

# FIREFIT ENDURANCE PROGRAM

Once a week, FireFit will provide a pretty intense - usually quite long - endurance workout for those of you interested in adding in some additional training on the rower, bike, or running - to increase your aerobic capacity. Some of you will do them because you truly enjoy these type of workouts. Others may feel they need to add longer aerobic type of workouts in because it's a weakness.

Either way, adding these in 1 - 3 days a week is a great compliment to your training and will help you build stamina and endurance which is crucial to us as Firefighters.

For these sessions you may want to mix and match modalities. You can sometimes run, sometimes row. Or sometimes row, sometimes bike - for example. BUT - mix which sessions you are using which modality.

**For example if you want to combine Run or Row.**

**Week 1 : Session 1- Run, Session 2- Row, Session 3- Run.**

**Week 2 would then be: Session 1- Row, Session 2- Run, Session 3- Row.**

You may also choose to do the same modality for the whole thing. No problem in that at all. Just keep in mind soreness and any overuse. SCALE IF NEEDED!

**START BY DOING ONLY 1/2 OF THE WORKOUT AND BUILD UP OVER TIME IF NECESSARY!  
DO NOT DO THESE WORKOUTS ON BACK TO BACK DAYS IF POSSIBLE.**

Ideally you will separate them on like a M, W, F/S schedule or T, Th, S/S. Allow your body to recover! Please contact your trainers with any questions.

Before you get started, we recommend testing the following before and after this focused 5 weeks if you want measurable results:

Run: 400 meters, 1 mile run, or 5K

Row: 500 meters, 2K, or 5K

Bike: 30 Cal, 100 Cal, or 20 minute max Cals

(You can choose any OR all of these)

## ENDURANCE 8/11/2019

**\*\*You should have at least 1 day between run sessions.**

### 2 ROUNDS

RUN 1000 M - MODERATE

REST 3 MIN

RUN 400 M - FAST

REST 3 MIN

RUN 600 M - FAST

REST 5 MIN

Total: 4000 M

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

FAST = 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

REST = REST

SCORE: TOTAL TIME (including rest)

**GOAL: Your FAST for 400 and 600 are not the same necessarily. They are fast and 80% effort for that distance - 400 will be a bit faster than 600. Do not mess up paces to get a better score. The rest is important!**

### **Run Version: (No Measure)**

#### **2 Rounds**

Run 6 Min - Moderate

Rest 3 Min

Run 90 Sec - FAST

Rest 3 Min

Run 3:00 Min - FAST

Rest 5 Min

Total Time (Including Rest): 38:00 (doesn't include 5 min at the end of second round)

**Goal: Keep those paces. Second round is close to same distance as first.**

Score: If you can wear a watch or something to measure total distance.

### **Row Version**

#### **2 Rounds**

Row 1250 M - Moderate

Rest 3 Min

Row 500 M - FAST

Rest 3 Min

Row 750 M - FAST

Rest 5 Min

Total Distance: 3650 M

**Goal: Keep those paces. Second round is close to same time as first.**

Score: Total Time - Including Rest

### **Bike Version**

#### **2 Rounds**

Bike 60 Cal - Moderate

Rest 3 Min

Bike 25 Cal - FAST

Rest 3 Min

Bike 40 Cal - FAST

Rest 5 Min

Total Cal: 250 (ouch)

Didn't give calcs for men and women this time - you've got this ladies.

**Goal: Keep those paces. Second round is close to same time as first.**

Score: Total Time (Including Rest)