

# 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 10/06/2019

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

### **Run Workout: Measured Distance**

RUN 2 MILES - EASY  
REST 3 MIN

**2 ROUNDS**  
SPRINT 80 M  
FULL RECOVERY

**2 ROUNDS**  
SPRINT 100  
FULL RECOVERY

**2 ROUNDS**  
SPRINT 200  
FULL RECOVERY

EASY = 60-70% SUSTAINABLE AND VERY COMFORTABLE  
SPRINT = ALL OUT!

SCORE: Total Time for 2 Miles Only

**GOAL:** Each of the sprint distances will be slower in pace because the distances are longer. But they should be 90% effort for THOSE distances. Rest as needed to go 90% again for each.

**OR-**

**Run Workout: No measured Distance (Do this if you are unable to measure the distance)**

Run 18 Min - Easy

Rest 3 Min

Then

**2 Rounds**

Sprint 15 Seconds

Full Recovery

Then

**2 Rounds**

Sprint 20 Seconds

Full Recovery

Then

**2 Rounds**

Sprint 45 Seconds

Full Recovery

Easy = Comfortable and Sustainable

Sprint = Pretty much all out

Score: If you can measure distance for the 15 min run

**Goal: Close to 2 Miles +**

**Row Workout:**

Row 2000 Meters - Easy  
Rest 3 Min

Then

**2 Rounds**

Row Sprint 100 Meters  
Full Recovery

Then

**2 Rounds**

Row Sprint 130 Meters  
Full Recovery

Then

**2 Rounds**

Row Sprint 250 Meters  
Full Recovery

Easy = Comfortable and Sustainable  
Sprint = Pretty much all out

Score: Time for 2k only - do NOT go hard to get a better score.

**Goal: Keep the pace!**

**Bike Workout:**

Bike 120 Cals (Men) / 88 Cals Women - Easy  
Rest 3 Min

Then

**2 Rounds**

15 Seconds All Out  
Full Recovery

Then

**2 Rounds**

20 Seconds All Out  
Full Recovery

Then

**2 Rounds**

45 Seconds All Out

Full Recovery

Easy = Comfortable and Sustainable

Sprint = Pretty much all out

Score: Time for 120/88 Cals ONLY - do NOT go hard to get a better score.

**Goal: Keep the pace!**