

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 9/8/2019

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

RUN 300 M - FAST
1 MIN REST
RUN 400 M - MODERATE/FAST
2 MIN REST
RUN 500 M - MODERATE/FAST
2 MIN REST
RUN 600 M - MODERATE
2 MIN REST
RUN 500 M - MODERATE/FAST
2 MIN REST
RUN 400 M - MODERATE/FAST
2 MIN REST
RUN 300 M - FAST

Total: 3000 M

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

MODERATE/FAST = 80% (BETWEEN MODERATE AND FAST)
FAST = 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

SCORE = TOTAL TIME (including rest)

GOAL = Play around with pushing past your normal MODERATE pace during the MODERATE/FAST sections today!

The total DISTANCE in this workout is short - but the speed and intensity should be kept HIGH!

Remember - endurance isn't just about LONG - but also being able to sprint when needed and build up that threshold.

Row Version:

ROW 500 METERS -MODERATE/FAST
2 MIN REST

ROW 600 METERS - MODERATE/FAST
2 MIN REST

ROW 700 METERS - MODERATE/FAST
2 MIN REST

ROW 800 METERS - MODERATE
2 MIN REST

ROW 700 METERS - MODERATE/FAST
2 MIN REST

ROW 600 METERS - MODERATE/FAST
2 MIN REST

ROW 500 METERS - FAST

TOTAL METERS: 4400

SCORE = TOTAL TIME

GOAL: Go hard on the FAST paces and pretty hard on the others. On the 800 keep a steady pace.

You should need the rest.

Score: **Total Time INCLUDING all of the rest.** Do not mess up your paces to get a better time.

Bike Version

Bike 2 Min -MODERATE/FAST

2 MIN REST

Bike 3 Min - MODERATE/FAST

2 MIN REST

Bike 4 Min - MODERATE/FAST

2 MIN REST

Bike 5 Min - MODERATE

2 MIN REST

Bike 4 Min - MODERATE/FAST

2 MIN REST

Bike 3 Min - MODERATE/FAST

2 MIN REST

Bike 2 Min - FAST

Total BIKE time: 23 Min

Total time INCLUDING rest: 35 Min

SCORE = Calories

GOAL: Go hard on the FAST paces and pretty hard on the others. Keep the 5 min section at a steady pace!

You should need the rest.

Score: Total Calories at the end. Do not mess up your paces to get a better time.