

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 11/10/2019

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

Run Version: (Measurement)

3 Rounds

Run 400

Jog 400

Rest 10 Seconds

Run 300

Jog 300

Rest 10 Seconds

Run 200

Jog 200

Rest 3 Min between rounds

The RUN should be HARD

The JOG needs to NOT be a walk and needs to be a smooth transition from RUN to JOG without stopping. Try to keep all 3 rounds the same time!

Yes the 10 second rest seems ridiculous but it's a moment's pause to re-set breathe and get mentally prepared to run HARD again.

Run Version (no measured distance):

3 Rounds

Run 90 Seconds

Jog 3 Min

Rest 10 Seconds

Run 1 Min

Jog 2 Min

Rest 10 Seconds

Run 45 Seconds

Jog 90 Seconds

Rest 3 Min between rounds

The RUN should be HARD

The JOG just needs to NOT be a walk and needs to be a smooth transition from RUN to JOG without stopping. If you have a watch or something that can measure your total distance - enter it as your score. If not - don't even worry about it! Just log that you completed it!

Try to keep all 3 rounds the same distance if you are able to measure.

Yes the 10 second rest seems ridiculous but it's a moment's pause to re-set breathe and get mentally prepared to run HARD again.

Row Version:

3 Rounds

Row 500 m

Slow Row 500 m

Rest 10 Seconds

Row 375 m

Slow Row 375 m

Rest 10 Seconds

Row 250 m

Slow Row 250 m

Rest 3 Min between rounds

The ROW should be HARD

The SLOW ROW needs to be smooth but recovery!
Try to keep all 3 rounds the same time!

Yes the 10 second rest seems ridiculous but it's a moment's pause to re-set breathe and get mentally prepared to row HARD again.

Bike Version

3 Rounds

Bike 30 Cals HARD (22 for Women)

Bike 30 Cals Chill (22 Women)

Rest 10 Seconds

Bike 23 Cals HARD (16 for Women)

Bike 23 Cals Chill (16 Women)

Rest 10 Seconds

Bike 15 Cals HARD (11 for Women)

Bike 15 Cals Chill (11 Women)

Rest 3 Min between rounds

HARD should be HARD

CHILL is CHILL, but no stopping.

Goal is to have roughly same time for all 3 rounds. Yes the 10 second rest seems ridiculous but it's a moment's pause to re-set breathe and get mentally prepared to bike HARD again