

EXOS Firefighter Phase 1 Performance Mentorship Course Outline

Day 1:

+ 8:00-8:30	Course Registration and Tour
+ 8:30-10:00	<u>Lecture:</u> Methodology: A Systems Based Approach
+ 10:00-10:15	Break
+ 10:15-12:00	<u>Practical:</u> EVALS – FMS and VO2
+ 12:00-1:00	Lunch
+ 1:00 -2:30	<u>Lecture:</u> Nutrition
+ 2:30-2:45	Break
+ 2:45-4:00	<u>Practical:</u> Group Training Session 1
+ 4:00-4:30	<u>Practical:</u> ESD (Green Zone –RPE Based)
+ 4:30-5:00	<u>Practical:</u> Regen (Hydrotherapy)

Day 2:

+ 8:00-9:00	<u>Practical:</u> Session Prep – Pillar & Movement Prep
+ 9:00-10:00	<u>Lecture:</u> Pillar Prep & Movement Prep
+ 10:00-10:15	Break
+ 10:15-12:00	<u>Lecture:</u> FMS Introduction and Demo
+ 12:00-1:00	Lunch
+ 1:00 -2:30	<u>Practical:</u> FMS Hierarchy and Correctives
+ 2:30-2:45	Break
+ 2:45-4:00	<u>Practical:</u> Group Training Session 2
+ 4:00-4:30	<u>Practical:</u> ESD (Red Zone)
+ 4:30-5:00	<u>Practical:</u> Regen (Hydrotherapy)

Day 3:

+ 8:00-9:00	<u>Practical:</u> Correctives
+ 9:00-10:00	<u>Practical:</u> FMS Lab
+ 10:00-10:15	Break
+ 10:15-12:00	<u>Lecture:</u> Strength and Power Programing Framework
+ 12:00-1:00	Lunch
+ 1:00-2:30	<u>Lecture:</u> Energy Systems Development
+ 2:30-2:45	Break
+ 2:45-3:00	<u>Practical:</u> Group Led Movement Prep
+ 3:00-4:30	<u>Practical:</u> Coach the Coach Session
+ 4:30-5:00	Wrap Up and Group Photo

- Schedule subject to change -