

Intro

We have been running Firefighter Mile testing for state and local firefighters since 2022. We have proctored over 900 tests in that time and have seen many people pass and fail. During that time we have noticed they're aren't many resources on how to train for the Firefighter Mile. We have developed a training program from observing the tests, talking to firefighters, and researching the subject matter. Below are some testimonials from firefighters that have completed the training manual. This is just a basic 4 week block and doesn't take into account someones individual needs. If you are interested in more individualized programming please email rex.carpenter@ketteringhealth.org or contact him at (423) 943-3023.

Testimonials

"When applying for jobs as a Firefighter/EMT, I was required to pass a physical agility test called the Firefighter Mile. I am a 5' 3", 120 pound female, so this would be no easy feat. After failing the test multiple times and months of training, I worked with Kettering Health to pass this test. I was provided physical training that was as easy as opening up an app while I was at the gym. I had direct contact with a physical trainer that knew my weaknesses and strengths and consistency set up new workouts to strengthen my weaknesses. I was consistently guided in building my strength and agility. I was even provided practice tests with my physical trainer to guide me. It was close to no cost to me. Kettering Health enabled me to start the career I have dreamed of and has helped me to learn that I am truly able to meet goals that I meet." - Mira

"I was skeptical at first about doing the training. I had figured I could simply practice at the gym and use what I had retained from high school to get in good enough shape to pass the firefighter mile. I also thought the price was a bit high as well as I would be the only one taking the course. I can say now that it was worth every penny. The equipment at your typical gym does not match with what you'll be using during the test and will not give you the muscle memory needed to tackle the course efficiently. The weighted vest system I had bought was over the price of the course and did not come with the expertise I needed from a teacher. I can also say Mr. Carpenter was very knowledgeable with exercises and flexible with scheduling. Him being a practitioner of the firefighter mile also opens a world of insight into how best to tackle and prep for the firefighter mile. In short, at 5'11" 310lbs. I was able to pass the firefighter mile thanks in major part if not totally to his help. I highly recommend this course." - Joseph

"After 6 years and over 10 attempts at the firefighter mile, I realized that I needed help in passing the one thing that I knew was holding me back from my career as a full-time firefighter- the firefighter mile. I scoured the internet after failing with trainers- from crossfit to bodybuilding- and knew that I needed somebody with the specific knowledge behind the test. I found Rex through a previous posting for a firefighter mile workshop and instantly knew I needed to enlist his expertise- the issue being that I lived 3 hours away from Kettering. For the first time, Rex was able to put together a remote program that meshed well with my schedule as a part-time firefighter and a full time mom, as well as utilizing the equipment that I already had at home. Following a couple of in person sessions, after 8 weeks I felt readier than I ever had for the test. On test day, I felt confident and I passed for the very first time. None of this would have been possible without Rex and his willingness to try something new. I would absolutely recommend this training, if not just for Rex's knowledge base, to anyone doubting their readiness for the test!" - Abigail



Phase I

LIFTING

*Complete warm up sets prior to each exercise

Monday		Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Dead Bug Home Position	3	30sec		3	40sec		3	50sec		3	1min	
A2	Spiderman Crawl w/ Elbow Drop and Reach	3	10yds		3	10yds		3	10yds		3	10yds	
A3	See Saw Walk	3	3ea		3	3ea		3	3ea		3	3ea	
A4	Static Dip Holds	-	-	-	3	20sec		3	30sec		3	40sec	
B	Back Squat (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
C	Shoulder Press (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
D1	Med Ball Rotational Throw	3ea	20sec	12	3ea	25sec	12	3ea	30sec	12	3ea	35sec	12
D2	Static Band Trunk Stability	3ea	20sec		3ea	25sec		3ea	30sec		3ea	35sec	
E	Stairs (1 minute on 1 minute off)	1	6min		1	8min		1	10min		1	12min	
F	CPR Compressions	1	2min		1	2min		1	2min		1	2min	

Tuesday		Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Scapular Depression	3	10		3	10		3	10		3	10	
A2	High Knee Lunge	3	10yds		3	10yds		3	10yds		3	10yds	
A3	Reverse Shrug	3	10		3	10		3	10		3	10	
A4	Plank	-	-	-	3	30sec		3	40sec		3	50sec	
B	Deadlift (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
C	Pull Up (Record reps achieved under weight column)	1	MAX		1	MAX		1	MAX		1	MAX	
		1	MAX		1	MAX		1	MAX		1	MAX	
		1	MAX		1	MAX		1	MAX		1	MAX	
D1	DB Step Up	3	10										
E1	Cross Body Hammer Curl	4	5		4	7		4	8		4	10	
E2	Bench Dips	4	MAX		4	MAX		4	MAX		4	MAX	
E3	Suitcase Carry	4	20yds		4	20yds		4	20yds		4	20yds	

Phase I

LIFTING

*Complete warm up sets prior to each exercise

Thursday		Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Dead Bug Home Position	3	30sec		3	40sec		3	50sec		3	1min	
A2	Spiderman Crawl w/ Elbow Drop and Reach	3	10yds		3	10yds		3	10yds		3	10yds	
A3	See Saw Walk	3	3ea		3	3ea		3	3ea		3	3ea	
A4	Static Dip Holds	-	-	-	3	20sec		3	30sec		3	40sec	
B	Back Squat (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
C	Bench Press (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
D	Band Rotations	3	20sec		3	25sec		3	30sec		3	35sec	
E	Walk	1	20min		1	25min		1	30min		1	35min	
F	CPR Compressions	1	2min		1	2min		1	2min		1	2min	

Friday		Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Scapular Depression	3	10		3	10		3	10		3	10	
A2	High Knee Lunge	3	10yds		3	10yds		3	10yds		3	10yds	
A3	Reverse Shrug	3	10		3	10		3	10		3	10	
A4	Plank	-	-	-	3	30sec		3	40sec		3	50sec	
B	RDL (Try to add 5lbs each week)	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
C	Chin Ups (Record reps achieved under weight column)	1	MAX		1	MAX		1	MAX		1	MAX	
		1	MAX		1	MAX		1	MAX		1	MAX	
		1	MAX		1	MAX		1	MAX		1	MAX	
D	Walking Dumbbell Lunges	3	10yds										
E1	Inverted Row ISO (Hold as long as possible)	3	Max	-	3	Max		3	Max	-	3	Max	-
E2	Chest Elevated Pushups	3	25	-	3	30		3	35	-	3	40	-
E3	Banded Hammer Curls	3	30sec	-	3	35sec		3	40sec	-	3	45sec	-
E4	Backwards Sled Drag	3	40sec	45	3	40sec	55	3	40sec	65	3	40sec	75