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 5/16/2021

You should have at least 1 day between run sessions.

Run Version:

Every 5 min for 3 Rounds: (0-5, 5-10, 10-15)
Run 600 Meters

Every 4 Min for 3 Rounds: (15-19, 19-23, 23-27)
Run 400 Meters

Every 3 Min for 3 Rounds: (27-30, 30-33, 33-36)
Run 300 Meters

Every 2 Min for 3 Rounds: (36-38, 38-40, 40-42)
Run 200 Meters

Rest 2 Min (42-44)

Sprint 200 Meters

Rest 3 Min

Sprint 300 Meters

Rest 4 Min

Sprint 400 Meters

COACHES NOTES
The first runs should all be hard, but consistent numbers with the pace increasing slightly as the distance decreases

Last 3 sprints should be all out!

Run Version: (No distance)

3 Rounds (0-5, 5-10, 10-15)
Run 3 Min
Rest 2 Min

3 Rounds (15-19, 19-23, 23-27)
Run 2 Min
Rest 2 Min

3 Rounds (27-30, 30-33, 33-36)

Run 90 Seconds
Rest 90 Seconds

3 Rounds (36-38, 38-40, 40-42)
Run 1 Min
Rest 1 Min

Rest 2 Min (42-44)

Sprint 45 Seconds (44:00-44:45)

Rest 3 Min (44:45-47:45)

Sprint 1 Min (47:45-48:45)

Rest 4 Min (48:45-52:45)

Sprint 90 Seconds (52:45-54:15)

The first runs should all be hard, but consistent numbers.
Increase the pace as the time decreases.

Last 3 sprints should be all out!

Row Version:

Every 5 min for 3 Rounds: (0-5, 5-10, 10-15)
Row 750 Meters

Every 4 Min for 3 Rounds: (15-19, 19-23, 23-27)

Row 500 Meters

Every 3 Min for 3 Rounds: (27-30, 30-33, 33-36)
Row 375 Meters

Every 2 Min for 3 Rounds: (36-38, 38-40, 40-42)
Row 250 Meters

Rest 2 Min (42-44)

Row Sprint 250 Meters

Rest 3 Min

Row Sprint 375 Meters

Rest 4 Min

Row Sprint 500 Meters

COACHES NOTES
The rows should be a hard, but consistent pace in each section.
Increase pace slightly as distance decreases.

Final 3 rows should be SPRINTS!

Bike Version:

Every 5 min for 3 Rounds: (0-5, 5-10, 10-15)
45 Cal Men / 33 Cal Women

Every 4 Min for 3 Rounds: (15-19, 19-23, 23-27)
30 Cal Men, 22 Cal Women

Every 3 Min for 3 Rounds: (27-30, 30-33, 33-36)
23 Cal Men / 15 Cal Women

Every 2 Min for 3 Rounds: (36-38, 38-40, 40-42)
15 Cal Men / 11 Cal Women

Rest 2 Min (42-44)

Sprint 15 Cal Men / 11 Cal Women

Rest 3 Min

Sprint 23 Cal Men / 15 Cal Women

Rest 4 Min

Sprint 30 Cal Men / 22 Cal Women

COACHES NOTES
Each effort should be a hard, but consistent pace in each section.
Increase pace slightly as distance decreases.

Final 3 should be SPRINTS!