



Firefighter Fitness Training

Training for the Bleep Test

To pass this test you must achieve level 8 shuttle 8 (8.8).

You will be asked to run at increasing speeds of 0.5 km/hr over a 20 meter shuttle distance to the pace of a cd player. You will start off jogging at 8.5 km/hr at level 1. The test will bleep to start and you must meet the bleep at each 20m shuttle. If you are at the 20m line before the bleep you must stop and wait for the bleep before you set off back, if you are at the line short of the bleep you will be informed verbally, failure to meet the bleep on 3 consecutive occasions will result in you failing the test.

| Level | Speed (km/hr) | Shuttles | Time (sec) | Distance (m) |
|-------|---------------|----------|------------|--------------|
| 1 | 8.5 | 8 | 68 | 160 |
| 2 | 9.0 | 8 | 64 | 160 |
| 3 | 9.5 | 8 | 61 | 160 |
| 4 | 10.0 | 9 | 65 | 180 |
| 5 | 10.5 | 9 | 62 | 180 |
| 6 | 11.0 | 10 | 65 | 200 |
| 7 | 11.5 | 10 | 63 | 200 |
| 8 | 12.0 | 10 | 60 | 200 |
| 9 | 12.5 | 11 | 63 | 220 |

Level 8.8

Total Distance(meters) – 1600m

Total 20m Shuttles – 79

Total Time (min:sec) – 9:16

The best way to train for the bleep test is by practising the test itself. The bleep test ‘BT Free’ app can be downloaded to your smart phone from the app store free of charge. Find a 20m space and mark out (school playground, car park after hours, football pitch, gymnasium), headphones in and off you go. You should always train above and beyond that of what is asked of you to join Cumbria Fire and Rescue Service.

Tip: If you can successfully achieve level 9 in training you should have no problems on the selection.

Alternatively you could train for the test on a treadmill, utilising the table above. However, this form of training will not enable you to practise your shuttle turns or slowing down and acceleration phase.

Strength Training

As well as being assessed by means of a bleep test (cardiovascular fitness), you will also undergo a number of role specific selection tests. The majority of these tests require good upper and lower body strength in combination with cardiovascular fitness. Firefighters preform a lot of dynamic movements on a daily basis, where the weight of an object or piece of equipment may be outside the firefighter’s centre of gravity. Therefore you must ensure that you are strong enough to carry out the job.

Strength Dumbbell/Barbell Exercises

| Exercise | Resistance (kg) | Reps | Sets | Comments |
|------------------|-----------------|------|------|--|
| Bicep Curl | 8kg | 8 | 3 | Standing, dumbbells by your side, curl upwards towards the body. |
| Upright Row | 8kg | 8 | 3 | Standing, dumbbells by your side, lift upwards under your arms. |
| Tricep Extension | 10kg | 8 | 3 | Standing, dumbbell positioned behind your head, press upwards above your head. |
| Chest Press | 8kg | 8 | 3 | Lying, dumbbells positioned in line with your chest press upwards above body. |
| Shoulder Press | 8kg | 8 | 3 | Standing, dumbbells in line with your shoulders press upwards above your head. |
| Curl Press | 8kg | 8 | 3 | Standing, Bicep curl position, curl towards your body then shoulder press above your head. |
| Farmers Walk | 10kg each hand | NA | NA | 60 sec walk. Hold dumbbells by your side and walk. Simulates carrying hose/equipment. |

Tip: Perform these sets of exercises three times per week prior to your selection test date to build have the best chance of passing. If you haven’t got access to a gym, don’t worry, these exercise can be carried out with things found around the house. Simply ensure that the weight is comparable.

If you require any further information regarding training for the Firefighter Selection Tests please contact Service Health and Fitness Adviser – Tom Wright.

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Service Health and Fitness Adviser

Cumbria Fire & Rescue Service

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