

EXOS Firefighter Phase 2 Performance Mentorship Course Outline

Day 1:

+ 8:00-8:30	Course Registration and Tour
+ 8:30-9:15	<u>Lecture:</u> Methodology: A Systems Based Approach
+ 9:15-9:30	Break
+ 9:30-11:00	<u>Practical:</u> EVALS – FMS and VO2
+ 11:00-12:00	<u>Practical:</u> Pillar 101
+ 12:00-1:00	Lunch
+ 1:00 -2:30	<u>Lecture:</u> Nutrition - Recovery
+ 2:30-2:45	Break
+ 2:45-3:15	<u>Practical:</u> KB Corrective – Shoulder Mobility
+ 3:15-4:45	<u>Practical:</u> Upper Push/Pull – Movement Compensations
+ 4:45-5:00	<u>Practical:</u> Regen (Session Specific)

Day 2:

+ 8:00-9:00	<u>Lecture:</u> Introduction to Power – Medball and Plyometrics
+ 9:00-9:45	<u>Practical:</u> KB Correctives (HS, ILL, DS)
+ 9:45-10:00	Break
+ 10:00-10:45	<u>Lecture:</u> Acceleration
+ 10:45-11:00	<u>Applied:</u> KB Corrective – Rotary Stability
+ 11:00-12:00	<u>Applied:</u> Acceleration
+ 12:00-1:00	Lunch
+ 1:00 -2:30	<u>Lecture:</u> Energy System Development
+ 2:30-2:45	Break
+ 2:45-3:15	<u>Practical:</u> KB Corrective – Active Straight Leg Raise
+ 3:15-4:45	<u>Practical:</u> Lower Push/Pull – Movement Compensations
+ 4:45-5:00	<u>Practical:</u> Regen (Session Specific)

Day 3:

+ 8:00-9:15	<u>Applied:</u> Plyometrics Practical
+ 9:15-9:45	<u>Practical:</u> ESD Practical (Green Zone – MAS application)
+ 9:45-10:00	Break
+ 10:00-10:45	<u>Lecture:</u> Multi-Directional Speed
+ 10:45-11:00	<u>Applied:</u> KB Corrective – Trunk Stability Push up
+ 11:00-12:00	<u>Applied:</u> Multi-Directional Speed
+ 12:00-1:00	Lunch
+ 1:00-2:30	<u>Lecture:</u> Strength II
+ 2:30-2:45	Break
+ 2:45-4:00	<u>Practical:</u> Medball Practical
+ 4:00-4:30	Wrap Up and Group Photo

- Schedule subject to change -