

# 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 12/20/2020

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

### **Run Version**

4 Rounds

2 Min On (Moderate/Fast Pace)

20 Seconds off

1:30 On (Fast Pace)

20 Seconds off

1:00 On (Faster Pace)

20 Seconds off

:30 Seconds ON (Sprint)  
Rest 2 Min

Score is average distance per round. Goal is to maintain it!

Go ALL OUT on those sprints and pretty damn hard on the 1 Min Fast pace too.

**Goal is to try to maintain same distance traveled for each round.**

DO NOT cut out the rest and do not just go pain cave hard on every interval.

Make sure pace changes for each section!

So it's...

0:00-2:00

2:00-2:20

2:20-3:50

3:50-4:10

4:10-5:10

5:10-5:30

5:30-6:00

6:00-8:00

## **Row Version**

4 Rounds

2 Min On (Moderate/Fast Pace)

20 Seconds off

1:30 On (Fast Pace)

20 Seconds off

1:00 On (Faster Pace)

20 Seconds off

:30 Seconds ON (Sprint)

Rest 2 Min

Score is average distance per round. Goal is to maintain it!  
Go ALL OUT on those sprints and pretty damn hard on the 1 Min Fast pace too.

**Goal is to try to maintain same distance traveled for each round.**

DO NOT cut out the rest and do not just go pain cave hard on every interval.

Make sure average pace changes for each section!

So it's...

0:00-2:00

2:00-2:20

2:20-3:50

3:50-4:10

4:10-5:10

5:10-5:30

5:30-6:00

6:00-8:00

## **Bike Version**

4 Rounds

2 Min On (Moderate/Hard Effort)

20 Seconds off

1:30 On (Hard Effort)

20 Seconds off

1:00 On (Harder Effort)

20 Seconds off

:30 Seconds ON (Sprint)

Rest 2 Min

Score is average calories per round. Goal is to maintain it!

Go ALL OUT on those sprints and pretty damn hard on the 1 Min Fast pace too.

**Goal is to try to maintain same calories gained for each round.**

DO NOT cut out the rest and do not just go pain cave hard on every interval.

Make sure effort and pace changes for each section!

So it's...

0:00-2:00

2:00-2:20

2:20-3:50

3:50-4:10

4:10-5:10

5:10-5:30

5:30-6:00

6:00-8:00