

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 1/10/2021

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

RUN 200 M - FAST
75 SECOND REST
RUN 200 M - FAST
75 SECOND REST
RUN 600 M - MODERATE
NO REST
RUN 200 M - FAST
75 SECOND REST
RUN 600 M - MODERATE

NO REST
RUN 200 M - FAST
75 SECOND REST
RUN 400 M - MODERATE
NO REST
RUN 200 - FAST

Total: 2600 M

FAST = 85-90% - UNCOMFORTABLE BUT SUSTAINABLE
MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY
UNCOMFORTABLE
REST = REST

SCORE: TOTAL TIME (including rest)

GOAL: This workout is to teach us how to start strong - find a pace - get a few strong surges - settle back in - and finish strong at the end. Do NOT mess up the paces to get a better score. Try to make the paces for 600s and 400 the same and the paces for 200s the same.

Run Version - No Measure

Run 1 Min - Hard
Rest 1:15
Run 1 Min - Hard
Rest 1:15
Run 3 Min - Moderate
NO REST
Run 1 Min - Hard
Rest 1:15
Run 3 Min - Moderate
NO REST

Run 1 Min - HARD
Rest 1:15
Run 2 Min - Moderate
No Rest
Run 1 Min - HARD

Total Time - 18 Min

This workout is short - but the point is to go HARD on those 1 Min intervals.

Do not mess up the pace to get a better time.

Score: Total Distance if you are able to measure with a watch or something!

Goal: Go HARD!

Row Version

Row 250 M - Hard
Rest 1:15
Row 250 M- Hard
Rest 1:15
Row 750 M - Moderate
NO REST
Row 250 M - Hard
Rest 1:15
Row 750 M - Moderate
NO REST
Row 250 M - HARD

Rest 1:15
Row 500 M- Moderate
No Rest
Row 250 M - HARD

Total Meters - 3250

This workout is short - but the point is to go HARD on those 1 Min intervals.

Do not mess up the pace to get a better time.

Score: Total Time

Goal: Go HARD!

Bike Version

Cals = Men/Women

Bike 15/11 Cals - Hard
Rest 1:15
Bike 15/11 Cals - Hard
Rest 1:15
Bike 45/33 Cals - Moderate
NO REST
Bike 15/11 Cals - Hard
Rest 1:15
Bike 45/33 Cals - Moderate
NO REST
Bike 15/11 Cals - HARD
Rest 1:15

Bike 30/22 Cals - Moderate

No Rest

Bike 15/11 Cals - HARD

This workout is short - but the point is to go HARD on those 1 Min intervals.

Do not mess up the pace to get a better time.

Score: Total Time

Goal: Go HARD!