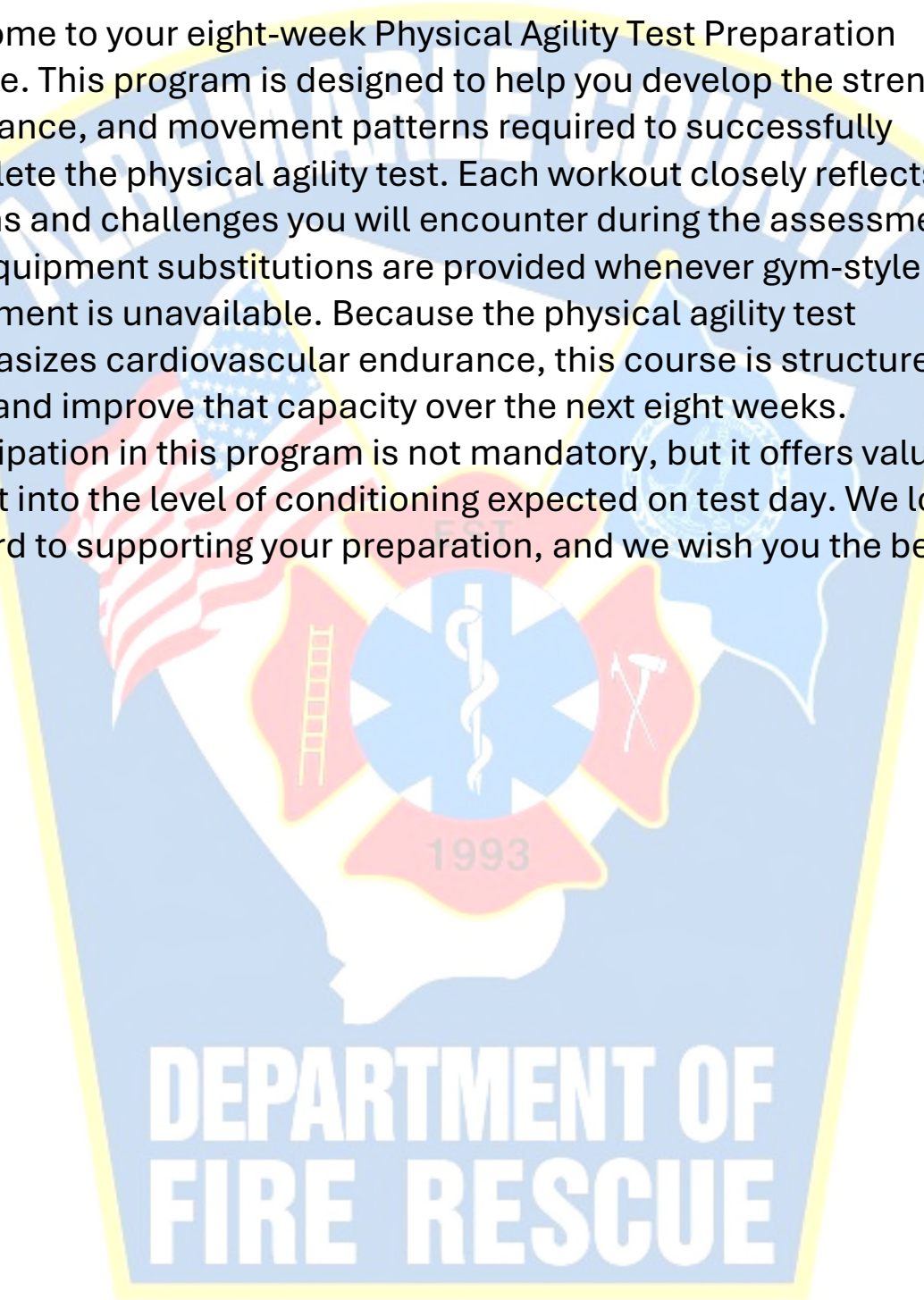


Albemarle County Fire Rescue Physical Agility Test (PAT) Prep Course

Welcome to your eight-week Physical Agility Test Preparation Course. This program is designed to help you develop the strength, endurance, and movement patterns required to successfully complete the physical agility test. Each workout closely reflects the actions and challenges you will encounter during the assessment, and equipment substitutions are provided whenever gym-style equipment is unavailable. Because the physical agility test emphasizes cardiovascular endurance, this course is structured to build and improve that capacity over the next eight weeks. Participation in this program is not mandatory, but it offers valuable insight into the level of conditioning expected on test day. We look forward to supporting your preparation, and we wish you the best of luck.



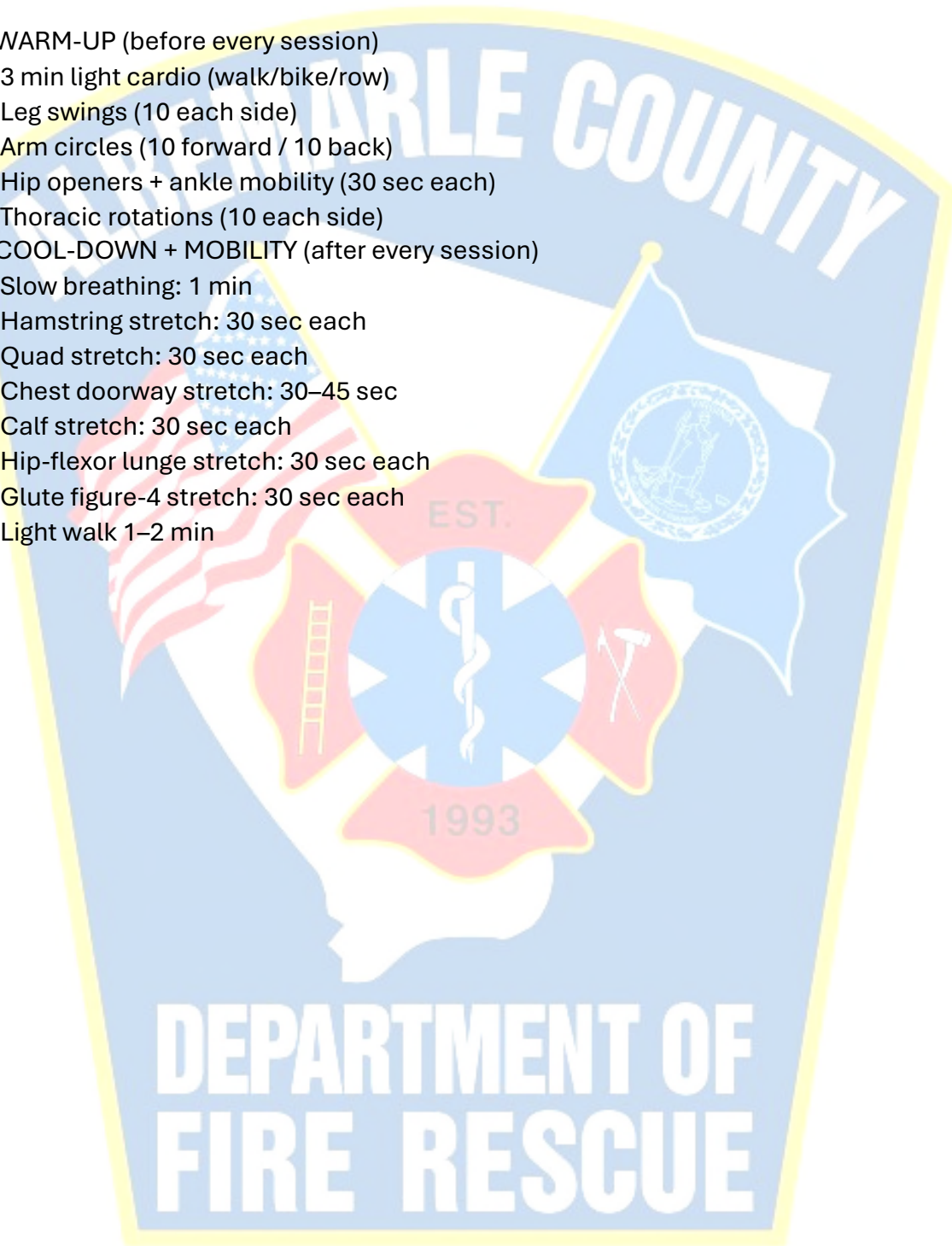
**8-WEEK FIREFIGHTER PHYSICAL AGILITY PREP
FULL DAY-BY-DAY TRAINING PROGRAM
(with Warm-Ups, Mobility, Cool-Downs)**

DAILY WARM-UP (before every session)

- 3 min light cardio (walk/bike/row)
- Leg swings (10 each side)
- Arm circles (10 forward / 10 back)
- Hip openers + ankle mobility (30 sec each)
- Thoracic rotations (10 each side)

DAILY COOL-DOWN + MOBILITY (after every session)

- Slow breathing: 1 min
- Hamstring stretch: 30 sec each
- Quad stretch: 30 sec each
- Chest doorway stretch: 30–45 sec
- Calf stretch: 30 sec each
- Hip-flexor lunge stretch: 30 sec each
- Glute figure-4 stretch: 30 sec each
- Light walk 1–2 min



WEEK 1

MON – Strength

- Deadlift 3×5
- Squat 3×6
- Overhead press 3×5
- Bent row 3×6–8
- Farmer's carry (Beginner 20–30 lb / Intermediate 35–55 / Advanced 60–90) × 30 sec

TUE – HIIT

- 30 sec hard / 60 sec easy × 8–12 rounds
- **Please see below for suggested Tuesday/Friday HIIT**

WED – Functional (No Fire Gear Needed)

- Offset overhead dumbbell carry (ladder sim): 15–40 lb, 40–60 ft × 4
- Tire/sled drag: 40–70 lb, 50 ft × 3
- Medicine Ball slams: 6–15 lb × 15
- Sandbag/sled/tire backward drag: 40–70 lb, 30 ft × 2
- Sled hand over hand pull w/ rope attachment: 20–50 lb, 15 ft × 3

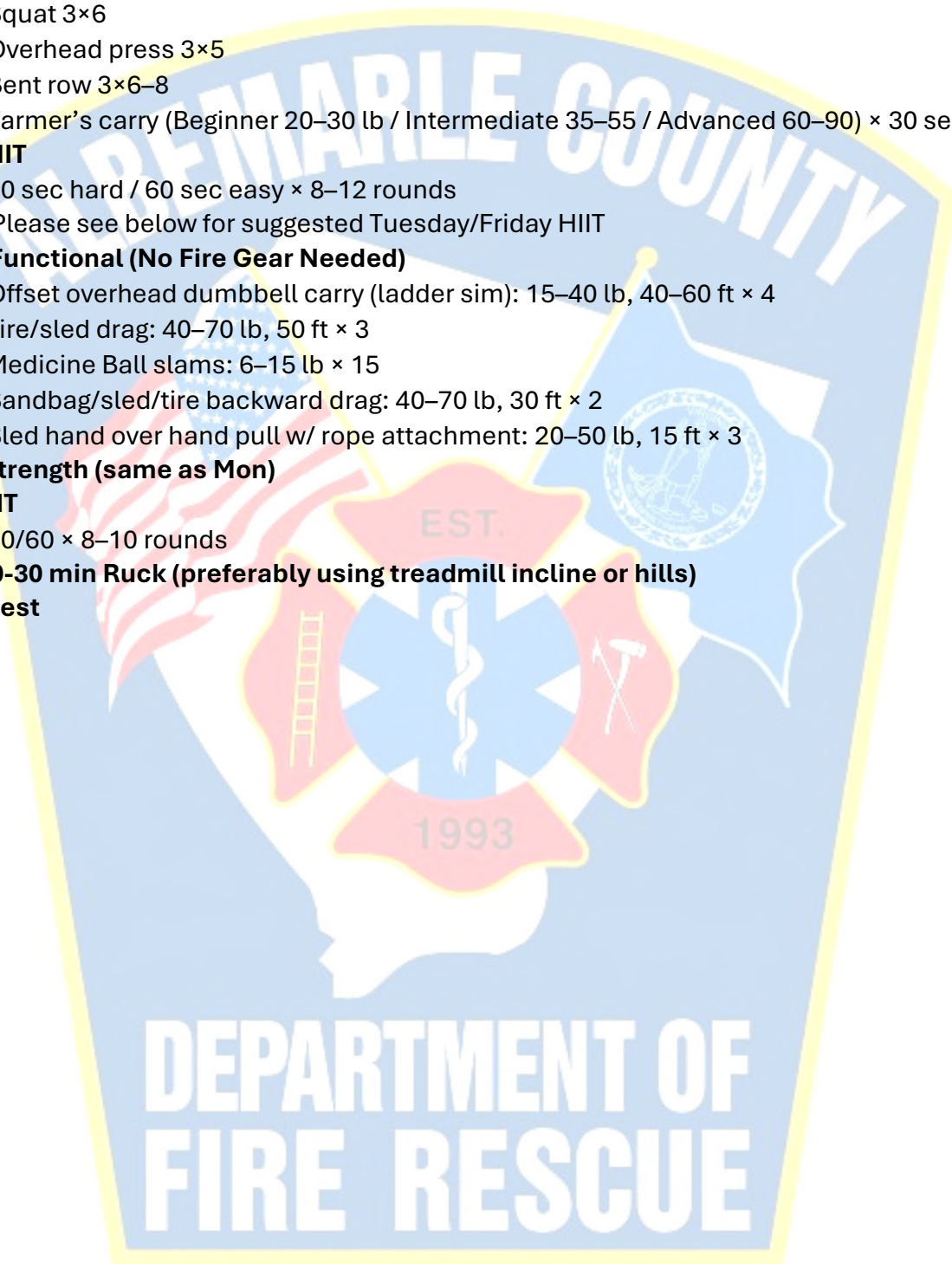
THU – Strength (same as Mon)

FRI – HIIT

- 30/60 × 8–10 rounds

SAT – 20-30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 2

Follow same layout; progress loads or distances gently.

MON – Strength

- Deadlift 3×5
- Squat 3×6
- Overhead press 3×5
- Bent row 3×6–8
- Farmer's carry (Beginner 20–30 lb / Intermediate 35–55 / Advanced 60–90) × 30 sec

TUE – HIIT

- 30 sec hard / 60 sec easy × 8–12 rounds
- **Please see below for suggested Tuesday/Friday HIIT**

WED Functional increases:

- Offset overhead dumbbell carry: 50–60 ft
- Drag: 60–75 ft
- MB slams: 20 reps
- Backward drag: 35 ft
- Sled hand over hand pull w/ rope attachment: 20 ft

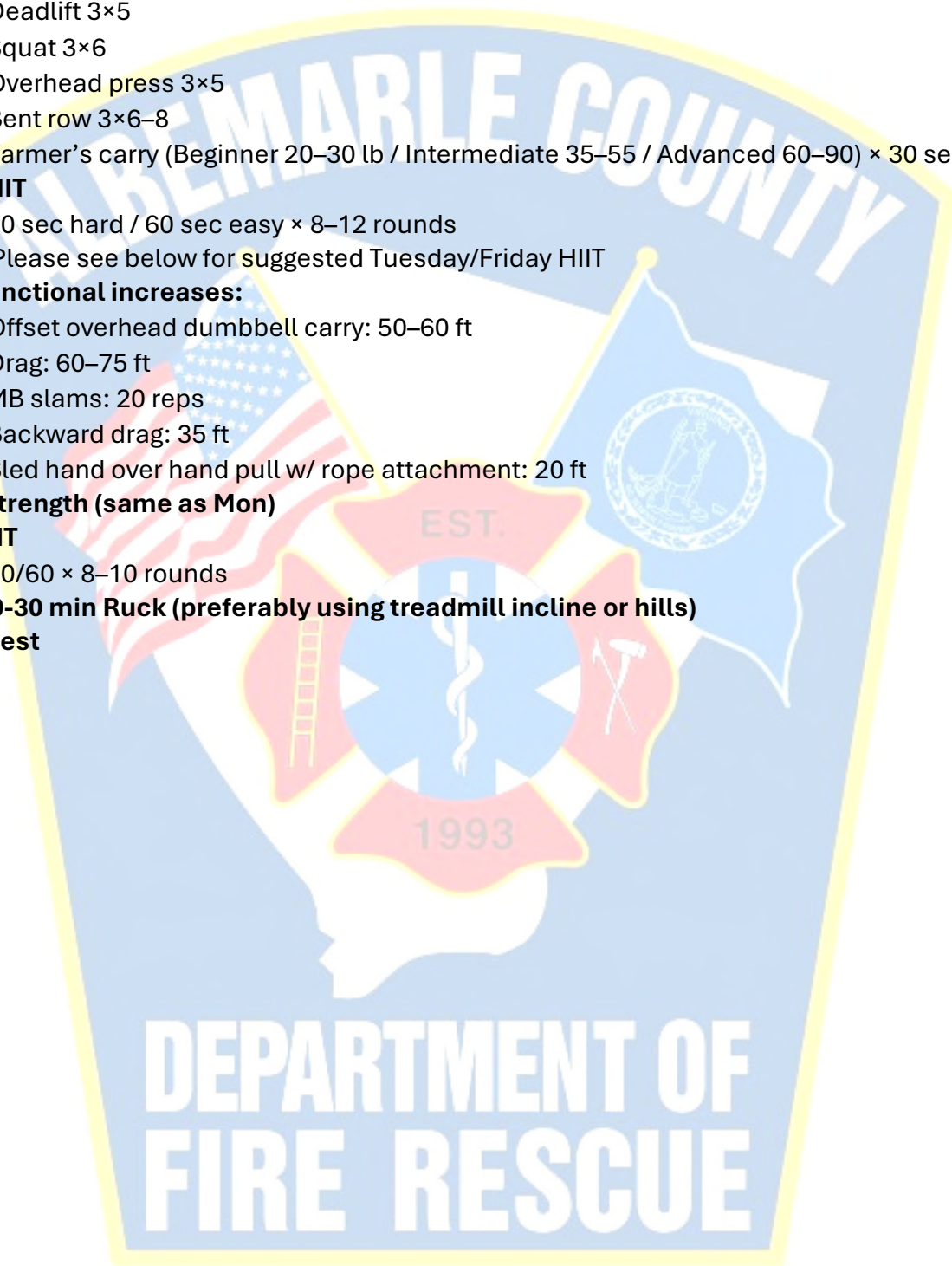
THU – Strength (same as Mon)

FRI – HIIT

- 30/60 × 8–10 rounds

SAT – 20-30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 3

MON – Strength

- Deadlift 4×4
- Squat 4×5
- Press 4×4
- Sled push/pull: 40 ft × 3
- Farmer's carry: 40–60 sec

TUE – HIIT

- 40 sec hard / 20 sec moderate × 10–12

WED – Functional

- Offset overhead dumbbell carry: 60 ft × 5
- Drag: 75 ft × 4
- Slams: 20–25 reps
- Backward drag: 40–50 ft
- Sled hand over hand pull w/ rope attachment: 20–30 lb heavier load × 20–25 ft

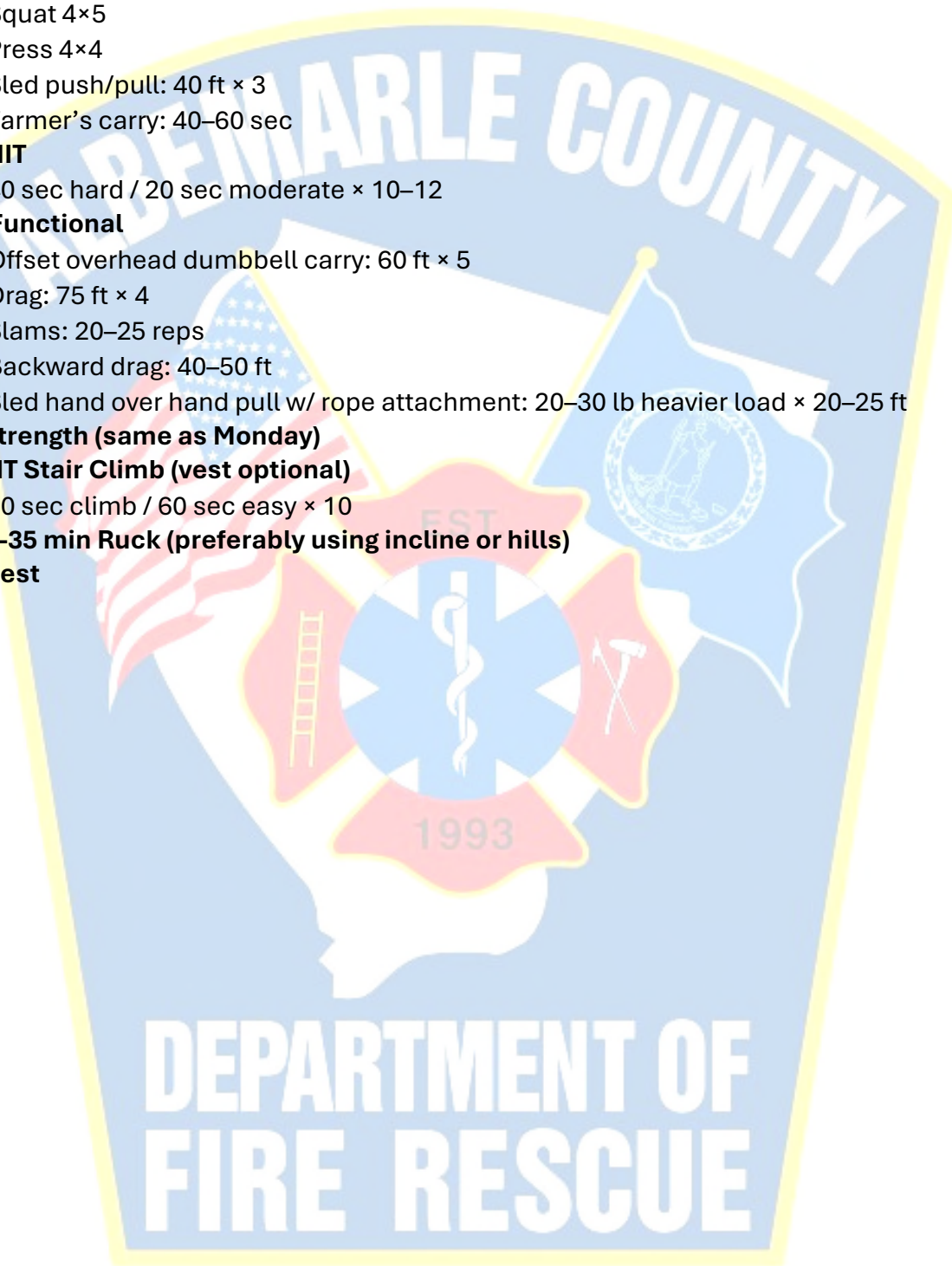
THU – Strength (same as Monday)

FRI – HIIT Stair Climb (vest optional)

- 30 sec climb / 60 sec easy × 10

SAT –25-35 min Ruck (preferably using incline or hills)

SUN – Rest



WEEK 4

MON – Strength

- Deadlift 4×4
- Squat 4×5
- Press 4×4
- Sled push/pull: 40 ft × 3
- Farmer's carry: 40–60 sec

TUE – HIIT

- 40 sec hard / 20 sec moderate × 10–12

WED Functional:

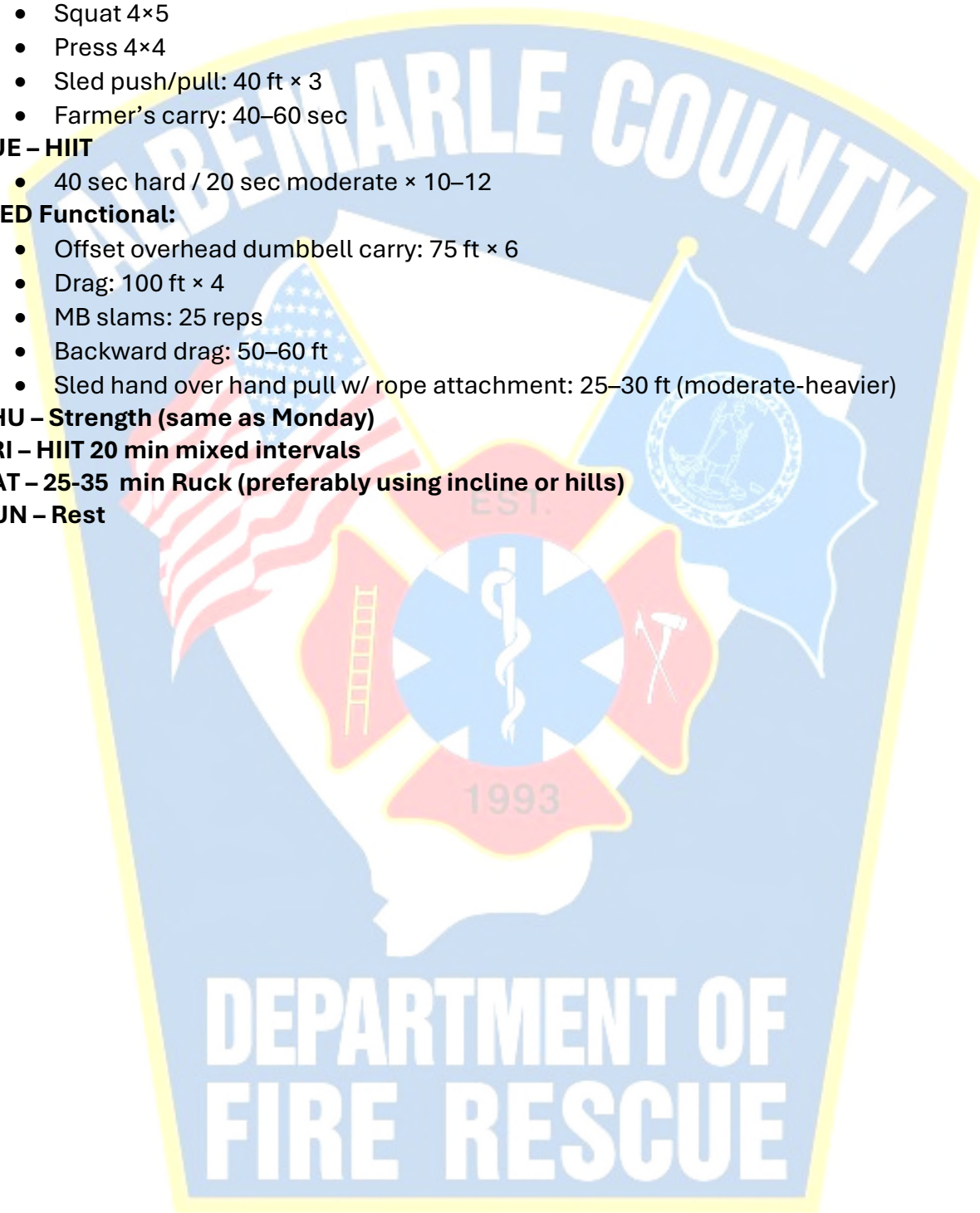
- Offset overhead dumbbell carry: 75 ft × 6
- Drag: 100 ft × 4
- MB slams: 25 reps
- Backward drag: 50–60 ft
- Sled hand over hand pull w/ rope attachment: 25–30 ft (moderate-heavier)

THU – Strength (same as Monday)

FRI – HIIT 20 min mixed intervals

SAT – 25-35 min Ruck (preferably using incline or hills)

SUN – Rest



WEEK 5

MON – Strength

- Deadlift 5×3
- Squat 4×4
- Push press 4×3
- KB swings (Beginner 20–26 lb / Int 35–44 / Adv 53–70): 15–20 reps
- Sandbag carry: Beginner 30–50 lb / Int 60–80 lb / Adv 80–120 lb × 60–80 ft × 3

TUE – HIIT CIRCUIT (repeat 4–5×)

- 45 sec sled push
- 45 sec stairs
- 45 sec row
- 45 sec rest

WED – Functional

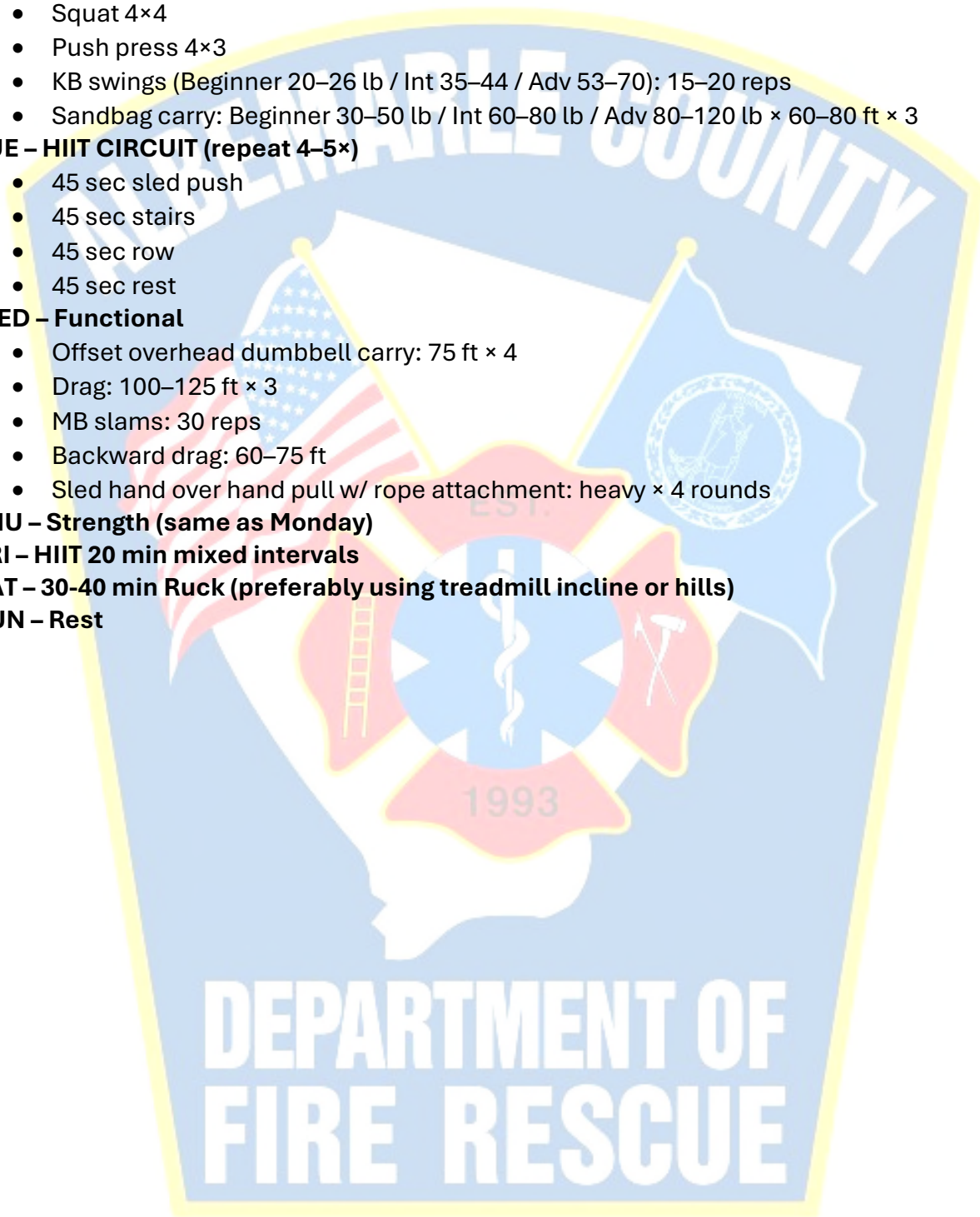
- Offset overhead dumbbell carry: 75 ft × 4
- Drag: 100–125 ft × 3
- MB slams: 30 reps
- Backward drag: 60–75 ft
- Sled hand over hand pull w/ rope attachment: heavy × 4 rounds

THU – Strength (same as Monday)

FRI – HIIT 20 min mixed intervals

SAT – 30-40 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 6

MON – Strength

- Deadlift 5×3
- Squat 4×4
- Push press 4×3
- KB swings (Beginner 20–26 lb / Int 35–44 / Adv 53–70): 15–20 reps
- Sandbag carry: Beginner 30–50 lb / Int 60–80 lb / Adv 80–120 lb × 60–80 ft × 3

TUE – HIIT CIRCUIT (repeat 4–5×)

- 45 sec sled push
- 45 sec stairs
- 45 sec row
- 45 sec rest

WED Functional:

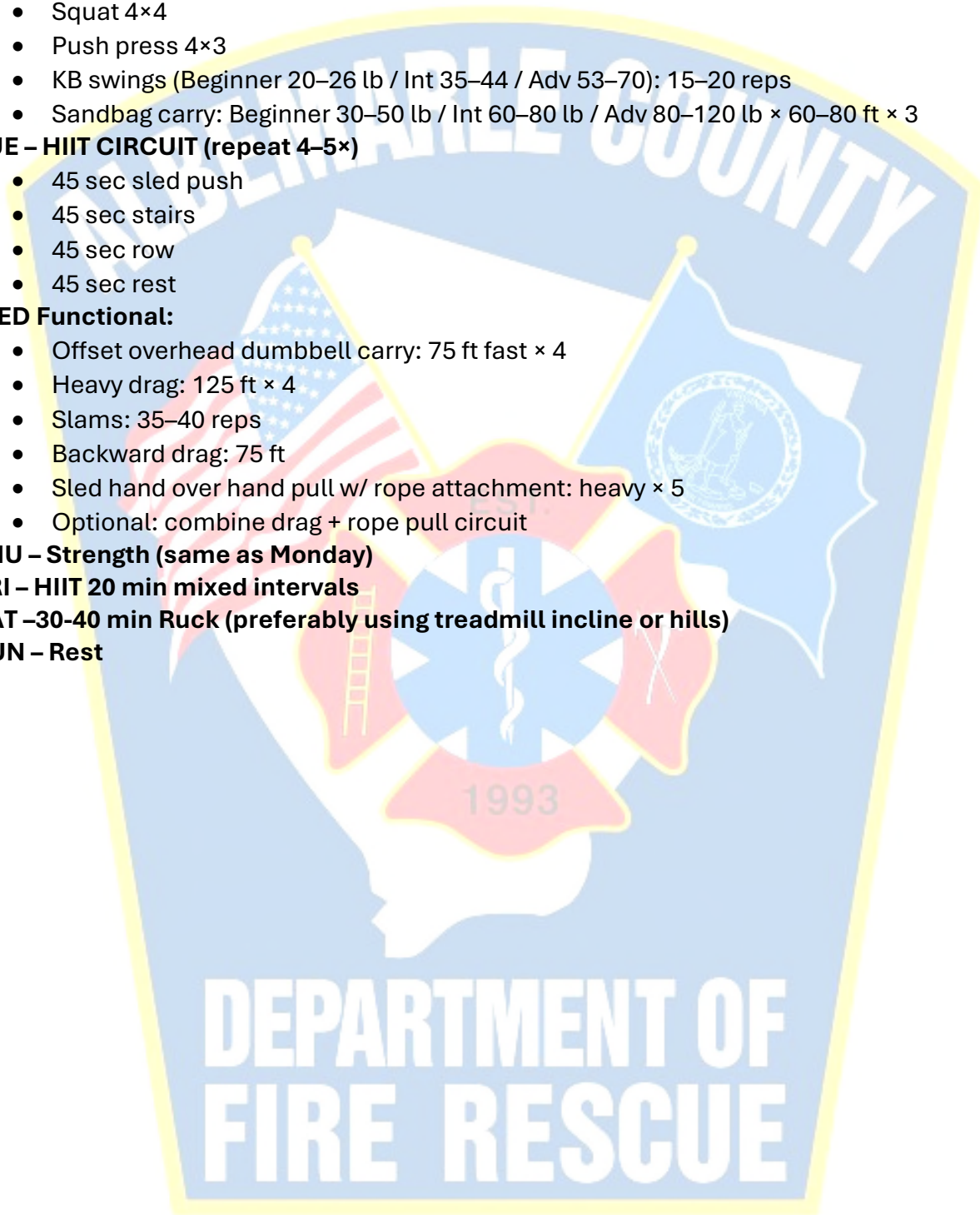
- Offset overhead dumbbell carry: 75 ft fast × 4
- Heavy drag: 125 ft × 4
- Slams: 35–40 reps
- Backward drag: 75 ft
- Sled hand over hand pull w/ rope attachment: heavy × 5
- Optional: combine drag + rope pull circuit

THU – Strength (same as Monday)

FRI – HIIT 20 min mixed intervals

SAT –30-40 min Ruck (preferably using treadmill incline or hills)

SUN – Rest





WEEK 7

This is your simulation week.

MON – Strength (light-moderate)

- Squat 3×3
- Deadlift 3×2–3
- Press 3×3

TUE – HIIT

- 20 sec all-out / 40 sec easy × 10

WED – FULL SIMULATION (≈80% effort)

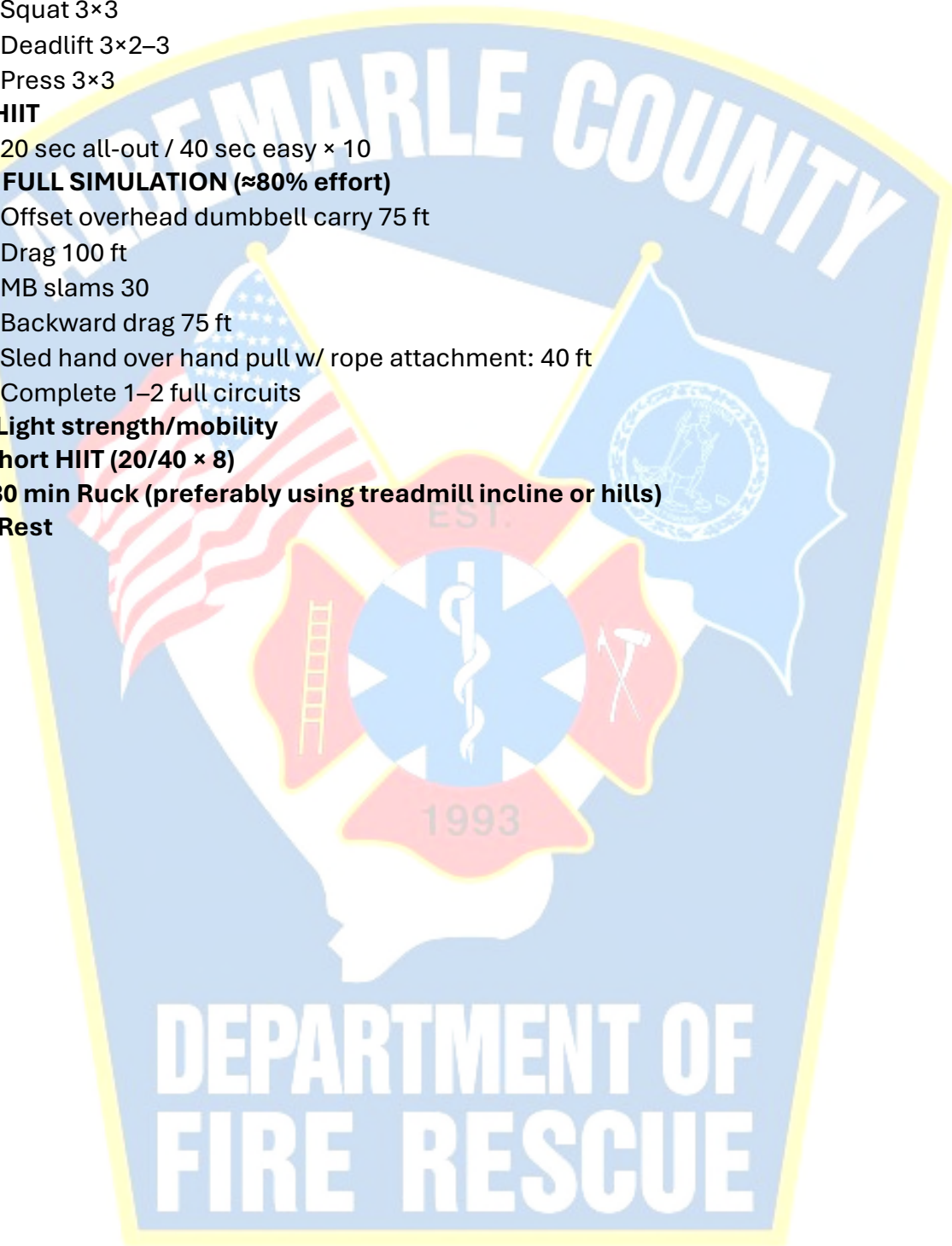
- Offset overhead dumbbell carry 75 ft
- Drag 100 ft
- MB slams 30
- Backward drag 75 ft
- Sled hand over hand pull w/ rope attachment: 40 ft
- Complete 1–2 full circuits

THU – Light strength/mobility

FRI – Short HIIT (20/40 × 8)

SAT – 30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 8

Taper + Low Intensity

MON – Light Strength

- Squat 2×3
- Deadlift 2×2
- Press 2×3

TUE – Short HIIT

- 20/40 × 6

WED – LIGHT SIMULATION (60–70%)

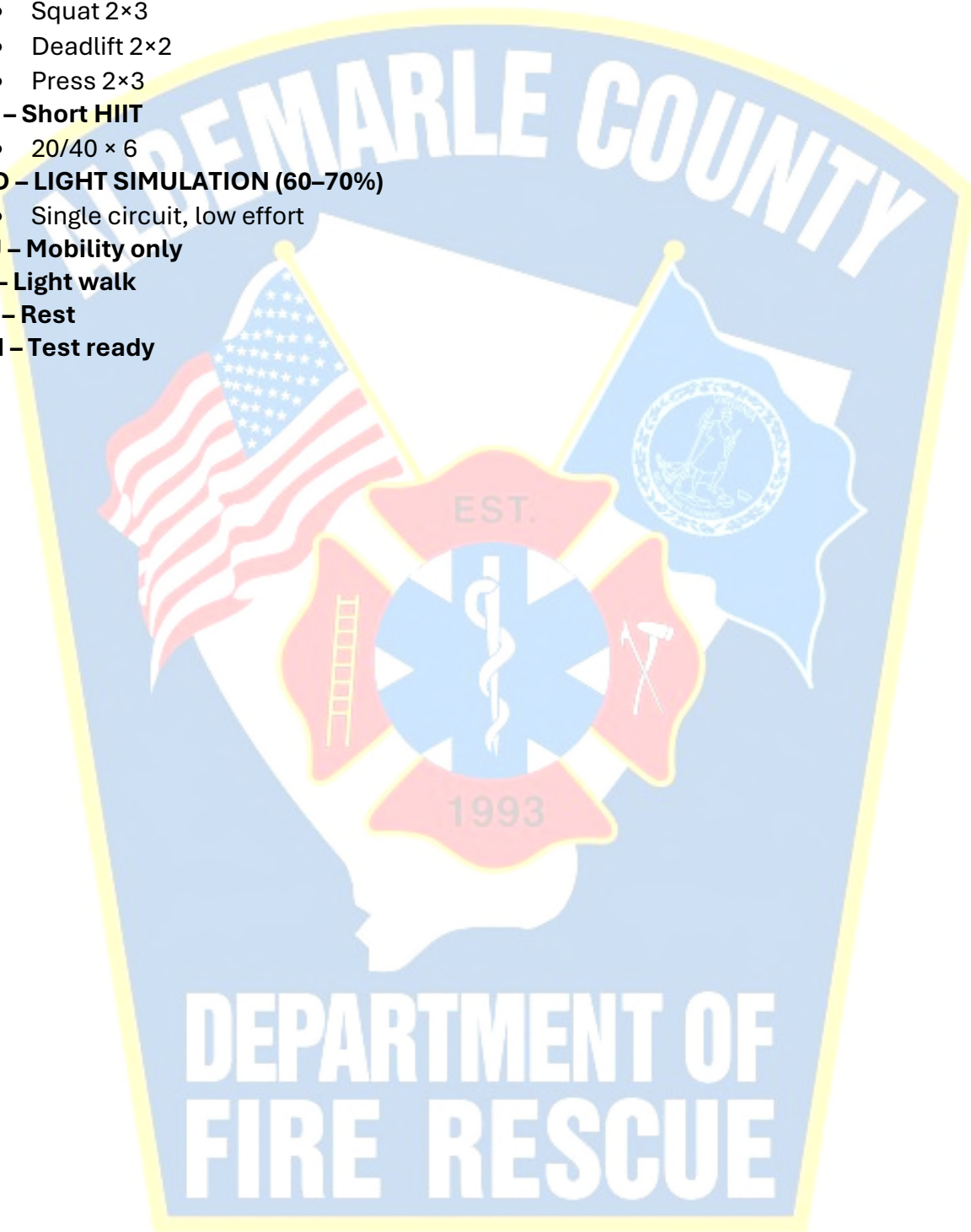
- Single circuit, low effort

THU – Mobility only

FRI – Light walk

SAT – Rest

SUN – Test ready



Tuesday and Friday HIIT Suggestions

1. Rowing Machine (Rower)

- Full-body
- Low-impact but high-intensity
- Perfect for 30/60 intervals

2. Assault Bike / Echo Bike / Air Bike

- One of the best HIIT tools
- Instant resistance = fast heart-rate spike
- Great for simulating fireground metabolic bursts

3. Treadmill Use:

- 30 sec sprint
- 60 sec walking recovery or
- 10–12% incline power walks

4. Stair Machine / Stair Climber / StepMill

- Extremely transferable to fireground tasks
- Strengthens quads, glutes, calves, and lungs

5. Sled Push / Sled Pull

- Load with weight plates
- Push hard for 30 sec
- Walk it back for 60 sec

6. Kettlebells Use these for timed circuits:

- KB swings (20–70 lb depending on level)
- KB cleans
- KB thrusters

7. Battle Ropes

- Perfect for intervals
- Waves, slams, alternating arms

8. Shuttle Runs (no equipment)

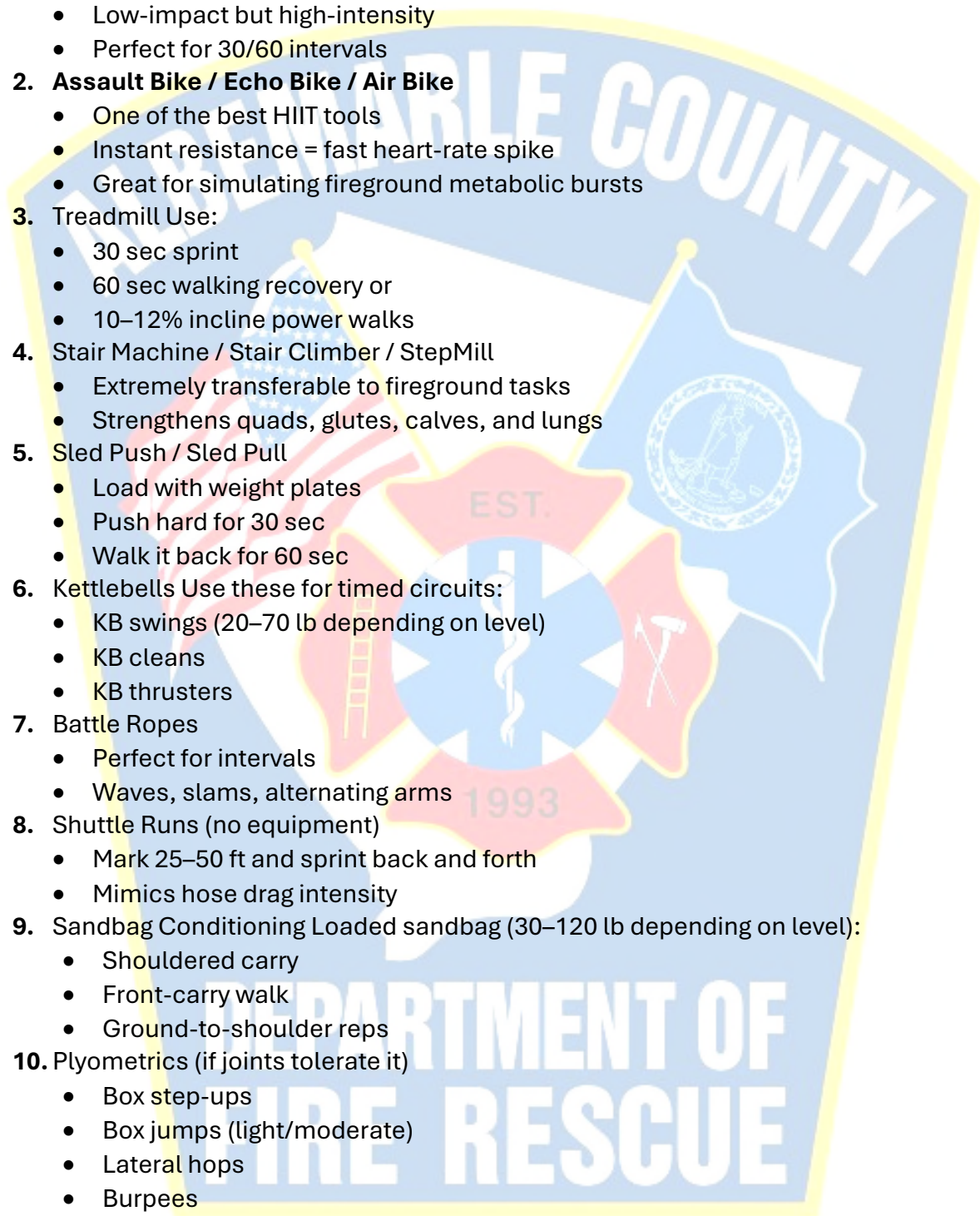
- Mark 25–50 ft and sprint back and forth
- Mimics hose drag intensity

9. Sandbag Conditioning Loaded sandbag (30–120 lb depending on level):

- Shouldered carry
- Front-carry walk
- Ground-to-shoulder reps

10. Plyometrics (if joints tolerate it)

- Box step-ups
- Box jumps (light/moderate)
- Lateral hops
- Burpees



MOST FIRE-AGILITY-SPECIFIC OPTIONS

If you want HIIT that's closest to firefighter test movements:

1. Stair Machine or Weighted Step-Ups
2. Sled Push/Pull
3. Rowing Machine
4. Assault Bike



Links to Videos For Movement Explanation

(Note this is the above workout program but with videos)

8-WEEK FIREFIGHTER PHYSICAL AGILITY PREP

FULL DAY-BY-DAY TRAINING PROGRAM

(with Warm-Ups, Mobility, Cool-Downs)

DAILY WARM-UP (before every session)

3 min light cardio (walk/bike/row)

Leg swings (10 each side)

<https://youtube.com/shorts/tjrvwbynPWE?si=DvelNWwjv6FGcw1L>

Arm circles (10 forward / 10 back)

<https://youtube.com/shorts/HMxqtrsNz60?si=4fai3hctBdPrs7G2>

Hip openers + ankle mobility (30 sec each)

https://youtube.com/shorts/1cpY_x7yr8c?si=xRmWQHHYENC7b-4N

Thoracic rotations (10 each side)

<https://youtube.com/shorts/4KVQ4zPG46o?si=dkVgHBqVpqDlcGYy>

DAILY COOL-DOWN + MOBILITY (after every session)

Slow breathing: 1 min

Hamstring stretch: 30 sec each

<https://youtube.com/shorts/qQ26F282VRo?si=8ZCZfL3hQccSDqwB>

Quad stretch: 30 sec each

<https://youtube.com/shorts/YFvtpPtC0Bo?si=K5Zq0zeRipOEP8JA>

Chest doorway stretch: 30–45 sec <https://youtube.com/shorts/2-YOSN4X22c?si=bdf8laraDlzLhav0>

Calf stretch: 30 sec each

<https://youtube.com/shorts/FjFUXbYi8jU?si=StzuC5sTWOMPkmyl>

Hip-flexor lunge stretch: 30 sec each

<https://youtube.com/shorts/EVcnudMqQCE?si=250U1MXnuu51wgC>

Glute figure-4 stretch: 30 sec each

<https://youtube.com/shorts/NURGHgR7PDw?si=WPXUihMmICBh9RUS>

Light walk 1–2 min

The logo for the Charleston County Department of Fire Rescue is a large, light blue shield with a yellow border. Inside the shield, there is a red Maltese cross. The cross has a white ladder on the left arm, a white fire hose on the right arm, and a white fire hydrant in the center. Above the cross, the words "CHARLESTON COUNTY" are written in a large, white, serif font. Below the cross, the words "DEPARTMENT OF FIRE RESCUE" are written in a large, white, serif font. The year "1993" is written in a smaller, white, serif font below the cross. The shield is set against a white background.

CHARLESTON COUNTY
DEPARTMENT OF
FIRE RESCUE

WEEK 1

MON – Strength

- Deadlift (barbell or dumbbell) 3×5
<https://youtube.com/shorts/YQgs03p3UxE?si=2zO922OML9FL1-Oo>
- Dumbbell Rack Squat 3×6
<https://youtube.com/shorts/RC5XZ3Bto0k?si=IPKYWTMHTzHQQ4Aw>
- Overhead press 3×5 <https://youtu.be/Did01dFR3Lk?si=JAzjmuRfpqcHnVqj>
- Bent row 3×6–8 https://youtu.be/6gvmcqr226U?si=TTWtyvc_vtXXN_SH
- Farmer's carry (Beginner 20–30 lb / Intermediate 35–55 / Advanced 60–90) × 30 sec
<https://youtube.com/shorts/WO5Iex8b3Pw?si=GML3LGcuy8BzCMxY>

TUE – HIIT

- 30 sec hard / 60 sec easy × 8–12 rounds
**Please see below for suggested Tuesday/Friday HIIT

WED – Functional (No Fire Gear Needed)

- Offset carry (ladder sim): 15–40 lb, 40–60 ft × 4
<https://youtube.com/shorts/SKgVrlhpuqs?si=wsWY8sn4z6yHTOuK>
- Tire/sled drag: 40–70 lb, 50 ft × 3 <https://youtube.com/shorts/FNhvLkkc0K4?si=ICtl-bIbkqv-T52S>
- Medicine Ball slams: 6–15 lb × 15
<https://youtube.com/shorts/WZaAj2vAdNA?si=z5nKp8qRJRIGCl4i>
- Sandbag/sled/tire backward drag: 40–70 lb, 30 ft × 2
https://youtube.com/shorts/CkjlvBEDlfQ?si=5Srq0vlw6L_vCOel
- Rope sled pull: 20–50 lb, 15 ft × 3
https://youtu.be/ZeGMLb6KC4g?si=aeHZ_zWLaP9jjv6N

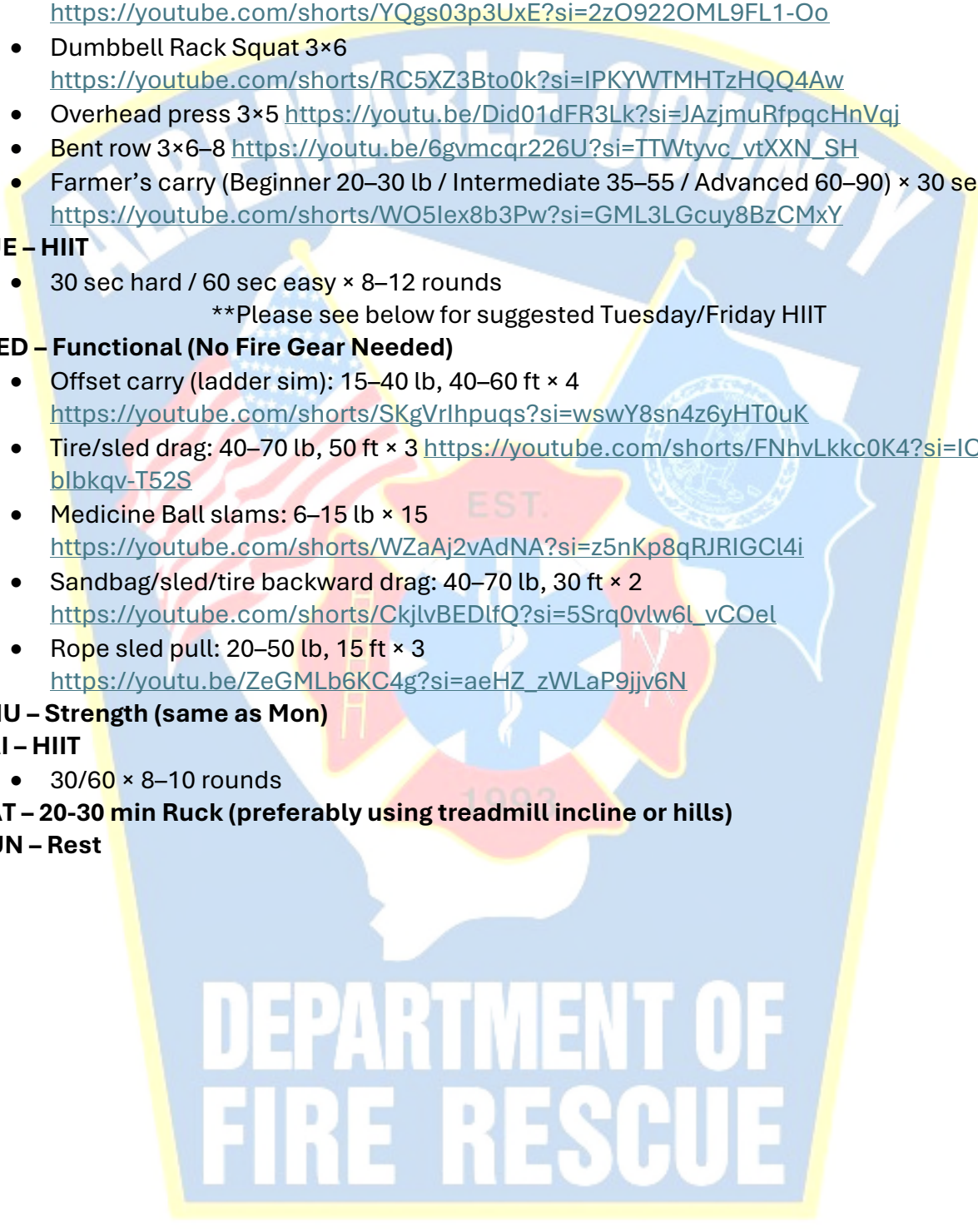
THU – Strength (same as Mon)

FRI – HIIT

- 30/60 × 8–10 rounds

SAT – 20-30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



DEPARTMENT OF
FIRE RESCUE

WEEK 2

Follow same layout; progress loads or distances gently.

MON – Strength

- Deadlift 3×5
- Squat 3×6
- Overhead press 3×5
- Bent row 3×6–8
- Farmer's carry (Beginner 20–30 lb / Intermediate 35–55 / Advanced 60–90) × 30 sec

TUE – HIIT

- 30 sec hard / 60 sec easy × 8–12 rounds
- **Please see below for suggested Tuesday/Friday HIIT**

WED Functional increases:

- Offset overhead dumbbell carry: 50–60 ft
- Drag: 60–75 ft
- MB slams: 20 reps
- Backward drag: 35 ft
- Rope Sled pull: 20 ft

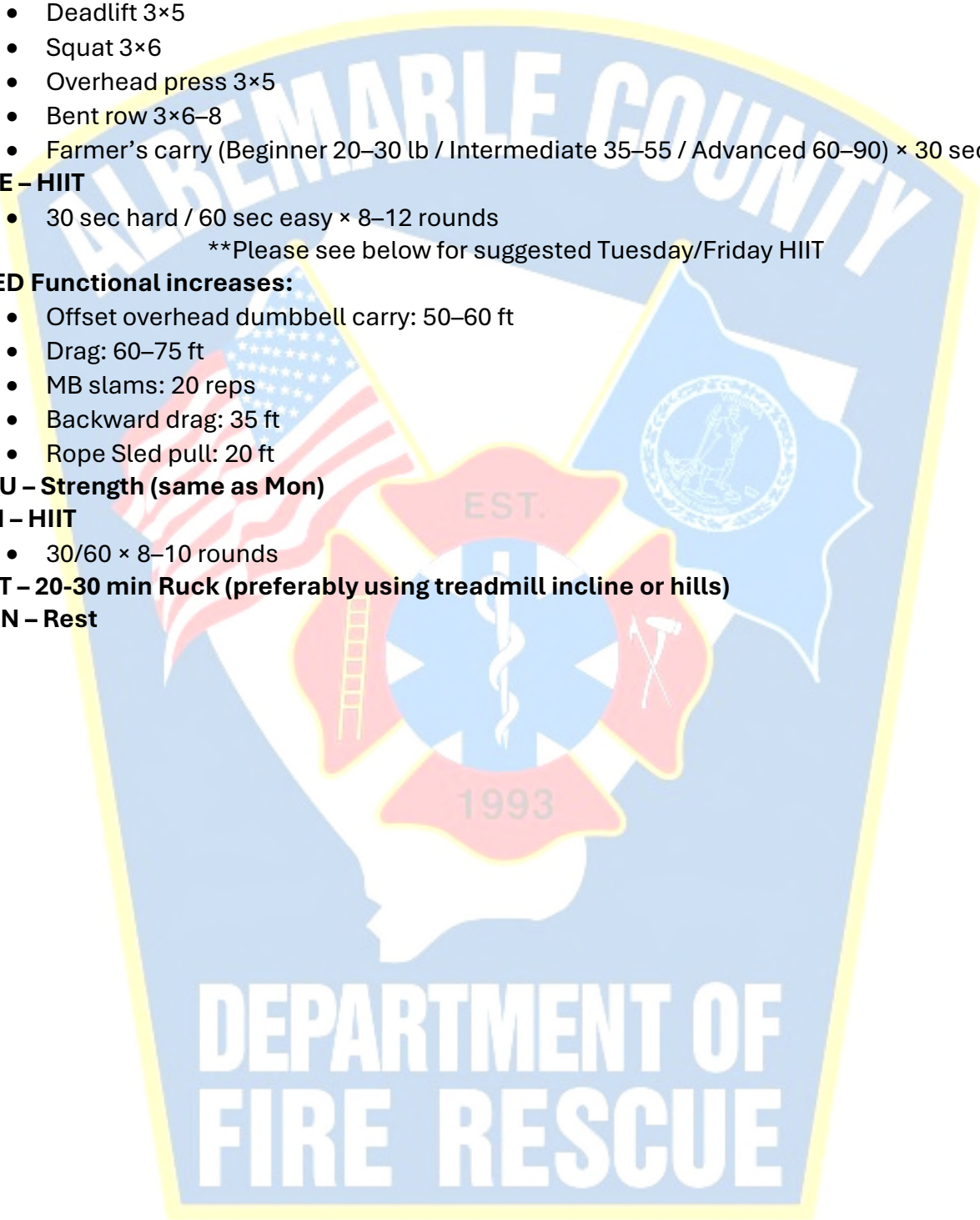
THU – Strength (same as Mon)

FRI – HIIT

- 30/60 × 8–10 rounds

SAT – 20-30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 3

MON – Strength

- Deadlift 4×4
- Squat 4×5
- Press 4×4
- Sled push/pull: 40 ft × 3
- Farmer's carry: 40–60 sec

TUE – HIIT

- 40 sec hard / 20 sec moderate × 10–12

WED – Functional

- Offset dumbbell overhead carry: 60 ft × 5
- Drag: 75 ft × 4
- Slams: 20–25 reps
- Backward sled drag: 40–50 ft
- Rope sled pull: 20–30 lb heavier load × 20–25 ft

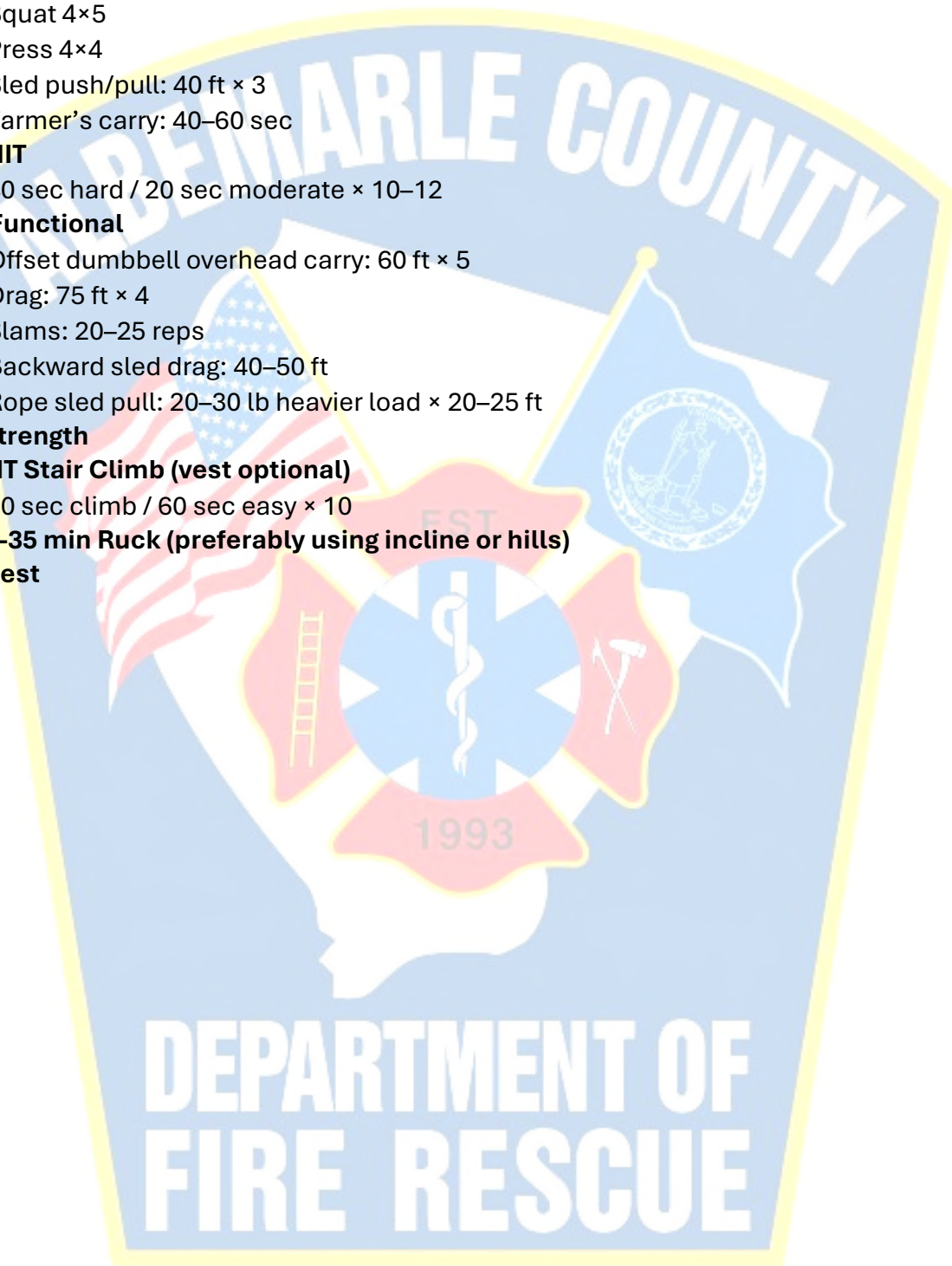
THU – Strength

FRI – HIIT Stair Climb (vest optional)

- 30 sec climb / 60 sec easy × 10

SAT –25-35 min Ruck (preferably using incline or hills)

SUN – Rest



WEEK 4

MON – Strength

- Deadlift 4×4
- Squat 4×5
- Press 4×4
- Sled push/pull: 40 ft × 3
<https://youtube.com/shorts/Qjw94vXFXeU?si=Tv4nhXKLsTPaLY3k>
- Farmer's carry: 40–60 sec

TUE – HIIT

- 40 sec hard / 20 sec moderate × 10–12

WED Functional:

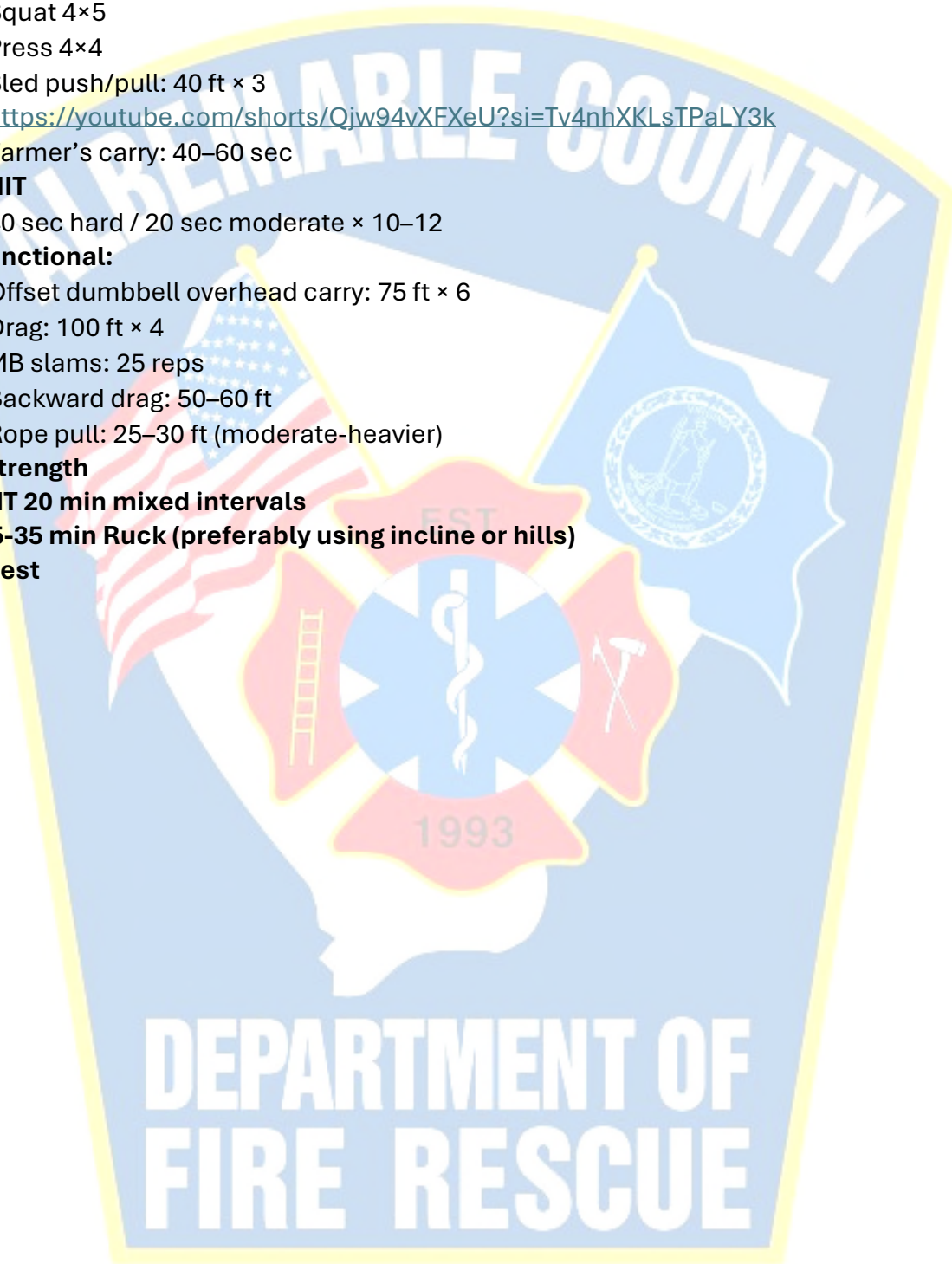
- Offset dumbbell overhead carry: 75 ft × 6
- Drag: 100 ft × 4
- MB slams: 25 reps
- Backward drag: 50–60 ft
- Rope pull: 25–30 ft (moderate-heavier)

THU – Strength

FRI – HIIT 20 min mixed intervals

SAT – 25-35 min Ruck (preferably using incline or hills)

SUN – Rest



WEEK 5

MON – Strength

- Deadlift 5×3
- Squat 4×4
- Push press 4×3
- KB swings (Beginner 20–26 lb / Int 35–44 / Adv 53–70): 15–20 reps
https://youtube.com/shorts/3lMRRqyTuK8?si=9F_uKcMdv90PittH
- Sandbag carry: Beginner 30–50 lb / Int 60–80 lb / Adv 80–120 lb × 60–80 ft × 3
https://youtube.com/shorts/kutC2_mNErQ?si=kD5BZvPYI2ntOBYn

TUE – HIIT CIRCUIT (repeat 4–5×)

- 45 sec sled push
- 45 sec stairs
- 45 sec row
- 45 sec rest

WED – Functional

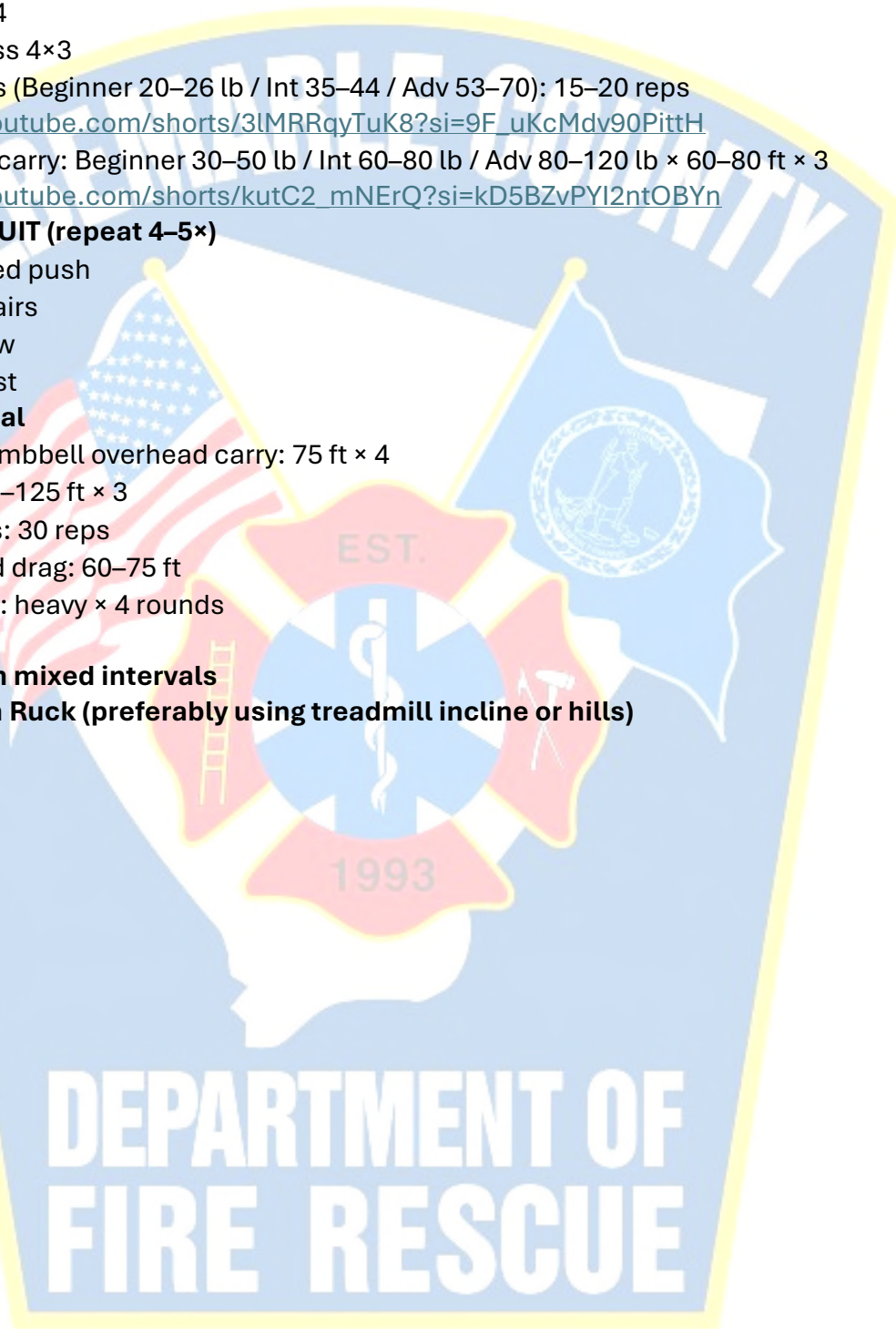
- Offset dumbbell overhead carry: 75 ft × 4
- Drag: 100–125 ft × 3
- MB slams: 30 reps
- Backward drag: 60–75 ft
- Rope pull: heavy × 4 rounds

THU – Strength

FRI – HIIT 20 min mixed intervals

SAT – 30-40 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 6

MON – Strength

- Deadlift 5×3
- Squat 4×4
- Push press 4×3
- KB swings (Beginner 20–26 lb / Int 35–44 / Adv 53–70): 15–20 reps
- Sandbag carry: Beginner 30–50 lb / Int 60–80 lb / Adv 80–120 lb × 60–80 ft × 3

TUE – HIIT CIRCUIT (repeat 4–5×)

- 45 sec sled push
- 45 sec stairs
- 45 sec row
- 45 sec rest

WED Functional:

- Offset dumbbell overhead carry: 75 ft fast × 4
- Heavy drag: 125 ft × 4
- Slams: 35–40 reps
- Backward drag: 75 ft
- Rope pull: heavy × 5
- Optional: combine drag + rope pull circuit

THU – Strength

FRI – HIIT 20 min mixed intervals

SAT – SAT – 30-40 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 7

This is your simulation week.

MON – Strength (light-moderate)

- Squat 3×3
- Deadlift 3×2–3
- Press 3×3

TUE – HIIT

- 20 sec all-out / 40 sec easy × 10

WED – FULL SIMULATION (≈80% effort)

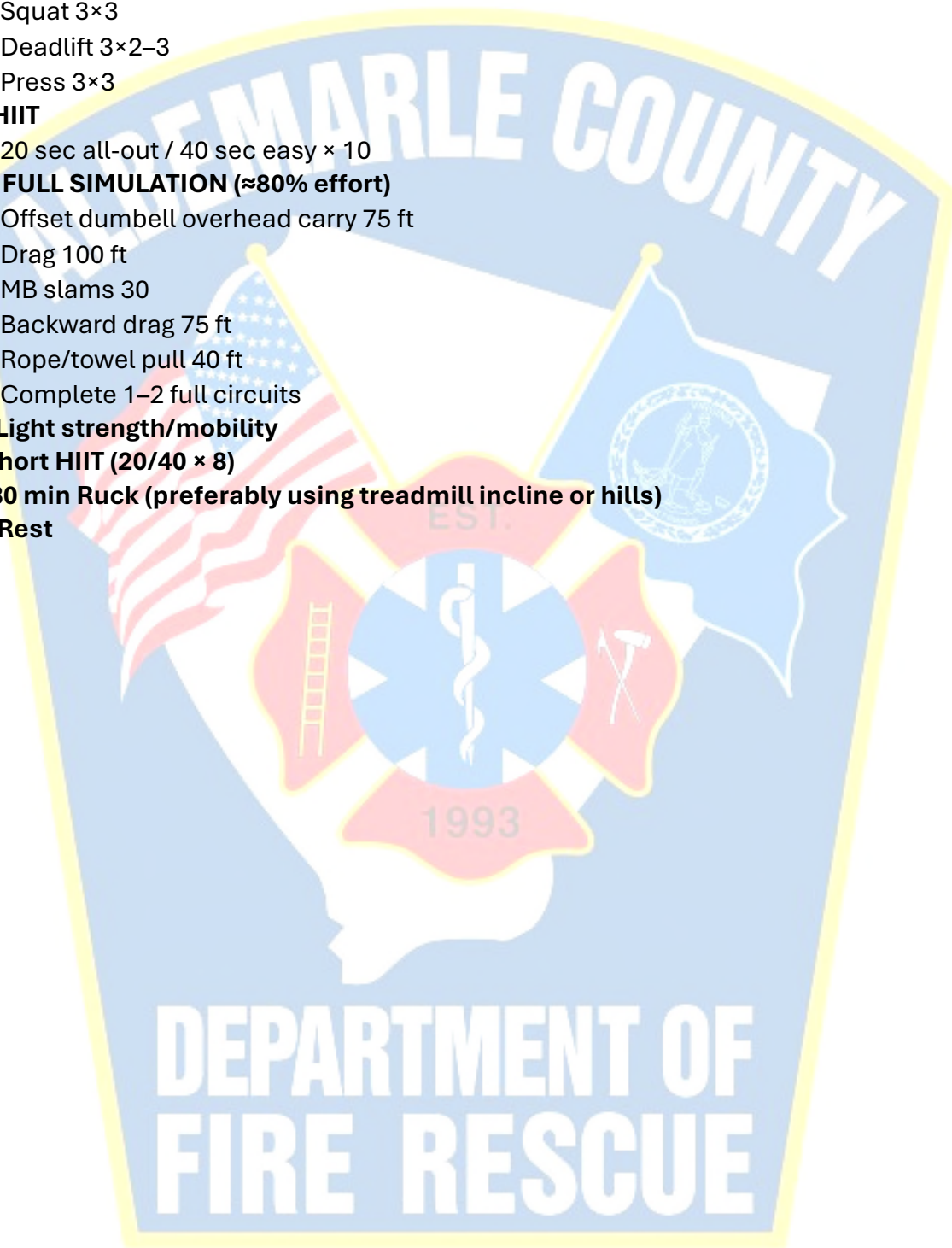
- Offset dumbbell overhead carry 75 ft
- Drag 100 ft
- MB slams 30
- Backward drag 75 ft
- Rope/towel pull 40 ft
- Complete 1–2 full circuits

THU – Light strength/mobility

FRI – Short HIIT (20/40 × 8)

SAT – 30 min Ruck (preferably using treadmill incline or hills)

SUN – Rest



WEEK 8

Taper + Low Intensity

MON – Light Strength

- Squat 2×3
- Deadlift 2×2
- Press 2×3

TUE – Short HIIT

- 20/40 × 6

WED – LIGHT SIMULATION (60–70%)

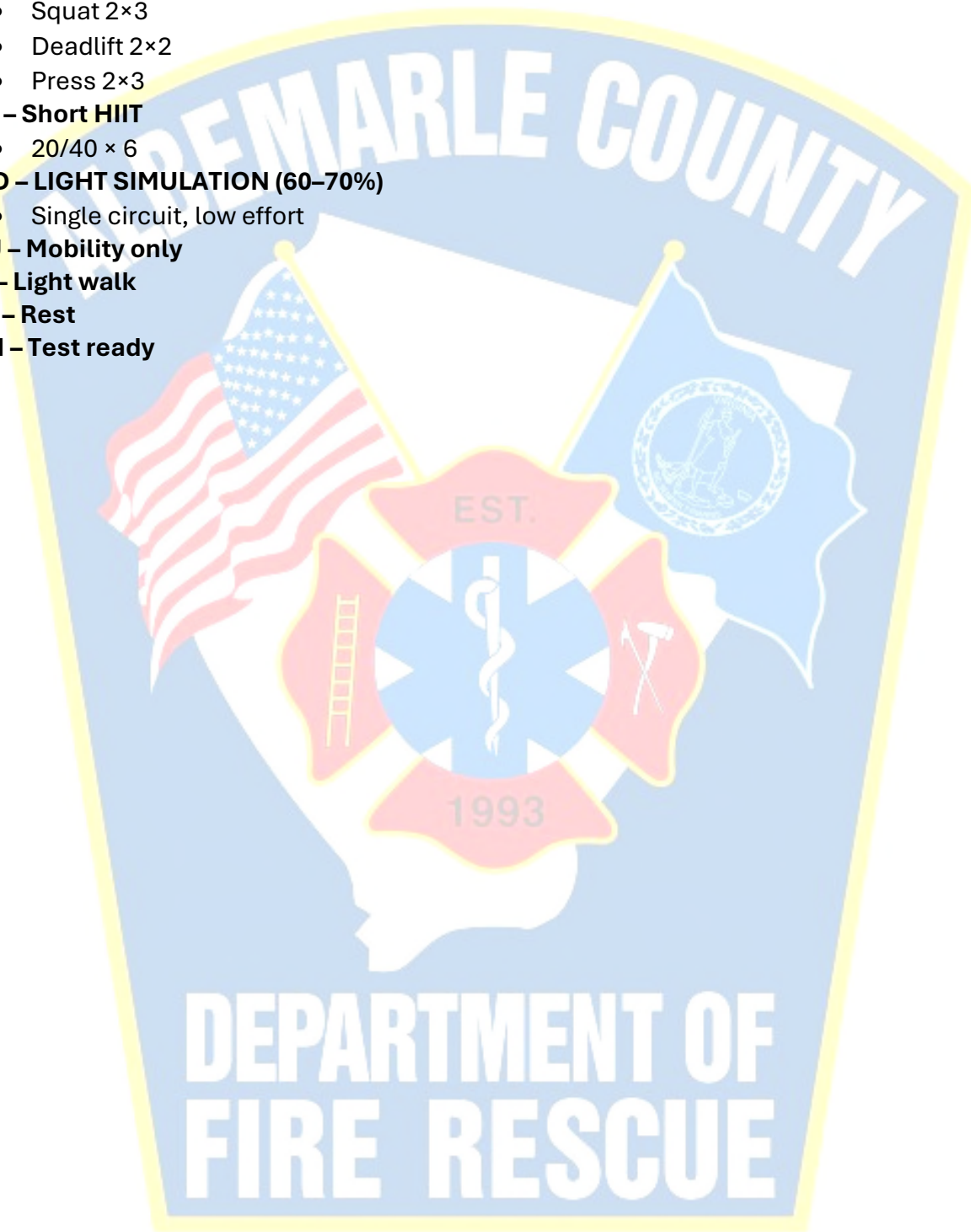
- Single circuit, low effort

THU – Mobility only

FRI – Light walk

SAT – Rest

SUN – Test ready



Tuesday and Friday HIIT Suggestions

1. **Rowing Machine (Rower)**
 - Full-body
 - Low-impact but high-intensity
 - Perfect for 30/60 intervals
2. **Assault Bike / Echo Bike / Air Bike**
 - One of the best HIIT tools
 - Instant resistance = fast heart-rate spike
 - Great for simulating fireground metabolic bursts
3. **Treadmill Use**
 - 30 sec sprint
 - 60 sec walking recovery or
 - 10–12% incline power walks
4. **Stair Machine / Stair Climber / StepMill**
 - Extremely transferable to fireground tasks
 - Strengthens quads, glutes, calves, and lungs
5. **Sled Push / Sled Pull**
 - Load with weight plates
 - Push hard for 30 sec
 - Walk it back for 60 sec
6. **Kettlebells Use these for timed circuits**
 - KB swings (20–70 lb depending on level)
 - KB cleans
 - KB thrusters
7. **Battle Ropes**
 - Perfect for intervals
 - Waves, slams, alternating arms
8. **Shuttle Runs (no equipment)**
 - Mark 25–50 ft and sprint back and forth
 - Mimics hose drag intensity
9. **Sandbag Conditioning Loaded sandbag (30–120 lb depending on level)**
 - Shouldered carry
 - Front-carry walk
 - Ground-to-shoulder reps
10. **Plyometrics (if joints tolerate it)**
 - Box step-ups
 - Box jumps (light/moderate)
 - Lateral hops
 - Burpees

MOST FIRE-AGILITY-SPECIFIC OPTIONS

If you want HIIT that's closest to firefighter test movements:

1. Stair Machine or Weighted Step-Ups
2. Sled Push/Pull
3. Rowing Machine
4. Assault Bike

