



Austin Public Safety Wellness Center

517 S. Pleasant Valley Rd. Austin, TX 78741 (512) 974-0200 phone / (512) 974-0222 fax



Austin Fire Department Academy Physical Training Expectations

To ensure a candidate is physically prepared to enter the academy they should be able to meet the following physical expectations. The minimum expectations are based on the average scores from previous classes. The competitive expectations are based on the top ¼ of previous classes.

Metronome Pushups: **Minimum: 35 push-ups at 80 beats/minute onto 5 inch tall prop**
Competitive: 40 push-ups at 80 beats/minute onto 5 inch tall prop

Performing at least 35 push-ups at 80 BPM indicates an acceptable level of muscular endurance, core strength, and is on par with the average number of push-ups performed by members of AFD in the annual wellness assessments. At each beep of the metronome, a candidate must be either at the bottom or top of the pushup position. The chest must touch the 5 inch prop in the bottom position.

Pull-ups: **Minimum: 4 pull-ups** **Competitive: 8 pull-ups**

Pull-ups are an important movement to master because they assess upper body strength and the ability of a candidate to lift their own bodyweight.

Side Plank: **Minimum: 1:00/side** **Competitive: 1:20/side**

The ability to perform a side plank shows that the candidate has the necessary core strength to safely and effectively carry out the movements that comprise the PT program. This is also on par with the average plank time held by members of AFD in the annual wellness assessments.

Tower Stair Climb

Minimum: 18-story stair climb with 35lb additional weight (vest, dumbbells, etc.)
Competitive: 27-story stair climb with 35lb additional weight (vest, dumbbells, etc.)

In both PT and skills work, candidates will be required to walk up the 9-story training tower multiple times without a break, often while carrying a 35lb-45lb hose bundle. It is imperative that the candidate is prepared for this type of strenuous physical activity.

1.5 Mile Run: **Minimum: Under 12-minutes** **Competitive: Under 10:40**

Completing 1.5 miles in less than 12 minutes (8:00/mile pace) demonstrates that the candidate has the minimum necessary aerobic conditioning to complete the PT sessions without compromising their ability to safely perform skills work.

Barbell Back Squat with weight equivalent to 75% of bodyweight for 5 repetitions

Strength training is a large component of the cadet PT program, and lower body strength is necessary to complete the majority of tasks in the weight room and on the drill field. The ability to squat 75% of their bodyweight 5 times shows that the candidate has the ability to begin an intermediate-level strength program when they enter the academy.

Barbell Deadlift with weight equivalent to bodyweight for 5 repetitions

The deadlift is a movement pattern performed in nearly every aspect of cadet training. The ability to deadlift one's bodyweight indicates that the candidate is able to perform the required skills safely and effectively.

Barbell Overhead Press a weight equivalent to 35% of bodyweight for 5 repetitions

Many skills on the drill field involve lifting significant weight overhead. Developing the ability to safely perform this movement pattern under a weighted implement will enable the candidate to perform essential skills with minimal risk of injury.