

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)

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

Run Version

5min mod pace, 3min rest
5min hard pace, 3min rest
4min mod pace, 2min rest
4min hard, 2min rest
3min mod pace, 90sec rest
3min hard, 90sec rest
2min mod pace, 1min rest
2min hard, 1min rest
1min mod pace, 30sec rest
1min hard, 30sec rest
30sec mod pace, 15sec rest
30sec hard, 15sec rest

Run Pacing:

Hard pace: The pace you would use to run an all out MILE.

Mod pace: Uncomfortable but sustainable.

So for the HARD - run as if you are trying to run your fastest mile.

For the Moderate - run a sustainable/slightly uncomfortable pace.

If you're unable to measure the distance perfectly - you can still do this workout and see great benefit!

Row Version:

5min mod pace, 3min rest

5min hard pace, 3min rest

4min mod pace, 2min rest

4min hard, 2min rest

3min mod pace, 90sec rest

3min hard, 90sec rest

2min mod pace, 1min rest

2min hard, 1min rest

1min mod pace, 30sec rest

1min hard, 30sec rest

30sec mod pace, 15sec rest

30sec hard, 15sec rest

Row Pacing Template:

Hard pace: Pace you would choose if you were doing a hard 2k.

Mod pace: Uncomfortable but sustainable.

So for the HARD - row as if you are trying to hit your PR 2k row.

For the Moderate - row a pace that is 5-15 sec per 500 m slower than your 2k PR pace.

Bike Version:

5min mod pace, 3min rest

5min hard pace, 3min rest

4min mod pace, 2min rest

4min hard, 2min rest

3min mod pace, 90sec rest

3min hard, 90sec rest

2min mod pace, 1min rest

2min hard, 1min rest

1min mod pace, 30sec rest

1min hard, 30sec rest

30sec mod pace, 15sec rest

30sec hard, 15sec rest

Bike Pacing Template:

Hard Pace: Go as if you are trying to hit 100 cal for time

Moderate Pace: Sustainable but slightly uncomfortable pace.