

5K the FRF Way Virtual Workout Event

Thank you for supporting the FRF Virtual Event to benefit the National Fallen Firefighters Foundation. This is an overview of the virtual race event. You can perform this “workout event” anytime between November 15th and November 30th. Please post your results and share with us your thoughts on the program and event.

Please post event photos on social media using #FRF5k #GETFRF #5KtheFRFWay
You can perform a 2K walk or a 5K run/walk or the 5K +343 (see below)

5K the FRF Way

Weight (if any)	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Prisoner Squats	50	minimal		<p>Perform all the reps of these exercises then run a half mile. You will run only .1 mile after the burpees to complete the 5K and 343 reps.</p> <p>You can break the reps up into different sets. It may take 5 sets of 10 reps the first couple times, then go to 2 sets of 25 as your fitness improves. Choose the activity (run, steps, walk) based on your level of fitness and/or available equipment. The goal is to complete all the all reps and run the 5K in as quick a time as possible.</p>
	Run half mile	NA	minimal		
	Body Rows	50	minimal		
	Run half mile	NA	minimal		
	Push-ups	50			
	Run half mile	NA	minimal		
	Plank Pulses	50	minimal		
	Run half mile	NA	minimal		
25 each leg	Lunges	50	minimal		
	Run half mile	NA	minimal		
No weights	Bent-over Y raises	50	minimal		
	Run half mile	NA	minimal		
	Burpees	43	minimal		
	Run .1 mile	Na	minimal		

Please list your total time: _____ (remember to post your results)

Thank you for supporting FRF and the National Fallen Firefighters Foundation.



The goal is to complete all the exercises and runs in the fastest time possible.

[Prisoner Squats](#)

50 reps

Coaching Tips: Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Focus on keeping your elbows pulled back and your chest up. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.



Run a half mile (as quickly as you can... you can walk/ run)

Click on the "blue" exercise for a video of it in action.

[Body Rows](#)
(50 reps)

Coaching Tips: Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Do not let your legs push you up, pull yourself, pause at the top of the motion, then slowly lower back to the starting position. You can also do a TRX or use a blanket to perform the rows. [Here is a video on how to make a suspension system at home... \(click here\)](#)

Blanket Body Rows



Bodyweight Rows (bar option)
You can also use a TRX or webbing Row

Run a half mile (as quickly as you can... you can walk/ run)

[Push ups](#)
(50 reps)

Coaching Tips: Lie on the floor with your body weight supported by your hands under your shoulders and your toes. Tighten your abs and glutes then slowly lower your upper body towards the floor. Your elbows should be outside your body. Lower till your chest is almost touching the floor, pause, and then push your upper body back to the starting position



Run a half mile (as quickly as you can... you can walk/ run)

Click on the "blue" exercise for a video of it in action.

[Prone Plank Pulses](#)
(25 reps)

Coaching Tips: Lie on the floor with elbows/ forearms under your shoulders. Tighten your abs and glutes then lift your body off the floor, your toes and forearms should be holding you up. Keep abs tight and head in proper alignment then push hips toward the ceiling. Hold at the top of the motion for a moment then return to the starting position. Repeat as directed.

Prone Plank Pulses



Run a half mile (as quickly as you can... you can walk/ run)

Prisoner Lunges
(50 reps, 25 each leg)

Coaching Tips: Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Step forward with your right leg, taking a slightly larger than normal step. Be sure to keep your left toe on the ground and use it to help keep your balance, and also bend your right knee. Continue to lower your body until your front thigh is parallel to the ground. Keep your upper body upright throughout the entire movement. Hold the position for 2-3 seconds. Push with your front (right) leg to return to the starting position and swap legs.



Run a half mile (as quickly as you can... you can walk/ run)

Bent over Y raises
(50 reps)

Do not use weights, just your arms...

Coaching Tips: Begin standing with feet hip width apart. Bend forward at the waist keeping a straight back not rounded). Let your arms drop toward the floor (weights optional). Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Raise your arms keeping thumbs pointed up at the ceiling. Do not allow your head to “jut” forward as you raise the dumbbells. Bring the weights parallel to the floor, pause, then return to the starting position for a moment.



Run a half mile (as quickly as you can... you can walk/ run)

Burpees
43 reps

Coaching Tips: Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward OUTSIDE your body (to protect your knees) to return your feet to the starting position. Rise up to original standing posture, raise arms overhead and balance on your toes... or add a jump.



Run .1 mile to finish. Record your total time: _____

Following the event, you may want to perform this stretch routine.

FRF Stretch Routine for the 5K 343

Hold each stretch for 20 seconds then move to the next. Repeat the routine 2x (4-minutes total). Foam roll after the 4-minutes if time permits.

Step Back Right Leg (arms up)

Coaching Ques: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Squeeze your glutes and keep your hips level. You should feel a stretch in the front of your hips. The further back your leg, the more the stretch. Hold this position for the desired time then return to your starting position.



Step Back Left Leg (arms up)

Coaching Ques: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Squeeze your glutes and keep your hips level. You should feel a stretch in the front of your hips. The further back your leg, the more the stretch. Hold this position for the desired time then return to your starting position.



Standing Quad Stretch (right)

Coaching Ques: Stand up straight and brace your abs. Grab your right ankle with your right arm and slowly bring your foot back towards your right glute. Try to pull your foot and knee back past your standing leg. Maintain balance and a straight upright position.



Standing Quad Stretch (left)

Coaching Ques: Stand up straight and brace your abs. Grab your left ankle with your left arm and slowly bring your foot back towards your right glute. Try to pull your foot and knee back past your standing leg. Maintain balance and a straight upright position.



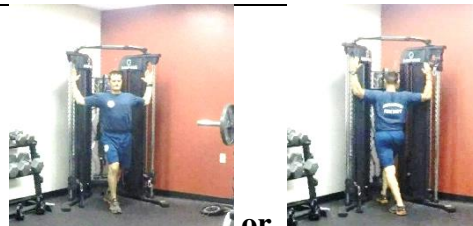
Groin Sprawl

Coaching Ques: Start on your hands and knees, and gradually spread your knees further apart while dropping your hips back toward your heels until you feel a good stretch in your big adductor or groin muscles on both legs. Try to maintain good spinal and pelvic alignment and be careful not to bounce or strain



Corner Chest Stretch

Coaching Ques: Find a corner in your room where 2 walls come together. Stand facing the corner and put your arms up on the walls at a ninety-degree angle, elbows just a little lower than your shoulders. Exhale and take a step forward with one foot. Lift your chest and keep your head straight up as you bring your body forward through your arms.



or

Congratulations!

You ARE FRF! Click below to discover your “next” FRF program.

Use code **MYFRF10** for a discount

CLICK HERE TO FIND THE BEST WORKOUT PROGRAM FOR YOU?

FRF
www.FireRescueFitness.com

Reiley Grashoff
She used FRF Ultimate to lose over 25 pounds and gain strength on and off the fireground. FRF helped her rehab from injury and is now "fit for duty."

Doug Franklin
Doug lost 28 pounds and almost 4 inches off his waist. He was able to gain strength and rehab from injury using the FRF Ultimate Fire Athlete Workout Program.

Adam Grover
Adam used his FRF workout program and eating guide to lose over 40 pounds (over 6-months). He continues to use the program for his health and fitness.

Dave Connors
Dave used FRF to lose 22 pounds and 6 inches off his waist. He also got his crew involved in daily workouts and is moving and feeling better than ever. Congrats Dave. YOU ARE FRF!

Adam Howard
Adam lost over 8% bodyfat and 40 pounds with FRF. He used the FRF Fat Loss Workout Program to get back into his uniform and moving better on and off the fireground. You are FRF!

Chris Willyard
He gained strength and endurance and lost over 20 pounds. He is also a better example for his family and is keeping it up.

Devin Davis
Lost almost 20 pounds, quit drinking soda and cleaned up his diet. He also added strength and has made FRF a part of his lifestyle.

Stuart Edwards
Lost over 20 pounds and greatly improved his performance on and off the fireground. He also cleaned up his diet and feels better.

Yusuf Ghodgeri
He was able to lose 30lbs and greatly improved his performance as a firefighter. FRF has motivated him to continually make fitness a priority and is continuing his workouts and following the FRF Eating Choices.

Aaron Zamzow
He is not only the founder of FRF but one of the biggest fans. The FRF Fat Loss Program helped Aaron (Zam) lose 4% bodyfat and gain strength and stamina. FRF works, start your program TODAY.

Please email me any feedback about the 5K the FRF Way Experience. Did you lose weight, gain strength, have fun, and get others involved? What can we do to improve the event?

Send me feedback to Zam@FireRescueFitness.com

Thank you for the support. -Zam (Aaron Zamzow)