



**SAN ANTONIO FIRE DEPARTMENT
TRAINING DIVISION
300 S. Callaghan
San Antonio, TX 78227**



Congratulations:

You have successfully completed the Candidate Physical Ability Test. As you may know this is the second step in the hiring process and a lengthy period is still ahead. For this reason, you should strive to maintain, and, if possible, improve your physical fitness level over the next several months. Cardiovascular fitness is foundational to the profession of Firefighting, and, should you be selected to attend the San Antonio Fire Department Training Academy, it is extremely important for you to show up in shape.

Included with this letter is an outline of the SAFD Cadet PT Program. Remember, this document indicates the minimum fitness level you should be at upon entry to the academy. You should be able to achieve the following on the first fitness test which will be given the first week of the academy:

*Run 1.5 miles in less than 13:00 minutes,
Complete 30 push-ups in 1 minute,
Complete 40 sit-ups in 1 minute,
Perform 5 pull ups,
Sit and reach 19 inches and
Have a Body Mass Index of less than 30.*

Running and/or climbing stairs will also benefit you in this regard. It is strongly recommended that you begin following the attached program along with eating a healthy diet, which may include:

*Reducing your intake of processed foods,
Eating whole grain bread products,
Eating raw fruits and vegetables and,
Avoiding the empty calories found in soft drinks (drink water and no alcohol).*

Again, you will be tested for Fitness the first week of the academy. Should you have any questions about our Cadet Fitness Program, feel free to call me at 210.207.5966.

Good Luck,

Lt. Eric Ernst
Cadet Coordinator