

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 7/19/2020

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

Run Version

3 Rounds

Run 200 Meters

Rest 60 Seconds

Run 200 Meters

Rest 60 Seconds

Run 200 Meters

Rest 60 Seconds

Run 200 Meters

Rest 3 Min

3 Rounds

Run 400 Meters
Rest 75 Seconds
Run 400 Meters
Rest 3 Minutes

Then...

Run 800 Meters

Run Version

(No Measured Distance)

3 Rounds

Run 1 Min
Rest 1 Min
Run 1 Min
Rest 1 Min
Run 1 Min
Rest 1 Min
Run 1 Min
Rest 3 Min

3 Rounds

Run 2 Min
Rest 75 Seconds
Run 2 Min
Rest 3 Minutes

Then...

Run 4 Min

Row Version

3 Rounds

Row 250 Meters
Rest 60 Seconds

Row 250 Meters
Rest 60 Seconds
Row 250 Meters
Rest 60 Seconds
Row 250 Meters
Rest 3 Min

3 Rounds

Row 500 Meters
Rest 75 Seconds
Row 500 Meters
Rest 3 Minutes

Then...
Row 1000 Meters

Bike Version

3 Rounds

Bike 15/10 Cal
Rest 60 Seconds
Bike 15/10 Cal
Rest 60 Seconds
Bike 15/10 Cal
Rest 60 Seconds
Bike 15/10 Cal
Rest 3 Min

3 Rounds

Bike 30/22 Cal
Rest 75 Seconds
Bike 30/22 Cal
Rest 75 Cal
Rest 3 Min

Then....

Bike 60/45 Cal

First number is Men's distance, Second number is Women's distance.

Ok, whichever version of this you use - the PACE per section should be the same!

The goal would be to use your pace for a solid 800 meter run, or 1000 meter row, or 60/45 cal bike for the OTHER sections as well.

So if I plan to run a 4:00 800 - my 200 pace during that section should be 30 seconds and my 400 pace during the following section should be 1:00.

If you plan to row a 4:00 1k - same idea. Row 1:00 x 250s and 2:00 x 500s....

The whole goal is to get comfortable at that longer pace for other intervals.

It will feel SLOW at first, but just like last week - it will catch up!

For section 1 - you will do 4 x the distance (200 run, 250 row or 15/10 cal) with 60 seconds rest between. After 4 x of that - you rest 3 minutes - THAT IS 1 ROUND. You have a total of 3 rounds of that.

For section 2 - you will do 2 x - the distance (400 run, 500 row, or 30/22 cal) with 75 seconds between. After 2 x of that you will rest 3 min. THAT IS 1 ROUND. You have a total of 3 rounds of that.

For section 3 it is ONE TIME - 800 m run, 1000 m row, or 60/45 cal bike!