

# 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 8/19/2019

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

### **RUN VERSION**

Run 4 Min MODERATE  
2 Min Rest

3 Times with no rest between:  
Run 1:30 SPRINT  
Run 1:00 SLOW

Then Rest 90 Seconds

3 Times with no rest between:  
Run 1:00 SPRINT  
Run 1:30 Slow

Then Rest 90 Seconds

3 Times with no Rest

Run 0:45 SPRINT  
Run 1:45 SLOW

Then Rest 90 Seconds

3 Times with no Rest between:  
Run 0:30 SPRINT  
Run 2:00 SLOW

Then Rest 90 Seconds

Run 4 Min MODERATE No specific distances on this one. But here's how to figure out your pace.

**Slow** - not a walk, but a complete recovery pace.

**Moderate** - Super sustainable, but not super comfortable.

**Sprint** - 90% effort for the time given. So - :30 second Sprints are going harder than 1:30 Sprints since they are shorter in duration.

When it says 3 times with no rest in between:

For example:

3 Times with no rest between:  
Run 1:30 SPRINT  
Run 1:00 SLOW

That means you go 1:30 Sprint - Run 1:00 Slow then right into 1:30 Sprint - then 1:00 Slow then 1:30 Sprint - then 1:00 Slow THEN rest 90 seconds.

Have fun!

Scale as necessary - this is a doozy!

## **ROW VERSION**

Row 4 Min MODERATE  
2 Min Rest

3 Times with no rest between:  
Row 1:30 SPRINT  
Row 1:00 SLOW

Then Rest 90 Seconds

3 Times with no rest between:  
Row 1:00 SPRINT  
Row 1:30 Slow

Then Rest 90 Seconds

3 Times with no Rest  
Row 0:45 SPRINT  
Row 1:45 SLOW

Then Rest 90 Seconds

3 Times with no Rest between:  
Row 0:30 SPRINT  
Row 2:00 SLOW

Then Rest 90 Seconds

Row 4 Min MODERATE No specific distances on this one. But here's how to figure out your pace.

**Slow** - a complete recovery pace but keep moving steady.

**Moderate** - Super sustainable, but not super comfortable.

**Sprint** - 90% effort for the time given. So - :30 second Sprints are going harder than 1:30 Sprints since they are shorter in duration.

When it says 3 times with no rest in between:

For example:

3 Times with no rest between:  
Row 1:30 SPRINT  
Row 1:00 SLOW

That means you go 1:30 Sprint - Row 1:00 Slow then right into 1:30 Sprint - then 1:00 Slow then 1:30 Sprint - then 1:00 Slow THEN rest 90 seconds.

## **BIKE VERSION**

### **For total calories**

Bike 4 Min MODERATE  
2 Min Rest

3 Times with no rest between:

Bike 1:30 SPRINT  
Bike 1:00 SLOW

Then Rest 90 Seconds

3 Times with no rest between:  
Bike 1:00 SPRINT  
Bike 1:30 Slow

Then Rest 90 Seconds

3 Times with no Rest  
Bike 0:45 SPRINT  
Bike 1:45 SLOW

Then Rest 90 Seconds

3 Times with no Rest between:  
Bike 0:30 SPRINT  
Bike 2:00 SLOW

Then Rest 90 Seconds

Bike 4 Min MODERATE No specific calories on this one. But here's how to figure out your pace.

**Slow** - a complete recovery pace but keep moving steady.

**Moderate** - Super sustainable, but not super comfortable.

**Sprint** - 90% effort for the time given. So - :30 second Sprints are going harder than 1:30 Sprints since they are shorter in duration.