

WYFRS FF RECRUITMENT PREP

6-week programme | 4 sessions a week

WEEKLY STRUCTURE

Day	Session	Focus
Mon	Session 1	Strength — Upper bias + Core (~60 min)
Tue	Session 2	Treadmill HIIT (CTT specific) + Accessories + Core (~75 min)
Thu	Session 3	Strength — Lower bias + Core (~60 min)
Sat	Session 4	HIIT (Week 1,3,5) Circuit (Week 2,4,6) + Core (~60 min)

WEEKLY PHASES (column colours in tables)

Week 1-2	Week 3-4	Week 5	Week 6
INTRO	BUILD	PEAK	DELOAD

HOW TO READ THE TABLES

Each cell = 'Sets × Reps | RIR | Rest.'
RIR = Reps in Reserve (how many more reps you could do before failure).
R2 = stop at 2 reps from failure. **R1** = 1 rep from failure. **R3** = deload, comfortable.

Progression: add 2.5kg when you hit the top of the rep range with good form.
If short on time: each session lists priority order at the bottom of the page.

CHESTER TREADMILL TEST (CTT)

6.2 km/h fixed, starts flat, +3% incline every 2 min.
0% → 3% → 6% → 9% → 12% → 15% | 12 minutes total | Walking only (no jogging)
Programme builds you toward sustaining the 9-15% stages.

SESSION 1 — STRENGTH UPPER BIAS

#	Exercise	Week 1-2	Week 3-4	Week 5 (Peak)	Week 6 (Deload)
1	Dumbbell shoulder press	3×8 R2 90s	3×6 R2 120s	3×5 R1 150s	3×8 R3 90s
2	Single/tricep rope lat pulldown	3×8 R2 90s	3×6 R2 120s	3×5 R1 150s	3×8 R3 90s
3	Machine chest press (neutral grip)	2×10 R2 75s	2×8 R2 90s	2×6 R1 90s	2×10 R3 75s
4	Cable machine seated row (neutral grip)	2×10 R2 75s	2×8 R2 90s	2×6 R1 90s	2×10 R3 75s
5	Box squat (DB goblet or BB)	3×8 R2 90s	3×6 R2 120s	3×5 R1 120s	3×8 R3 90s

CUES

- Shoulder press** — Seated, bum, back and shoulders on bench, brace core, full lockout overhead,
- Lat pulldown** — neutral close grip, lead with elbows, pull hands to upper chest. No leaning back.
- Chest press** — neutral grip gentler on the shoulders, bum back and shoulders on bench, chest up.
- Row** — sit up straight, squeeze shoulder blades, lead with elbows, hands to side of stomach.
- Box squat** — box at knee height, slight pause (don't relax at bottom), drive up.

CORE (2 sets each)

Pallof press	2×10/side — half-kneeling, slow press out, hold 2s, return. Don't twist toward cable.
Deadbug	2×8/side — controlled, low back pressed to floor. Anti-extension.

Warm-up: 10 min (5 min easy assault bike + 5 min dynamic mobility)

Total time: 55-65 min including warm-up + cooldown

If short on time: Superset Slot 3 (chest press) + Slot 4 (row) to save time.

SESSION 2A — TREADMILL HIIT

Use this if you can already pass the CTT. If you can't, you need the Zone 2 session to improve your base.

WARM-UP (15 MIN — DON'T SKIP)

5 min easy walk at 2-3% incline, 4.5-5.0 km/h

5 min dynamic mobility — leg swings, hip circles, calf bounces, ankle rocks, T-spine

5 min activation — 10 banded glute bridges, 10 walking lunges, 10 calf raises, 5 deep squats

HIIT

We ek	Format	Work	Recovery	Phase
1	5 × 3 min	6.2kph 12% incline	2 min @ 4.5 km/h, 0%	Intro
2	4 × 4 min	Interval 1,3 = 6.2kph 12% incline Interval 2,4 = 9kph run, 4% incline	3 min @ 4.5 km/h, 0%	Intro
3	4 × 4 min	Interval 1,3 = 6.4kph 12% incline Interval 2,4 = 10kph run, 4% incline	3 min @ 4.5 km/h, 0%	Build
4	4 × 4 min	Interval 1,3 = 6.6kph 12% incline Interval 2,4 = 10.5-11kph run, 4% incline	3 min @ 4.5 km/h, 0%	Build
5	FULL CTT	6.5kph 12 min: 0/3/6/9/12/15%	Then 5 min easy walk	Peak
6	4 × 3 min	6.2kph 6% incline	3 min @ 4.5 km/h, 0%	Deload

ACCESSORIES (15-20 min after HIIT)

DB step-up (medium box)	2×10/each leg moderate weight DBs drive working leg, controlled descent
Walking lunges with DBs	2×10/each leg moderate weight DBs step long, knee to floor
Suitcase carry one-sided	2×25m/each side heavy anti-lateral-flexion, stand tall

CORE (5-8 min)

Side plank both sides	2×20-30s each side — rest on forearm, body stacked straight, hip up, squeeze glutes, breathe normally
Crunch / cable crunch	2×12 — slow controlled flexion up and down

Total time: ~70 minutes

Calf/Shin pain: Rest, massage, stretch. Alternate the walk intervals with a low impact option bike/ski/row

If you can complete all stages: Do each interval as a run at 5-6% incline, you choose the speed.

If short on time: Drop either step ups or lunges

SESSION 2B — ZONE 2 HILLS

Pick this if you can't yet comfortably pass the CTT. Build the aerobic engine first.
Switch to 2A once you can complete 10+ minutes of the CTT reasonably comfortably.

WARM-UP (10 MIN)

5 min easy walk at 2% incline, 4.5 km/h

5 min dynamic mobility — leg swings, hip circles, calf bounces, ankle rocks

ZONE 2 HILLS

Week	Total	Pace	Hill block (after warm-up)	Phase
1	35 min	5.5-5.8 km/h	25 min rolling: 3 min @ 0% → 3 min @ 3% → 3 min @ 6%, repeat ×2 (cap 6%)	Intro
2	40 min	5.8-6.0 km/h	30 min rolling: 5 min @ 3% → 5 min @ 6% → 5 min @ 3%, repeat (cap 6%)	Intro
3	45 min	6.0-6.2 km/h	35 min: ramp 0→3→6% over 5 min, then add 9% blocks (3 min @ 9% / 3 min @ 3%)	Build
4	50 min	6.0-6.2 km/h	40 min: same shape as Wk 3, longer 9% blocks (4 min @ 9% / 3 min @ 3%)	Build
5	55-60 min	6.0-6.2 km/h	50 min wave: 3–6–9–12–9–6–3–12–15–12–6–3% (brief 15% exposure)	Peak
6	40 min	5.0-5.5 km/h	30 min flat with brief 3% touches	Deload

ZONE 2 RULES

Talk test: you must be able to hold a conversation throughout. If breathing too hard to talk, drop pace or incline.

Calf/Shin pain: Rest, massage, stretch. Do half treadmill / half low impact (bike, row, ski).

HR target (if you have a monitor): 60-70% of max HR. Estimate max as 220 minus age.

No HIIT: if a hill makes you breathe too hard, drop the incline. Maintain similar intensity throughout.

ACCESSORIES & CORE (10-15 min after main)

DB step-up (medium box)	2×10/each leg moderate weight DBs
Suitcase carry one-sided	2×25m/each side moderate weight
Crunch / cable crunch	2×12 — slow controlled flexion

Total time: 50-80 min depending on week

Re-test: attempt the full CTT at end of Week 5 to see where you're at. If you can complete 10+ min comfortably, switch to Session 2A (HIIT) for the next cycle.

If still struggling: run Session 2B again with higher inclines and longer durations — base-building takes time.

SESSION 3 — STRENGTH LOWER BIAS

#	Exercise	Week 1-2	Week 3-4	Week 5 (Peak)	Week 6 (Deload)
1	Trap bar deadlift	3×8 R2 120s	3×6 R2 150s	3×5 R1 180s	3×8 R3 90s
2	Leg press machine	2×12 R2 90s	2×10 R2 90s	2×8 R1 120s	2×12 R3 75s
3	DB Reverse Lunge	2×8/leg R2 75s	2×8/leg R2 75s	2×8/leg R1 90s	2×8/leg R3 60s
4	Machine or DB shoulder press	3×10 R2 75s	3×10 R2 75s	3×8 R1 90s	3×10 R3 60s
5	Lat pulldown (tricep rope attachment)	3×10 R2 75s	3×10 R2 75s	3×8 R1 90s	3×10 R3 60s

CUES

- 1. Trap bar DL** — neutral handles, chest up, brace, drive through heels, full hip extension at top.
- 2. Leg press** — feet shoulder-width, full squat range, don't let knees or ankles collapse inward, don't lock knees at top.
- 3. Reverse lunge** — reverse lunge: knee light tap to floor. Step off a 10kg bumper plate to increase range when confident
- 4. Shoulder press** — maintain glutes, back and shoulders on bench, feet flat on floor.
- 5. Lat pulldown** — single or double rope improves grip + lat strength for ladder assessment.

CORE (2 sets each)

Front plank	2×30-45s — straight line shoulder to ankle, glutes squeezed, ribs down. Build to 60s by Week 5.
Hanging knee raise / cable crunch	2×12 — slow controlled flexion.

Warm-up: 10 min (5 min easy rower + 5 min dynamic mobility)

Total time: 60-70 min including warm-up + cooldown

If short on time: Super set 2+3, 4+5. 30 seconds between exercises, same rest between sets

SESSION 4 — HIIT or CIRCUIT

WARM-UP (12-15 MIN)

5 min easy assault bike — conversational pace

5 min dynamic mobility — full body sequence

5 min activation — 10 slow burpees, 10 walking lunges, 10 push-up to downward dog

FORMAT A — 4×4 HIIT (Weeks 1, 3, 5)

Modality: Week 1 = Assault bike, Week 3 = Rower, Week 5 = Ski erg (rotate)

Work: 4 min at 85-95% max HR (last 60s should feel very difficult but maintainable)

Recovery: 3 min active recovery, keep moving but easy

Sets: 4 work intervals (16 min hard + 12 min recovery = 28 min)

Effort: RPE 8-9. Week 5 peak = last interval RPE 9.5 without falling off pace

Cooldown: 5 min easy any machine

FORMAT B — Multi-modal circuit (Weeks 2, 4, 6)

Stn	Exercise	Week 2	Week 4	Week 6
1	Rower, Ski erg or air bike	400m	500m	400m (easy)
2	Burpees	~12 reps	1~5 reps	8 reps
3	DB step-up (alternating)	~20 reps	~24 reps	16 reps
4	Assault bike	1 min hard	1:15 hard	45s easy
5	Farmer's carry	30m double	30m heavier	30m light

Protocol: 15-30s transition between stations. All 5 stations = ONE round. Rest 2 min between rounds.

Volume: 3 rounds (Weeks 2, 4). 2 rounds at lighter dose (Week 6 deload).

Effort: RPE 8-9 on each station, keep moving and keep the pace up.

CORE (10 min)

Pallof press	2×10/side — half-kneeling, slow press 2s hold
Side plank both sides	2×30s each side — body stacked, hip up

Total time: ~60 min

Don't pair with Session 3 back-to-back (both demand legs).

Best week: Mon S1 / Tue S2 / Thu S3 / Sat S4 — gives 48h between strength + 48h between CV sessions.

CHESTER TREADMILL TEST (CTT) PROTOCOL

UK FRS recruitment test — 6.2 km/h fixed, progressive incline

Stage	Time	Speed	Incline
1	0:00 - 2:00	6.2 km/h	0%
2	2:00 - 4:00	6.2 km/h	3%
3	4:00 - 6:00	6.2 km/h	6%
4	6:00 - 8:00	6.2 km/h	9%
5	8:00 - 10:00	6.2 km/h	12%
6	10:00 - 12:00	6.2 km/h	15%

KEY POINTS ON TEST DAY

Speed stays 6.2 km/h throughout. Don't slow down, the challenge is incline, not pace.

Walking only. No jogging.

No handrails. Practice without them, you can't use them on test day.

Stage 6 (15%) Build incline tolerance during prep.

On the day: Arrive with plenty of time, well hydrated and fueled following a good nights sleep

Final week before test: Deload from this programme. Rest 2 days before test day.