

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 3/28/2021

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

Run Version:

2 Rounds

2 Min Hard (0:00-2:00)

4 Min Easy (2:00-6:00)

2 Min Hard (6:00-8:00)

Rest 1 Min (8:00-9:00)

90 Seconds Hard (9:00-10:30)

3 Min Easy (10:30-13:30)

90 Seconds Hard (13:30-15:00)

Rest 1 Min (15:00-16:00)

1 Min Hard (16:00-17:00)

2 Min Easy (17:00-19:00)

1 Min Hard (19:00-20:00)

Rest 1 Min (20:00-21:00)

30 Sec Hard (21:00-21:30)

1 Min Easy (21:30-22:30)

30 Sec Hard (22:30-23:00)

Rest 1 Min (23:00-24:00 - then repeat 1x more so 48 min total)

COACHES NOTES

Hard is a very uncomfortable pace that you wouldn't want to hold any longer than the prescribed amount.

Easy is a recovery pace, but keep moving.

ABSOLUTELY NO STOPPING from the hard to the easy back to the hard. You have to keep moving...even it is almost a walk pace.

Score is total distance, but as always do **NOT** mess up the pacing to try to get a better score.

This is teaching us to recover while still moving and to surge once we have had a bit of recovery time.

Row Version:

2 Rounds

2 Min Hard (0:00-2:00)

4 Min Easy (2:00-6:00)

2 Min Hard (6:00-8:00)

Rest 1 Min (8:00-9:00)

90 Seconds Hard (9:00-10:30)

3 Min Easy (10:30-13:30)

90 Seconds Hard (13:30-15:00)

Rest 1 Min (15:00-16:00)

1 Min Hard (16:00-17:00)

2 Min Easy (17:00-19:00)

1 Min Hard (19:00-20:00)

Rest 1 Min (20:00-21:00)

30 Sec Hard (21:00-21:30)

1 Min Easy (21:30-22:30)

30 Sec Hard (22:30-23:00)

Rest 1 Min (23:00-24:00 - then repeat 1x more so 48 min total)

COACHES NOTES

Hard is a very uncomfortable pace that you wouldn't want to hold any longer than the prescribed amount.

Easy is a recovery pace, but keep moving.

ABSOLUTELY NO STOPPING from the hard to the easy back to the hard. You have to keep moving.

You could also have a goal PACE for the HARD intervals. For girls 2:05 or less (faster if you are good on the rower). Guys 1:45 or less for the HARD intervals.

Score is total distance, but as always do NOT mess up the pacing to try to get a better score.

This is teaching us to recover while still moving and to surge once we have had a bit of recovery time.

Bike Version:

2 Rounds

2 Min Hard (0:00-2:00)

4 Min Easy (2:00-6:00)

2 Min Hard (6:00-8:00)

Rest 1 Min (8:00-9:00)

90 Seconds Hard (9:00-10:30)

3 Min Easy (10:30-13:30)

90 Seconds Hard (13:30-15:00)

Rest 1 Min (15:00-16:00)

1 Min Hard (16:00-17:00)

2 Min Easy (17:00-19:00)

1 Min Hard (19:00-20:00)

Rest 1 Min (20:00-21:00)

30 Sec Hard (21:00-21:30)

1 Min Easy (21:30-22:30)

30 Sec Hard (22:30-23:00)

Rest 1 Min (23:00-24:00 - then repeat 1x more so 48 min total)

COACHES NOTES

Hard is a very uncomfortable pace that you wouldn't want to hold any longer than the prescribed amount.

Easy is a recovery pace, but keep moving.

ABSOLUTELY NO STOPPING from the hard to the easy back to the hard. You have to keep moving.

Score is total calories, but as always do **NOT** mess up the pacing to try to get a better score.

You can also set a goal **PACE** like **WATTS** for the work times and try to hold it every time it is **HARD**. Guys between 350-400+ Girls over 300 would be a **TOUGH** goal.

This is teaching us to recover while still moving and to surge once we have had a bit of recovery time.