

# SOUTH KING COUNTY FIRE TRAINING CONSORTIUM

## Recruit Academy Physical Fitness

**If it was easy! Anyone could do it. It's the hard! That makes it worth doing...**

The arriving recruit should be able to complete the minimum physical standards prior to arriving at recruit training. The ability to perform these requirements will greatly improve an individual's success. Many of the requirements during recruit training require strength, stamina and a desire to succeed.

Although the minimum standards are included in this packet the recruit should strive to surpass the minimum standards. All physical fitness evaluations will be scored. Unsuccessful completion of a fitness evaluation will be forwarded to the Academy supervisor for review.

### **Minimum Fitness Requirements:**

- Two-mile timed run. Maximum allotted time 18:00 min, under 12:00 min will constitute a perfect score of 100 points.
- Ten-minute rest
- Push-ups. Minimum passing is 25 repetitions in two minutes - Performed at a cadence of 80 bpm. A metronome will be used for cadence (One beat up and one beat down). 50 repetitions will constitute a perfect score of 100 points.
- Two min rest
- Plank. Minimum passing is two minutes - 0.5points will be awarded for every second after for a maximum score of 100 points at four minutes.
- Two-minute rest
- Chin-ups. Minimum passing 1 repetition with a max of 20 repetitions for a perfect score of 100 points. There is no time limit, chin-ups are "Performed with an underhand grip"

### **Physical Training During Recruit School**

During your recruit training you will be required to perform physical training. A good pair of running shoes will help to alleviate running related problems. Physical training will be instructor lead.

Enclosed in this packet is the actual testing format used by evaluators during physical testing. Perspective recruits are encouraged to test themselves using the format.

# SOUTH KING COUNTY FIRE TRAINING CONSORTIUM

## Recruit Physical Evaluation

Date:

Recruit Name:

Evaluator:

2 MILE RUN

Minimum 18:00

Time:

Score:

### 10 Minute Rest

PUSH-UPS IN 2 MINUTES:

Minimum required 25:

Total Completed:

Score:

### 2 Minute Rest

PLANK:

Minimum required 2:00

Time:

Score:

### 2 Minute Rest

CHIN UPS:

Minimum required 1:

Total Completed:

Score:

**TOTAL SCORE:**

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