

# 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 11/22/2020

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

### **RUN VERSION: (FOR METERS)**

PART 1: 5 Minutes Max Distance

Rest 5 Min

PART 2: 5 Rounds of 1 Min ON / 1 Min OFF for Max Distance

Rest 5 Min

PART 3: 10 Rounds of 30 Sec ON / 30 Sec OFF for Max Distance

Rest 5 Min

PART 4: 20 Rounds of 15 Sec ON / 15 Sec OFF for Max Distance

**Goal: Go hard on each interval. They are all different and you get significant rest.**

Each interval is meant to be pretty all out. See which one you excel in the most.

REST means REST. This is not a jog or a walk. Nothing that happens during the REST can count toward your total distance.

**RUN VERSION: (NO MEASURED DISTANCE)**

PART 1: 5 Minutes @ Hard Pace

Rest 5 Min

PART 2: 5 Rounds of 1 Min ON / 1 Min OFF @ Hard Pace

Rest 5 Min

PART 3: 10 Rounds of 30 Sec ON / 30 Sec OFF @ Hard Pace

Rest 5 Min

PART 4: 20 Rounds of 15 Sec ON / 15 Sec OFF @ Hard Pace

**Goal: Go hard on each interval. They are all different and you get significant rest.**

REST means REST. This is not a jog or a walk.

## **ROW VERSION: (DISTANCE)**

PART 1: 5 Minutes Max Distance

Rest 5 Min

PART 2: 5 Rounds of 1 Min ON / 1 Min OFF for Max Distance

Rest 5 Min

PART 3: 10 Rounds of 30 Sec ON / 30 Sec OFF for Max Distance

Rest 5 Min

PART 4: 20 Rounds of 15 Sec ON / 15 Sec OFF for Max Distance

**Goal: Go hard on each interval. They are all different and you get significant rest.**

Each interval is meant to be pretty all out. See which one you excel in the most.

REST means REST. This is not a slow row or recovery row. Nothing that happens during the REST can count toward your total distance.

## **BIKE VERSION: (CALORIES)**

PART 1: 5 Minutes Max Calories

Rest 5 Min

PART 2: 5 Rounds of 1 Min ON / 1 Min OFF for Max Calories

Rest 5 Min

PART 3: 10 Rounds of 30 Sec ON / 30 Sec OFF for Max Calories

Rest 5 Min

PART 4: 20 Rounds of 15 Sec ON / 15 Sec OFF for Max Calories

**Goal: Go hard on each interval. They are all different and you get significant rest.**

Each interval is meant to be pretty all out. See which one you excel in the most.

REST means REST. This is not a slow cycle or recovery pace. Nothing that happens during the REST can count toward your total calories.