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 1/19/2020

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

Run Version
3 Rounds
Run 400 HOT
Run 400 Slow
Run 300 HOT
Run 300 Slow
Run 200 HOT
Run 200 Slow
Run 100 HOT
Run 100 Slow

Rest 5 Min between rounds.

HOT - Means run hard - not 100% because there is NO stopping from the HOT pace to the Slow pace and back to the HOT pace.

Run Version (No Measured Distance)
3 Rounds
Run 90 Sec HOT
Run 3 Min Slow
Run 1:15 HOT
Run 2:30 Slow
Run 1 Min HOT
Run 2 Min Slow
Run 30 Seconds HOT
Run 1 Min Slow

Rest 5 Min between rounds.

HOT - Means run hard - not 100% because there is NO stopping from the HOT pace to the Slow pace and back to the HOT pace.

Row Version
3 Rounds
Row 500 HOT
Row 500 Slow
Row 400 HOT
Row 400 Slow
Row 300 HOT
Row 300 Slow
Row 200 HOT
Row 200 Slow
Row 100 HOT
Row 100 Slow

Rest 5 Min between rounds.

HOT - Means row hard - not 100% because there is NO stopping from the HOT pace to the Slow pace and back to the HOT pace.

Bike Version
3 Rounds
Bike 90 seconds HOT
Bike 3 Min Slow
Bike 1:15 HOT
Bike 2:30 Slow

Bike 1 Min HOT
Bike 2 Min Slow
Bike 30 Seconds HOT
Bike 1 Min Slow

Rest 5 Min between rounds.

HOT - Means run hard - not 100% because there is NO stopping from the HOT pace to
the Slow pace and back to the HOT pace.