waiter Carry, Farmers Walk Combo: x30yds ea *As many rounds as possible in 10-20min*</p> <p>Treadmill Hill Run: 5-10x1min/2min *10 Incline, speed, as fast as possible*</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Lunge-Squat Combo: 3x12,20/2min Standing Band Hip Extension: 3x20ea/10sec Standing Band Hip ABDuction: 3x20ea/1min</p> <p>Push Ups: x5 Chin Ups: x3</p> <p>Rope Slams-Rope Row Sled Drag-Sled Push: x10,x length of rope, x length of rope *As many rounds as possible in 10-20min* **Attach battle rope or hose to sled, perform slams, row sled to you via hand over hand rowing from a 1 knee down position, push sled back to starting position**</p> <p><i>Step 3 - Recover (10-15m)</i></p>	<p><i>Step 1 - Prepare (8-10m)</i></p> <p><i>Step 2 - Sweat:</i></p> <p>Stair Climb: 5x1min/20sec Farmers Walk: 5x60yds/20sec Sled Push: 5x30yds x45lbs/20sec Backward Sled Drag: 5x30yds x45lbs/20sec Sledge Hammer Hits: 5x10/20sec Rope Climb OR Pull Ups 5x1,5/2min *Perform as a circuit*</p> <p><i>Step 3 - Recover (10-15m)</i></p>



CPAT PREPARATION PLAN I

4-Week Training Program

WEEK 2

Day	1	2	3
Notes:	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rear Foot Elevated Squats: 5x5ea/1min Zercher Carry + Sprint: 5x30,60yds /1min Overhead Press: 5x10ea/1min Bentover Rows: 5x20ea/1min</p> <p>Stair Climb: x10-20mins</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Step Ups: 5x10ea/1min Romanian Deadlifts: 5x10/1min</p> <p>Chin Ups Pyramid: 1-5,5-1 Push Ups Pyramid: 6-10,10-6</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>CPAT Practice: Stair Climb Hose Drag Equipment Carry Ladder Raise and Extension Forcible Entry Search Rescue Ceiling Breach and Pull</p> <p>Step 3 - Recover (10-15m)</p>



CPAT PREPARATION PLAN I

4-Week Training Program

WEEK 3

Day	1	2	3
Notes:	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Back Squats: 3x20/2min Bentover Sled Pull: 3x30yds/10sec Backward Sled Drag: 3x30yds/30sec</p> <p>Overhead Press: x2 Pull Ups: x2 Waiter Carry, Farmers Walk Combo: x30yds ea *As many rounds as possible in 10-20min*</p> <p>Treadmill Hill Run: 5-10x1min/2min *10 Incline, speed, as fast as possible*</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Lunge-Squat Combo: 3x12,20/2min Standing Band Hip Extension: 3x20ea/10sec Standing Band Hip ABDuction: 3x20ea/1min</p> <p>Push Ups: x5 Chin Ups: x3 Rope Slams-Rope Row Sled Drag-Sled Push: x10,x length of rope, x length of rope *As many rounds as possible in 10-20min* **Attach battle rope or hose to sled, perform slams, row sled to you via hand over hand rowing from a 1 knee down position, push sled back to starting position**</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Stair Climb: 5x1min/20sec Farmers Walk: 5x60yds/20sec Sled Push: 5x30yds x45lbs/20sec Backward Sled Drag: 5x30yds x45lbs/20sec Sledge Hammer Hits: 5x10/20sec Rope Climb OR Pull Ups 5x1,5/2min *Perform as a circuit*</p> <p>Step 3 - Recover (10-15m)</p>



CPAT PREPARATION PLAN I

4-Week Training Program

WEEK 4

Day	1	2	3
Notes:	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Rear Foot Elevated Squats: 5x5ea/1min Zercher Carry + Sprint: 5x30,60yds /1min Overhead Press: 5x10ea/1min Bentover Rows: 5x20ea/1min</p> <p>Stair Climb: x10-20mins</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>Step Ups: 5x10ea/1min Romanian Deadlifts: 5x10/1min</p> <p>Chin Ups Pyramid: 1-5,5-1 Push Ups Pyramid: 6-10,10-6</p> <p>Step 3 - Recover (10-15m)</p>	<p>Step 1 - Prepare (8-10m)</p> <p>Step 2 - Sweat:</p> <p>CPAT Practice: Stair Climb Hose Drag Equipment Carry Ladder Raise and Extension Forcible Entry Search Rescue Ceiling Breach and Pull</p> <p>Step 3 - Recover (10-15m)</p>