1st version- only timer

```python
import time

def countdown(t):
    while t:
        mins,secs=divmod(t,60)
        timer='{:02d}:{:02d}'.format(mins,secs)
        print(timer, end="\r")
        time.sleep(1)
        t=-1
    print("fire in the hole")

t=int(input("enter time in seconds: "))

countdown(t)
```

Second version-timer with sound

```python
import time
import winsound
def countdown(t):
    while t:
        mins,secs=divmod(t,60)
        timer='{:02d}:{:02d}'.format(mins,secs)
        print(timer,end="\r")
        time.sleep(1)
        t-=1
    print("Fire in the hole!!!")
    file=r"C:\Users\Admin\Downloads\alarm.wav"
    winsound.PlaySound(file, winsound.SND_FILENAME)

t=int(input("enter time in seconds: "))

countdown(t)
```