

# 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 4/11/2021

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

## **RUNNING VERSION:**

### **2 Rounds**

3 Min Hard (0:00-3:00)

6 Min Comfortable (3:00-9:00)

2 Min Hard (9:00-11:00)

4 Min Comfortable (11:00-15:00)

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

2 Min Comfortable (16:00-18:00)

:30 Sec Hard (18:00-18:30)

1 Min Comfortable (18:30-19:30)

Rest 5 Min Between Rounds

### COACHES NOTES

For this workout the HARD should be a pretty uncomfortable and not really sustainable after that time pace. For example you couldn't hold the 3 Min HARD pace for 5 min if you wanted to.

The comfortable pace is different than EASY we do in these workouts sometimes. Comfortable means sustainable. A pace you could hold to 20 min maybe, but not EASY.

Absolutely no rest between (until the end). The minutes just need to run into one another.

This workout teaches us to surge and recover from a surge while still moving. Like practicing passing someone.

### **Row Version:**

#### **2 Rounds**

3 Min Hard (0:00-3:00)

6 Min Comfortable (3:00-9:00)

2 Min Hard (9:00-11:00)

4 Min Comfortable (11:00-15:00)

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

2 Min Comfortable (16:00-18:00)

:30 Sec Hard (18:00-18:30)

1 Min Comfortable (18:30-19:30)

Rest 5 Min Between Rounds

Score: Total Distance

## COACHES NOTES

For this workout the HARD should be a pretty uncomfortable and not really sustainable after that time pace. For example you couldn't hold the 3 Min HARD pace for 5 min if you wanted to.

The comfortable pace is different than EASY we do in these workouts sometimes. Comfortable means sustainable. A pace you could hold to 20 min maybe, but not EASY.

Absolutely no rest between (until the end of the round). The minutes just need to run into one another.

This workout teaches us to surge and recover from a surge while still moving. Like practicing passing someone.

## **Bike Version:**

### **2 Rounds**

3 Min Hard (0:00-3:00)

6 Min Comfortable (3:00-9:00)

2 Min Hard (9:00-11:00)

4 Min Comfortable (11:00-15:00)

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

2 Min Comfortable (16:00-18:00)

:30 Sec Hard (18:00-18:30)

1 Min Comfortable (18:30-19:30)

Rest 5 Min Between Rounds

Score: Total Calories

## COACHES NOTES

For this workout the HARD should be a pretty uncomfortable and not really sustainable after that time pace. For example you couldn't hold the 3 Min HARD pace for 5 min if you wanted to.

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