



FIRE RESCUE

ALBEMARLE COUNTY

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5 WEEK PAT PREP

Program advice:

1. Make sure to properly hydrate, eat, and warm up before exercising.
2. The program is meant to be completed in 5 weeks - 4 days per week.
Take rest days as needed.
3. If you complete the program prior to your test date, you can restart from week one or continue to progress from week 5.
4. Try to slowly increase the weight used on exercises each week. Make safe increases of no more than 5 - 15% each week.
5. The Dummy Drag on the PAT is around 170 lbs. The backwards sled drag closely mimics the movement of the dummy drag.
6. If you don't know how to do an exercise, reference the exercise library, the internet, or a personal trainer.

" We will provide the highest quality services to protect and preserve the lives, property, and environment of our community."

W E E K O N E D A Y O N E	WARM UP - Complete as a circuit (3 Rounds - 30 seconds each exercise)			
	Jog in place			
	Arm Circles			
	Jumping Jacks			
	Air Squat			
	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	10 Minutes
	Flat Bench Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	12
	Goblet Squat	Dumbbell / Kettlebell	3	12
	Overhead Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	12
	High Plank Hold	Bodyweight	3	30 Seconds

W E E K O N E D A Y T W O	WARM UP - Complete as a circuit (3 Rounds - 30 seconds each exercise)			
	Jog in place			
	Arm Circles			
	Jumping Jacks			
	Air Squat			
	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Stairclimb	20 - 50 lbs Weighted vest / Backpack / Ruck	3	2 minutes to climb as many floors as you can with 2 minutes rest between each set
	Pull Ups <u>OR</u> Assisted Pullups <u>OR</u> Lat Pulldown	Pull up bar / Pull up bar with bands / Pull up assist machine / Lat Pulldown	3	If doing pullups - stop 1 or 2 reps before failure, if doing pull downs do 10 reps
	Sled Backwards Walk	Sled / Sandbag with rope or handles	3	100 Feet
	Suit Case Carry	Dumbbell / Sandbag / Kettlebell	3	100 Feet (each arm)

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	Air Squat			
	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	10 Minutes
	DB Walking Lunge	Dumbbells or bodyweight if you are unable to add weight	3	10 (Each Leg)
	Hand Release Push Ups	Bodyweight	3	30 seconds max reps - 90 seconds rest between sets
	Bear Crawl	Bodyweight	3	50 Feet

W E E K O N E D A Y F O U R	WARM UP - Complete as a circuit (3 Rounds - 30 seconds each exercise)		
	Jog in place		
	Arm Circles		
	Jumping Jacks		
	Air Squat		
	Weight Vest Work Out - Complete as a circuit (3 rounds through)		
	Exercise	Equipment / Advice	Reps / Time / Distance
	Stairclimb or Brisk Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	3 Minutes
	DB / KB Farmers Carry	20 - 50 lbs Weighted vest / Backpack / Ruck + Dumbbells / Kettlebells	100 Feet
	Air Squat	20 - 50 lbs Weighted vest / Backpack / Ruck	12
	Vertical Axe Chop / Sledge Swing / Med Ball Slam	20 - 50 lbs Weighted vest / Backpack / Ruck	12

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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	12 Minutes
	Flat Bench Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	10
	Goblet Squat	Dumbbell / Kettlebell	3	10
	Overhead Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	10
	High Plank Hold	Bodyweight	3	45 Seconds

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	Jumping Jacks			
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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Stairclimb	20 - 50 lbs Weighted vest / Backpack / Ruck	3	2 minutes to climb as many floors as you can with 2 minutes rest between each set
	Pull Ups <u>OR</u> Assisted Pullups <u>OR</u> Lat Pulldown	Pull up bar / Pull up bar with bands / Pull up assist machine / Lat Pulldown	3	If doing pullups - stop 1 or 2 reps before failure, if doing pull downs do 10 reps
	Sled Backwards Walk	Sled / Sandbag with rope or handles	3	100 Feet
	Suit Case Carry	Dumbbell / Sandbag / Kettlebell	3	100 Feet (each arm)

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	Jog in place			
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	Jumping Jacks			
	Air Squat			
	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	8 Minutes (try to get max distance in 8 minutes, this should be challenging)
	DB Walking Lunge	Dumbbells or bodyweight if you are unable to add weight	3	10 (each leg - try to increase weight from last week)
	Hand Release Push Ups	Bodyweight	3	30 seconds max reps - 60 seconds rest between sets
	Bear Crawl	Bodyweight	3	75 Feet

W E E K T W O D A Y F O U R	WARM UP - Complete as a circuit (3 Rounds - 30 seconds each exercise)		
	Jog in place		
	Arm Circles		
	Jumping Jacks		
	Air Squat		
	Weight Vest Work Out - Complete as a circuit (3 rounds through)		
	Exercise	Equipment / Advice	Reps / Time / Distance
	Stairclimb or Brisk Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	3 Minutes
	DB / KB Farmers Carry	20 - 50 lbs Weighted vest / Backpack / Ruck + Dumbbells / Kettlebells	200 Feet
	Air Squat	20 - 50 lbs Weighted vest / Backpack / Ruck	15
	Vertical Axe Chop / Sledge Swing / Med Ball Slam	20 - 50 lbs Weighted vest / Backpack / Ruck	12

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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	15 Minutes
	Flat Bench Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	8
	Goblet Squat	Dumbbell / Kettlebell	3	8
	Overhead Press	Dumbbell / Barbell / Kettlebell / Sandbag	3	8
	High Plank Hold	Bodyweight	3	60 Seconds

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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Stairclimb	20 - 50 lbs Weighted vest / Backpack / Ruck	3	2 minutes to climb as many floors as you can with 90 seconds rest between each set
	Pull Ups <u>OR</u> Assisted Pullups <u>OR</u> Lat Pulldown	Pull up bar / Pull up bar with bands / Pull up assist machine / Lat Pulldown	3	If doing pullups - stop 1 or 2 reps before failure, if doing pull downs do 10 reps
	Sled Backwards Walk	Sled / Sandbag with rope or handles	3	100 Feet
	Suit Case Carry	Dumbbell / Sandbag / Kettlebell	3	100 Feet (each arm)

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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	1	8 Minutes (try to get max distance in 8 minutes, this should be challenging)
	DB Walking Lunge	Dumbbells or bodyweight if you are unable to add weight	3	8 (each leg - try to increase weight from last week)
	Hand Release Push Ups	Bodyweight	3	30 seconds max reps - 30 seconds rest between sets
	Bear Crawl	Bodyweight	3	100 Feet

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	Weight Vest Work Out - Complete as a circuit (3 rounds through)		
	Exercise	Equipment / Advice	Reps / Time / Distance
	Stairclimb or Brisk Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	3 Minutes
	DB / KB Farmers Carry	20 - 50 lbs Weighted vest / Backpack / Ruck + Dumbbells / Kettlebells	200 Feet
	Air Squat	20 - 50 lbs Weighted vest / Backpack / Ruck	15
	Vertical Axe Chop / Sledge Swing / Med Ball Slam	20 - 50 lbs Weighted vest / Backpack / Ruck	15

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	Arm Circles			
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	WORK OUT - Complete all sets of an exercise before moving on to the next			
	Exercise	Equipment / Advice	Sets	Reps / Time / Distance
	Weighted Vest Stair Climb	20 - 50 lbs Weighted vest / Backpack / Ruck	1	10 minutes
	Bent Over Row	Dumbbell / Barbell / Kettlebell / Sandbag	4	12
	Goblet Squat	Dumbbell / Kettlebell	4	10
	Overhead Press	Dumbbell / Barbell / Kettlebell / Sandbag	4	10
	High Plank Hold	Bodyweight	4	45-60 Seconds

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	Pull Ups <u>OR</u> Assisted Pullups <u>OR</u> Lat Pulldown	Pull up bar / Pull up bar with bands / Pull up assist machine / Lat Pulldown	4	If doing pullups - stop 1 or 2 reps before failure, if doing pull downs do 10 reps
	Sled Backwards Walk	Sled / Sandbag with rope or handles	4	100 Feet
	Suit Case Carry	Dumbbell / Sandbag / Kettlebell	4	100 Feet (each arm)

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	Weighted Vest Stair Climb	20 - 50 lbs Weighted vest / Backpack / Ruck	3	2 minutes to climb as many floors as you can with 60 seconds rest between each set
	DB Walking Lunge	Dumbbells or bodyweight if you are unable to add weight	4	10 (each leg)
	Hand Release Push Ups	Bodyweight	4	30 seconds max reps - 90 seconds rest between sets
	Bear Crawl	Bodyweight	3	100 Feet

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	Jog in place		
	Arm Circles		
	Jumping Jacks		
	Air Squat		
	Weight Vest Work Out - Complete as a circuit (2 rounds through)		
	Exercise	Equipment / Advice	Reps / Time / Distance
	Stairclimb or Brisk Walk	20 - 50 lbs Weighted vest / Backpack / Ruck	4 Minutes
	DB / KB Farmers Carry	20 - 50 lbs Weighted vest / Backpack / Ruck + Dumbbells / Kettlebells	200 Feet
	Air Squat	20 - 50 lbs Weighted vest / Backpack / Ruck	25
	Vertical Axe Chop / Sledge Swing / Med Ball Slam	20 - 50 lbs Weighted vest / Backpack / Ruck	20

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	Goblet Squat	Dumbbell / Kettlebell	4	8
	Overhead Press	Dumbbell / Barbell / Kettlebell / Sandbag	4	8
	High Plank Hold	Bodyweight	4	60 Seconds

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	DB Walking Lunge	Dumbbells or bodyweight if you are unable to add weight	4	8 (each leg)
	Hand Release Push Ups	Bodyweight	4	45 seconds max reps - 90 seconds rest between sets
	Bear Crawl	Bodyweight	3	100 Feet

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	DB / KB Farmers Carry	20 - 50 lbs Weighted vest / Backpack / Ruck + Dumbbells / Kettlebells	200 Feet
	Air Squat	20 - 50 lbs Weighted vest / Backpack / Ruck	30
	Vertical Axe Chop / Sledge Swing / Med Ball Slam	20 - 50 lbs Weighted vest / Backpack / Ruck	25