

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 9/22/2019

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

RUN 1200 M - EASY
REST 2 MIN
RUN 1200 M - MODERATE
REST 2 MIN
RUN 1200 M - EASY
REST 2 MIN

STRAIGHT INTO

6 ROUNDS
SPRINT 100 M
REST 30 SECONDS

Total: 4200 M

EASY = 60-70% SUSTAINABLE AND VERY COMFORTABLE
MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

SPRINT = ALL OUT!

SCORE = TOTAL TIME (including rest)

GOAL = Keep the EASY sections EASY. MODERATE 1200 should be faster than other 2. Push pace on the sprints but aim to make all of them the same pace.

Running - No Measured Distance

Run 8 Min - EASY

Rest 2 Min

Run. 6 Min - MODERATE

Rest 2 Min

Run 8 Min - EASY

Rest 2 Min

Then go straight into:

6 Rounds

20 Seconds Sprint

30 Seconds Rest

Easy = Sustainable and comfortable

Moderate= Uncomfortable but sustainable

Sprint = ALL OUT!

Score: If you can wear an Apple Watch or something with GPS you can measure your total distance!

Row Version

1500 Meter Row - EASY

Rest 2 Min

1500 Meter Row - MODERATE

Rest 2 Min

1500 Meter Row - EASY

Rest 2 Min

Then go straight into:

6 Rounds

150 Meter Row - SPRINT
30 Seconds Rest

Easy = Sustainable and comfortable
Moderate= Uncomfortable but sustainable
Sprint = ALL OUT!

Score: Total Time Including Rest!

Bike Version

90 Calories Men / 66 Calories Women - EASY
Rest 2 Min
90 Calories Men / 66 Calories Women - MODERATE
Rest 2 Min
90 Calories Men / 66 Calories Women - EASY
Rest 2 Min

Then go straight into:

6 Rounds
8 Calories Men / 5 Calories Women - SPRINT
30 Seconds Rest

Easy = Sustainable and comfortable
Moderate= Uncomfortable but sustainable
Sprint = ALL OUT!

Score: Total Time Including Rest!