



NTOA PFQ Training Plan (4 weeks)

(Using only equipment from PFQ)

Full PFQ Details: <https://www.ntoa.org/pfq/>

This training plan is designed to give interested operators/athletes a quick baseline training plan to better prepare themselves mentally and physically for their best effort/score on the PFQ. More time to prepare is always better, however, a minimum of 4 weeks is HIGHLY recommended to maximize performance and minimize injury. A “3-day on, 1-day off” schedule is preferred to provide adequate rest and recovery time between intense training days. Recording a daily log as you progress through the program is recommended as a future reference to measure improvement.

Note: “Full gear” represents the same loads and gear required in the PFQ.

To maximize the benefits from this program, a warm up and cool down are HIGHLY recommended for each training day, as well as, a full rest/recovery day. Yoga For First Responders (YFFR) has provided professional instructional videos to accompany this program that introduces operators/athletes to tactical breathing and other rest and recovery techniques designed to improve overall performance, improve flexibility, reduce injury, reduce stress, and make the most of the suggested full rest/recovery days.

YFFR Video links: [Warm Up](#)

[Cool Down](#)

[Recovery Day](#)

WEEK 1

Monday

Day 1 is designed to establish your baseline score. The full PFQ should be performed on this day, *regardless* of score (In other words, if your time/ reps. would qualify for 0 points, it’s okay, continue to get a final time/ reps.). Once this first PFQ is completed, it will provide you with a baseline to measure yourself against yourself as you improve your fitness during these 4 weeks. A stronger, more fit YOU starts TODAY!

Tuesday

4 Rounds for time: 400 meter run
10 Burpees

Wednesday

As Many Reps As Possible (AMRAP) for 4 minutes: Air Squats

Rest 3 minutes:

AMRAP for 2 minutes: Pull-ups (any style)

Rest 3 minutes:

As Many Reps As Possible (AMRAP) for 3 minutes: Air Squats

Rest 3 minutes:

AMRAP for 1 minutes: Pull-ups (any style)

Thursday

Rest day...refer to YFFR "Recovery Day" video

Friday

For time: 5k run

Saturday

Every Minute On the Minute (EMOM) for 15 minutes: 10 walking lunges (5 each leg) w/full gear

Rest 3 minutes

400 meter run for time w/full gear

Sunday

5 Rounds for time: 8 Burpees

14 Air Squats

3 Strict Pull-ups

WEEK 2

Monday

Rest day...refer to YFFR "Recovery Day" video

Tuesday

For time: 800 meter run

Rest 3 minutes

3 TABATA set/movements (4 rounds of 20 seconds/work and 10 seconds/rest per TABATA set/movement) *w/1 minute of rest in between sets/movement*

Set/Movement 1 is Burpee; Set/Movement 2 is Air squat; Set/Movement 3 is Pull up

Rest 3 minutes

800 meter run

Wednesday

For distance: 30-minute run

Thursday

8 rounds for time w/full gear: 9 Jumping squats
7 Hand release pushups
5 Jumping pull-ups

Friday

Rest day...refer to YFFR "Recovery Day" video

Saturday

As Many Reps As Possible (AMRAP) for 4 minutes: Air Squats
Rest 3 minutes:
AMRAP for 2 minutes: Pull-ups (any style)
Rest 3 minutes:
As Many Reps As Possible (AMRAP) for 3 minutes: Air Squats
Rest 3 minutes:
AMRAP for 1 minutes: Pull-ups (any style)

Sunday

5 rounds for time w/full gear: 400 meter run
20 burpees

WEEK 3

Monday

For time: 5K walk w/full gear

Tuesday

Rest day...refer to YFFR "Recovery Day" video

Wednesday

The PFQ should be performed on this day and the results compared to your initial performance. Take note of both areas you have improved and areas you need to improve even further to obtain your highest score for the actual test day.

Thursday

10 rounds for time w/full gear: 400-meter run (rest 60 seconds after each run)

Friday

For time: 100 burpees
150 air squats
40 pull ups

Saturday

Rest day...refer to YFFR "Recovery Day" video

Sunday

For time: 800 meter run
100 burpees
800 meter run

WEEK 4

Monday

AMRAP: TABATA run, TABATA burpees, TABATA air squats, TABATA pull ups, TABATA run

Tuesday

EMOM for as many minutes as possible: 1 pull up in minute 1; 2 pull ups in minute 2; and so on until you fail to complete related number of pull ups to corresponding minute

Rest 3 minutes

800 meter run for time

Rest 2 minutes

400 meter run w/full gear for time

Rest 1 minute

50 burpees

Wednesday

Rest day...refer to YFFR "Recovery Day" video

Thursday

For time: Walking lunges for 1/4 mile w/full gear; remove gear; 1/4 mile run; repeat

Friday

Rest day...refer to YFFR "Recovery Day" video

Saturday

The PFQ should be performed on this day and the results compared to your first two performances. Take note of both areas you have improved and areas you need to improve even further to obtain your highest score for the actual test day.

Sunday

Rest day...refer to YFFR "Recovery Day" video

Monday

NTOA PFQ

EXTRAS: The below videos are not meant to endorse any one person or entity, but rather simply provide a few sample visuals on achieving better techniques to perform each of the PFQs required movements more safely and efficiently.

Running: <https://www.youtube.com/watch?v=byfgkkmP9MA>

Air squat: <https://www.youtube.com/watch?v=rMvwVtlqjTE>

Burpee: <https://www.youtube.com/watch?v=rMvwVtlqjTE>

Pull-up variations: Strict: <https://www.youtube.com/watch?v=HRV5YKKaeVw>

Kipping: https://www.youtube.com/watch?v=lzRo-4pq_AY

Butterfly: <https://www.youtube.com/watch?v=OenVG15QMj8>

YFFR website:

