

# 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 11/24/2019

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

### **Run Version: (Measurement)**

#### **5 Rounds**

Run 200 Meters

Jog 200 Meters

Run 600 Meters

Rest 3 Min between rounds

#### **Goal: Same time for all 5 rounds.**

The goal here is to learn pacing, but also to push at the end of the 600s.

#### **Do not come out too hot.**

The jog pace should be a JOG that is definitely noticeably slower than the run pace.

Scale number of rounds if necessary.

**Run Version (no way to measure):**

**5 Rounds**

Run 1 Min

Jog 1 Min

Run 3 Min

Rest 3 Min between rounds

**Goal: Same distance for all 5 rounds (if you can measure with a watch or something as you go)**

The goal here is to learn pacing, but also to push at the end of the 3 Min intervals.

Do not come out too hot.

The jog pace should be a JOG that is definitely noticeably slower than the run pace.

Scale number of rounds if necessary.

**Row Version:**

**5 Rounds**

Row 250 Meters Moderate/Hard

Chill Row 250 Meters

Row 500 Meters Moderate/Hard

Rest 3 Min between rounds

**Goal: Same time for all 5 rounds.**

The goal here is to learn pacing, but also to push at the end of the 500s.

**Do not come out too hot.**

The chill pace should be CHILL and definitely noticeably slower than the Moderate/Hard pace.

Scale number of rounds if necessary.

**Bike Version:**

**5 Rounds**

15 Cal Bike (Men) / 10 Cal Bike (Women) Moderate Hard  
15 Cal Bike (Men) / 10 Cal Bike (Women) - CHILL PACE  
45 Cal Bike (Men) / 30 Cal Bike (Women) Moderate Hard

Rest 3 Min Between Rounds

**Goal: Same time for all 5 rounds**

Do not come out too hot! Chill pace should be noticeably slower than moderate hard pace.