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 2/14/2021

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

RUN WORKOUT

10min easy + 30sec hard + 30sec rest

9min easy + 30sec hard + 30sec rest

8min easy + 30sec hard + 30sec rest

7min easy + 30sec hard + 30sec rest

6min easy + 30sec hard + 30sec rest

5min easy + 30sec hard + 30sec rest

4min easy + 30sec hard + 30sec rest

3min easy + 30sec hard + 30sec rest

2min easy + 30sec hard + 30sec rest

1min easy + 30sec hard + 30sec rest

Score: Total Distance
The "easy" should be a comfortable, sustainable pace.

The "hard" should be HARD - like 90-95% effort.

The "rest" should be just that - REST! No distance covered here will count toward you score.

Score is total distance if possible to measure.

All 30 second surges should cover roughly same distance if possible.

Goal on the easy to sustain consistent pace throughout each interval and throughout the workout as a whole.

This workout is 65 Min long as written. If that is too much for you at this time - or you can't afford that time window in your schedule - start at 8 Min and go down. This will shorten the time by 21 total minutes. You can even start at 7 if you really need to!

Row Version:

10min easy + 30sec hard + 30sec rest

9min easy + 30sec hard + 30sec rest

8min easy + 30sec hard + 30sec rest

7min easy + 30sec hard + 30sec rest

6min easy + 30sec hard + 30sec rest

5min easy + 30sec hard + 30sec rest

4min easy + 30sec hard + 30sec rest

3min easy + 30sec hard + 30sec rest

2min easy + 30sec hard + 30sec rest

1min easy + 30sec hard + 30sec rest

Score: Total Distance
The "easy" should be a comfortable, sustainable pace.

The "hard" should be HARD - like 90-95% effort.

The "rest" should be just that - REST! No distance covered here
will count toward you score.

Score is total distance.

All 30 second surges should cover roughly same distance if
possible.

Goal on the easy to sustain consistent pace throughout each interval and throughout the workout as a whole.

This workout is 65 Min long as written. If that is too much for you at this time - or you can't afford that time window in your schedule - start at 8 Min and go down. This will shorten the time by 21 total minutes. You can even start at 7 if you really need to!

Bike Version:

10min easy + 30sec hard + 30sec rest

9min easy + 30sec hard + 30sec rest

8min easy + 30sec hard + 30sec rest

7min easy + 30sec hard + 30sec rest

6min easy + 30sec hard + 30sec rest

5min easy + 30sec hard + 30sec rest

4min easy + 30sec hard + 30sec rest

3min easy + 30sec hard + 30sec rest

2min easy + 30sec hard + 30sec rest

1min easy + 30sec hard + 30sec rest

Score: Total Calories (Depending on the bike you may also use distance - just put it in comments).

The "easy" should be a comfortable, sustainable pace.

The "hard" should be HARD - like 90-95% effort.

The "rest" should be just that - REST! No calories biked here will count toward you score.

Score is total CALORIES.

All 30 second surges should cover roughly same calories if possible.

Goal on the easy to sustain consistent pace throughout each interval and throughout the workout as a whole.

This workout is 65 Min long as written. If that is too much for you at this time - or you can't afford that time window in your schedule - start at 8 Min and go down. This will shorten the time by 21 total minutes. You can even start at 7 if you really need to!