

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 12/13/2020

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

Run Version

RUN 3200 M - EASY

NO REST

RUN 1600 M - MODERATE

TOTAL: 4800 M

EASY = 60-70% SUSTAINABLE AND VERY COMFORTABLE

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

**GOAL: LEARNING TO PACE AND NOT COME OUT TOO HOT.
FINISHING STRONG!**

Run Workout (No Measure):

Run 16 Min - Easy Pace

No Rest

Run 8 Min - Moderate Pace

Goal: Easy pace should be comfortable. Moderate pace should be faster than that.

This workout teaches us to pace early (not peacock) and finish strong.

Row Version

Row 4000 Meters - Easy Pace

No Rest

Row 2000 Meters - Moderate Pace

Total: 6000 Meters

Goal: Easy pace should be comfortable. Moderate pace should be harder than that.

Rough Estimate on Time Goal:

4000 Meters - Around / Under 20-22 Min

2000 Meters - Around / Under 9-10 Min

This workout teaches us to pace early (not peacock) and finish strong.

Bike Version

Bike 16 Min - Easy Pace

No Rest

Bike 8 Min - Moderate Pace

Goal: Easy pace should be comfortable. Moderate pace should be harder than that.

Rough Estimate on Calorie goal:

260+ Men

210+ Women

This workout teaches us to pace early (not peacock) and finish strong.