

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 2000 M- MODERATE
REST 6 MIN

ONE ROUND

RUN 200 M- MODERATE
100 M RECOVERY WALK
RUN 400 M - FAST
100 M RECOVERY WALK
RUN 300 M - FAST (FASTER THAN THE 400)

TOTAL: 3100 M

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
RECOVERY WALK = WALK AT A PACE YOU NEED TO WALK TO RECOVER
FAST = 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

SCORE: RECORD TOTAL TIME - DO NOT MESS UP PACES FOR BETTER SCORE.

GOAL: PRE-FATIGUE IN THE 2000 METER RUN AND THEN TEACHING YOUR BODY HOW TO FIND A HARD FINISH!

If you don't have a way to measure distance, you can do this run option below:

Run Option: No Measured Distance

Run 10 Min Moderate

Rest 6 Min

ONE ROUND

Run 1 Min Moderate

1 Min Walk

Run 2 Min FAST

1 Min Walk

Run 1:30 FAST

Measure total distance if possible.

Goal: Go FAST On those two intervals in the end. This whole workout is finding that fast pace after fatigue has set in.

Row Option:

Row 2500 Meters Moderate

Rest 6 Min

ONE ROUND

Row 250 Meters Moderate

1 Min Slow Row

Row 500 Meters FAST

1 Min Slow Row

Row 400 Meters FAST

Score: Total Time (Don't mess up paces to get a better score)

Goal: Go FAST On those two intervals in the end. This whole workout is finding that fast pace after fatigue has set in.

Bike Option:

Bike 150 Cal Men/100 Cal Women Moderate

Rest 6 Min

ONE ROUND

Bike 15 Cal Men/ 11 Cal Women Moderate

1 Min Slow Bike

Bike 30 Cal Bike Men / 22 Cal Bike Women FAST

1 Min Slow Bike

Bike 24 Cal Men / 15 Cal Women FAST

Score: Total Time (Don't mess up paces to get a better score)

Goal: Go FAST On those two intervals in the end. This whole workout is finding that fast pace after fatigue has set in.