

PHASE ONE TRAINING FOR JACK HICKEY

WEEK #	DATE	Weights	Aerobic	Comments
1	January 21	M-W-F	T-T	
2	January 28	M-W-F	T-T	
3	February 04	M-W-F	T-T	
4	February 11	M-W-F	T-T	
5	February 18	M-W-F	T-T	
6	February 25	M-W-F	T-T	
7	March 03	M-W-F	T-T	
8	March 10	M-W-F	T-T	
9	March 17	M-W-F	T-T	Any type aerobic ends here
10	March 24	M-W-F	T-T	<i>Thread mill warm up program should start here</i>
11	March 31	M-W-F	T-T	
12	April 07	M-W-F	T-T	

Weeks one to twelve consists of weight training at the gym, while weeks one to nine (cardio) you may complete any type of aerobic training. Week 10 I start on the thread mill with bunker gear and SCBA breathing off air. Wear sneakers for safety This will prepare for the thread mill program starting on the 14th of April PHASE ONE of my gym training ENDS APRIL 11 (weight training ends and we move outside to tower training)

PHASE TWO STARTS WITH ON COURSE TRAINING FOR SIX WEEKS

Training will start on April 14 and carry on for six weeks, ending on May 23. Training consists of running the tower or top half of the course segment on Monday, running thread mill indoors on Tuesday, running the bottom half of the course on Wednesday, Thread mill indoors again on Thursday, finishing the week with a Full Run (off air). Saturday and Sunday are rest days.

PHASE THREE STARTS MAY 26 FOR TEN WEEKS LEADING TO REGIONALS AND THEN FIVE WEEKS LEADING INTO NATIONALS

PHASE FOUR STARTS ON SEPTEMBER 22 SEVEN WEEKS LEADING TO WORLDS

This is my WEIGHT TRAINING FOR PHASE ONE 12 WEEKS , it can be any type weight training that you choose

Monday	<u>CHEST</u> 3 sets incline bench 3 sets push ups 3 sets chest machine 3 sets flyes	<u>SHOULDERS</u> 3 sets shoulder press 3 sets front press 3 sets upright rows 3 sets 21"s
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Wednesday	<u>BACK</u> 3 sets Chin ups 3 sets close grip pull downs 3 sets wide grip pull downs 3 sets bent over cable row	<u>BICEPS</u> 3 sets flat bar 3 sets incline dumb bell curls 3 sets hammer curls <u>TRICEPS</u> 3 sets decline easy curl bar 3 sets dips on bench 3 sets rope tricep extensions
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Friday	<u>LEGS</u> 3 sets lunges 3 sets one leg hack machine 3 sets leg extensions (one leg) 3 sets hamstring curls (one leg) 3 sets calf raises
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Tuesday and Thursday in Phase one are any type of aerobic days for the first nine weeks whether it be in the gym, or outdoors running. This can involve the step mill, treadmill, spin class ,etc. Weeks ten to twelve of cardio training will involve the thread mill warm up sessions setting the stage for week one of (Phase 2) when the thread mill program kicks in. This will include running on the treadmill with full bunker gear on, wearing a scba set, but not breathing on air. Saturday and Sunday should be used as off days to relax.

Week 13 is the start of Phase Two which involves actual on the combat course training grounds doing all the combat related training, plus aerobic twice a week which will be the thread mill program which involves full bunker gear, SCBA, (off air) for the sessions. Sneakers should be worn for safety reasons when running treadmill. Saturday and Sunday should be used as off days to relax

PHASE TWO TRAINING FOR JACK HICKEY

Phase two starts April 14 with combat tower training. *The thread mill sessions will be full bunker, SCBA, while running off air.* Wear sneakers for safety.
PHASE TWO ENDS MAY 23

WEEK	DATE	On Course	Aerobic	Comments
1	April 14	M-W-F	T-T	Off air for thread mill sessions
2	April 21	M-W-F	T-T	Off air for thread mill sessions
3	April 28	M-W-F	T-T	Off air for thread mill sessions
4	May 05	M-W-F	T-T	Off air for thread mill sessions
5	May 12	M-W-F	T-T	Off air for thread mill sessions
6	May 19	M-W-F	T-T	Off air for thread mill sessions

Phase Two training week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekend
Tower (front)	Thread mill	Bottom (back)	Thread mill	Full Run off air	Off

Phase 2

I use these as build up exercises for the tower, starting with just bunker gear, then bunker gear and high rise pack, moving on to two sets of bunker gear, scba and high rise pack, then cooling back down by doing reverse order, bunker gear, high rise pack and ending with bunker gear only. This completes the training set

“TOWER” WEEK ONE AND WEEK TWO	
Bunker Gear only	up the stairs and down the stairs
Bunker Gear, H/R Pack,	up the stairs and down the stairs
Bunker Gear, SCBA, H/R Pack,	up the stairs and down the stairs
	Red
Bunker Gear, SCBA, H/R Pack,	up the stairs and down the stairs
	Blue
Bunker Gear, , H/R Pack,	up the stairs and down the stairs

Bunker Gear, up the stairs and down the stairs

I use these as build up exercises for the bottom of the course. Same principle as above. Warming up with bunker gear, scba and dummy drag twice. Next its bunker gear,scba, hit the keiser block, run the hydrants, drag the hose and finish with a dummy drag. Do this twice, and then follow this with two cool down runs of bunker gear,scba, and dummy drag. This completes the training set

“BOTTOM” OF COURSE WEEK ONE AND WEEK TWO
Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Dummy Drag

For your cardio segments you have to find out what your target workload is. How do I do this you say. Easy, you take your fastest time you have ever ran during a race. You will need a video of your race for this. If you don’t have a video of your fastest race just work with it. I take my fastest time from Worlds Competitions.

In my case here I use a 1:39 time. I subtract the time when my feet are not moving during the race. This would be 8 seconds when I am doing my rope pull at the top of the tower , and 9 seconds when I am hitting the Keiser Block. All other times during the race your feet are moving.Taking my 1:39 and subtracting the 17 seconds where my feet are not moving. This works out to 1:22 or 82 seconds. To get my target work load for the week, I multiply the 82 seconds by 70% which is how hard I want to work the first week, which works out to be 57 seconds. This will be the time I will run as fast as I can on the treadmill at the speed and grade which I have to experiment with to find. You can see the chart below for my 2008 times. You will have to play around with the speed and grade to get your own limits.

Phase 2 **CARDIO TRAINING ON THREAD MILL (FULL GEAR OFF AIR)**

Week 1-April 15 and April 17

Week 2-April 22 and April 24

Name -JACK target workload is 57 seconds

WEEK ONE and TWO 70% of 1:22 =57 secs.	SPEED (mph)	GRADE %	TIME (min)
Warm up in PE gear	3	3	3:00
Stretch and Don PPE			
Warm -up in PPE	3	4	3:00
WORK INTERVAL ONE ON AIR	6	6	.57
Interval One off air	3.5	0	2:30
WORK INTERVAL TWO ON AIR	6	6	.57
Interval two off air	3.5	0	2:30
WORK INTERVAL THREE ON AIR	6	6	.57
Interval three off air	3.5	0	2:30
WORK INTERVAL FOUR ON AIR	6	6	.57
Interval four off air	3.5	0	2:30
Stop and remove PPE and SCBA	6	6	.57
Cool down	3.5	0	5:00

Phase 2

Week Three and Four the tower segment changes to throw in rope pulls

“TOWER” WEEK THREE AND WEEK FOUR	
Bunker Gear, up the stairs, and down the stairs	
Bunker Gear, up the stairs hoist the donut, and down the stairs	
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, and down the stairs	Red
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, and down the stairs	Blue
Bunker Gear, up the stairs hoist the donut, and down the stairs	
Bunker Gear, up the stairs and down the stairs	

Week Three and Four Bottom is a little different from weeks one and two.

“BOTTOM” OF COURSE WEEK THREE AND WEEK FOUR
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Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Dummy Drag

Week three and four we increase our target work load to 80% or 66 seconds on the treadmill as fast as you can at speed and grade to be determined by each individual. You can view my schedule below

Phase 2 CARDIO TRAINING ON THREAD MILL (FULL GEAR OFF AIR)

Week Three-April 29 and May 01

Week Four-May 06 and May 08

Name JACK - target workload is 66 seconds or one minute six seconds			
WEEK THREE -FOUR 80% of 1:22 =66 secs	SPEED (mph)	GRADE %	TIME (min)
Warm up in PE gear	3	3	3
Stretch and don PPE			
Warm up in PPE	3	4	2:30
WORK INTERVAL ONE	6.5	6.5	1:06
Interval one off air	3	0	2:30
WORK INTERVAL TWO	6.5	6.5	1:06
Interval two off air	3	0	2:30
WORK INTERVAL THREE	6.5	6.5	1:06
Interval three off air	3	0	2:30
WORK INTERVAL FOUR	6.5	6.5	1:06
Interval four of air	3	0	2:30
Stop and remove PPE and SCBA			

Cool down	3	0	5:00
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Week five and six are different than weeks one to four. I try to mix it up and trick my body into not developing muscle memory.

Phase 2

“TOWER” WEEK FIVE AND WEEK SIX
Bunker Gear, up the stairs, and down the stairs
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, down the stairs, hit the block
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, down the stairs, hit the block
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, down the stairs, hit the block
Bunker Gear, SCBA, H/R Pack, up the stairs hoist the donut, down the stairs, hit the block
Bunker Gear, up the stairs and down the stairs

“BOTTOM” OF COURSE WEEK FIVE AND WEEK SIX
Bunker Gear, SCBA, Dummy Drag
Bunker Gear, SCBA, Top Down Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Top Down Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Block, Hydrants, Hose Drag, Dummy Drag
Bunker Gear, SCBA, Dummy Drag

Weeks Five Cardio I increase to 90% target work load or 74 seconds, as fast as you can go at speed and grade on the threadmill.

Phase 2 CARDIO TRAINING ON THREAD MILL (FULL GEAR OFF AIR)

Week Five-May 13 and May 15

Name JACK- target workload is 74 seconds or one minute fourteen seconds			
WEEK FIVE 90% of 1:22= 74 secs	SPEED (mph)	GRADE %	TIME (min)
Warm up in PE gear	3	3	3
Stretch and don PPE			
Warm up in PPE	3	4	2:30
WORK INTERVAL ONE	6.7	6.5	1:14
Interval one off air	3	0	2:30
WORK INTERVAL TWO	6.7	6.5	1:14
Interval two off air	3	0	2:30
WORK INTERVAL THREE	6.7	6.5	1:14
Interval three off air	3	0	2:30
WORK INTERVAL FOUR	6.7	6.5	1:14
Interval four of air	3	0	2:30
Stop and remove PPE and SCBA			
Cool down	3	0	5:00

By week six I am running at 100% target work load at speed and grade. Anytime your cardio segment feels to easy you only need increase the speed or increase the grade.

REMEMBER, THE INTENTION WITH THIS EXERCISE IS TO INCREASE FOOT SPEED WHICH HELPS WITH YOU TRANSITIONS FROM EVENT TO EVENT

Phase 2 **CARDIO TRAINING ON THREAD MILL (FULL GEAR ON AIR)**

Week Six-May 20 and May 22

Name JACK- target workload is 82 seconds or one minute twenty two seconds			
WEEK SIX 100% of 1:22=82 secs	SPEED (mph)	GRADE %	TIME (min)
Warm up in PE gear	3	3	3
Stretch and don PPE			
Warm up in PPE	3	4	2:30
WORK INTERVAL ONE	6.7	7.0	1:22
Interval one off air	3	0	2:30
WORK INTERVAL TWO	6.7	7.0	1:22
Interval two off air	3	0	2:30
WORK INTERVAL THREE	6.7	7.0	1:22
Interval three off air	3	0	2:30
WORK INTERVAL FOUR	6.7	7.0	1:22
Interval four of air	3	0	2:30
Stop and remove PPE and SCBA			
Cool down	3	0	5:00

PHASE THREE STARTS MAY 26 FOR TEN WEEKS LEADING TO REGIONALS

All your threadmill or cardio segments from here on should be ran at 100% target work load. Again, you can increase the speed or the grade anytime you wish

When I do (TOP) Tower to Randy, I start base of the tower, full gear and run the entire course ending when I reach and touch Rescue Randy on the head.

When I do (BOTTOM) Top down to Finish I start at the top of the tower starting with rope pull and then I run the remainder of the course finishing with Rescue Randy drag the 100 feet to the finish line

As you can see here, I train four days, rest on Friday and then I run a full run on Saturday same as if I was in a competition. There is a race (regional) somewhere on a Saturday so I run one as well. This, I will continue each week leading into the my Regionals

REGIONAL			
Monday May 26 to Sunday June 01			
Monday	26	Tower to Randy (2 Sets + warm up)	
Tuesday	27	Thread Mill	
Wednesday	28	Top Down to Finish (2 sets + warm up)	
Thursday	29	Thread Mill	
Friday	30	Rest Day	
Saturday	31	Race	Full Run On Air
Sunday	Jun 01	Rest Day	

REGIONAL			
Monday June 02 to Sunday June 08			
Monday	02	Tower to Randy (2 Sets + warm up)	
Tuesday	03	Thread Mill	
Wednesday	04	Top Down to Finish (2 sets + warm up)	

Thursday	05 Thread mill
Friday	06 Rest Day
Saturday	07 Race Full Gear On Air
Sunday	08 Rest Day

Phase 3

REGIONAL	
Monday June 09 to Sunday June 13	
Monday	09 Tower to Randy (2 Sets + warm up) + Two Randy Drags
Tuesday	10 Thread Mill
Wednesday	11 Top Down to Finish (2 sets + warm up) + Two Rope Pulls
Thursday	12 Thread mill
Friday	13 Rest Day
Saturday	14 Race Full Gear On Air
Sunday	15 Rest Day

REGIONAL	
Monday June 16 to Sunday June 22	
Monday	16 Tower to Randy (2 Sets + warm up) + Two Rope Pulls
Tuesday	17 Thread Mill
Wednesday	18 Top Down to Finish (2 sets + warm up) + Two Randy Drags
Thursday	19 Thread mill
Friday	20 Rest Day
Saturday	21 Race Full Gear On Air

Sunday	22 Rest Day
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Phase 3

REGIONAL	
Monday June 23 to Sunday June 29	
Monday	23 Up Stairs, Rope Pull, Down Stairs, Block (4 Sets + warm up)
Tuesday	24 Thread Mill
Wednesday	25 Down Stairs, Block, Hydrants, Hose Pull, Dummy Drag (4 sets + warm up)
Thursday	26 Thread mill
Friday	27 Rest Day
Saturday	28 Race Full Gear On Air
Sunday	29 Rest Day

REGIONAL	
Monday June 30 to Sunday July 06	
Monday	30 Tower to Randy (2 Sets + warm up) + Two Randy Drags
Tuesday Jul 01	Thread Mill
Wednesday	02 Top Down to Finish (2 sets + warm up) + Two Rope Pulls
Thursday	03 Thread mill
Friday	04 Rest Day
Saturday	05 Race Full Gear On Air
Sunday	06 Rest Day

Phase 3

REGIONAL	
Monday July 07 to Sunday July 13	
Monday	07 Top Down to Finish (2 Sets + warm up) + Two Randy Drags
Tuesday	08 Thread Mill
Wednesday	09 Tower to Randy (2 sets + warm up) + Two Randy Drags
Thursday	10 Thread mill
Friday	11 Rest Day
Saturday	12 Race Full Gear On Air
Sunday	13 Rest Day

REGIONAL	
Monday July 14 to Sunday July 20	
Monday	14 Full Run off air + warm up)
Tuesday	15 Thread Mill
Wednesday	16 Full Run off air + warm up)
Thursday	17 Thread mill
Friday	18 Rest Day
Saturday	19 Race Full Gear On Air
Sunday	20 Rest Day

Phase 3

REGIONAL	
July 21 to July 27	
Monday	21 Tower to Randy (2 Sets + warm up)
Tuesday	22 Thread Mill
Wednesday	23 Top Down to Finish (2 sets + warm up)
Thursday	24 Thread mill
Friday	25 Travel Day
Saturday	26 Race Full Gear On Air
Sunday	27 Rest Day

I MAKE ADJUSTMENTS THIS WEEK AS IT IS LEADING INTO MY REGIONALS SO I CUT BACK, FINE TUNE, ALLOW FOR TRAVEL TIME AND REST IN PRE RACE

<i>REGIONALS "STEPHENVILLE" REGIONALS</i>	
Monday July 28 to Sunday August 03	
Monday	28 Top down to finish (1 set+ warm up)
Tuesday	29 Thread Mill
Wednesday	30 Tower to randy(1 set + warm up)
Thursday	31 Thread mill
Friday Aug	01 Travel
Saturday	02 Race Full Gear On Air
Sunday	03 Travel Day

Phase 03

When I return from regionals I usually do a Muscle Memory reality check for the body with a change in routine for the entire week.

REGIONAL	
Monday August 04 to Sunday August 10	
Monday	04 Up Stairs, Rope Pull, Down Stairs, Block (4 Sets + warm up)
Tuesday	05 Thread Mill
Wednesday	06 Down Stairs, Block, Hydrants, Hose Pull, Dummy Drag (4 sets + warm up)
Thursday	07 Thread mill
Friday	08 Rest Day
Saturday	09 Race Full Gear On Air
Sunday	10 Rest Day

REGIONAL	
Monday August 11 to Sunday August 17	
Monday	11 Start to Randy (2 Sets + warm up)
Tuesday	12 Thread Mill
Wednesday	13 Top Down (2 sets + warm up)
Thursday	14 Thread mill
Friday	15 Rest Day
Saturday	16 Race Full Gear On Air
Sunday	17 Rest Day

Phase 03

REGIONAL	
Monday August 18 to Sunday August 24	
Monday	18 Top Down to Finish (2Sets + warm up)

Tuesday	19 Thread Mill
Wednesday	20 Start to randy (2sets + warm up)
Thursday	21 Thread mill
Friday	22 Rest Day
Saturday	23 Race Full Gear On Air
Sunday	24 Rest Day

I keep changing my program to keep the body on edge as well as to prevent me from getting bored with the same routine.

REGIONAL	
Monday August 25 to Sunday August 31	
Monday	25 Up Stairs, Rope Pull, Down Stairs, Block (5 Sets + warm up)
Tuesday	26 Thread Mill
Wednesday	27 Down Stairs, Block, Hydrants, Hose Pull, Dummy Drag (5 sets + warm up)
Thursday	28 Thread mill
Friday	29 Rest Day
Saturday	30 Race Full Gear On Air
Sunday	31 Rest Day

Phase 03

REGIONAL	
Monday September 01 to Sunday September 07	
Monday	01 Top Down
Tuesday	02 Thread Mill
Wednesday	03 Start to Randy

Thursday	04	Thread mill
Friday	05	Rest Day
Saturday	06	Race Full Gear On Air
Sunday	07	Rest Day

Pre Nationals is a time to cut back on the training course, have some fun, but continue with the cardio. Nationals week usually consists of a preliminary qualifier on day one, relay day two, day off, individual finals and then the relay finals

<i>“CANADIAN NATIONALS WEEK”</i>		
Monday September 08 to Sunday September 14		
Monday	08	FULL RUN MAYBE
Tuesday	09	Travel Day
Wednesday	10	RACE DAY ONE
Thursday	11	RACE DAY TWO
Friday	12	RACE DAY THREE
Saturday	13	FINALS
Sunday	10	OPEN FINALS

After Canadians I take the entire week off and only go to the course to set up the Worlds Course and make the changes to the worlds high rise packs and keiser blocks

PHASE FOUR IS FOR ATHLETES GOING ON TO WORLDS.

PHASE FOUR starts on September 22 and carries on right into the week before Worlds. During the first week, I try to get used to the changes to the worlds course, which include but are not limited to:

High rise pack which has no loops on it, and which can not be touched before the start whistle goes off. It takes time to get used to reaching down a little farther as you have to place both your hands on pressure sensitive pads which active a set of lights. The clock starts when the starter fires the whistle.

The kesier block is the original block from worlds which has to be hit 10-12 times on a good day, or more depending on weather conditions.

The pylons or hydrants are at much sharper angles than the Canadian course and there is one more hydrant on the worlds course.

The water gate consists of swinging doors, which have to be pushed open before you can spray or shoot water at the target. The nozzle has to cross the water line which is gates open, failure to wait will cost you seconds.

Rescue Randy has the magnets in his feet which stop the time clock, unlike the Canadian course where the time stops when you break the beam with your helmet, scba tank, or body .

I usually spend the entire week of September 22-26 working on these changes.

September 29 I start a six week program leading into World's. I don't make many changes for the entire six weeks. The only thing which prevents changes at this time of the year is the weather. Sometimes snow, winds and rain prevent you from training outdoors. If I miss a day, I don't try to pick it up, it's a rest day. I do spend a great deal of time pounding away on the Keiser Block as I have found that for me it's the key to beating the Worlds course. Hit it hard and hit it often, there are very few secrets on the block, except for brute strength it to the end. I do lean towards trying to get my first three hits down as low on the block as possible to get it moving. Usually by this time its behind your heels and in your power zone. I don't find any benefit to moving from side to side with hits. I deliver my first three down low on the left side and then after that I try to hit it left side but up in the center area of the block. This seems to be the best recoiling of the maul or hammer as it seems to jump back more on its own when I deliver the hits there. Again to each their own, whatever works for you, but remember it will move as hard as you deliver the hits. Little hits, little gain, big hits ,big gains.

Monday	Top Down times two
Tuesday	Thread Mill
Wednesday	Start to Randy times two
Thursday	Thread mill
Friday	Rest Day
Saturday	Race Full Gear On Air
Sunday	Rest Day

Somewhere around here it's travel time to the show.

