

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 1/24/2021

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

Run Version - For if you have measured distances

3 Rounds

Run 400 meters HOT
Run 400 meters Slow
Run 300 meters HOT
Run 300 meters Slow
Run 200 meters HOT

Run 200 meters Slow
Run 100 meters HOT
Run 100 meters Slow

Rest 5 Min between rounds.

Score is combined time from all 3 intervals - DO NOT INCLUDE REST.

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 - For if you don't have a measured distance

3 Rounds

Run 1:30 HOT
Run 3:00 Slow
Run 1:15 HOT
Run 2:30 Slow
Run 1:00 HOT
Run 2:00 Slow
Run 0:30 HOT
Run 1:00 Slow

Rest 5 Min between rounds.

Score is total distance if you are able to measure it!

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 meters HOT
Row 500 meters Slow
Row 400 meters HOT
Row 400 meters Slow
Row 300 meters HOT
Row 300 meters Slow
Row 200 meters HOT
Row 200 meters Slow
Row 100 meters HOT
Row 100 meters Slow

Rest 5 Min between rounds.

Score is combined time from all 3 intervals - DO NOT INCLUDE REST.

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 1:30 HOT
Bike 3:00 Slow
Bike 1:15 HOT
Bike 2:30 Slow
Bike 1:00 HOT
Bike 2:00 Slow
Bike 0:30 HOT
Bike 1:00 Slow

Rest 5 Min between rounds.

Score is total calories from all 3 combined (not including rest, obviously).

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