

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)

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

Run Version:

(Measurable Distance)

8 Rounds

200 Meters Slow Jog

200 Meters Sprint

Rest 1 Min between rounds

Score: Total Time

Goal: Do NOT mess up the paces to try to get a better time!

COACHES NOTES

This one is pretty simple! As soon as you hit that 200 meter mark from the jog - you hit the gas pedal and never look back!

(No Measured Distance)

8 Rounds

1:15 Slow Jog

:45 Sprint

Rest 1 Minute between rounds

Score: Total Distance

Goal: Do NOT mess up the paces to try to get a better score!

COACHES NOTES

Pretty simple. As soon as you hit 1:15 turn on the gas and never look back!

If you have a GPS watch or something - track the full distance.

ROW VERSION:

8 Rounds

250 Meters Slow

250 Meters Sprint

Rest 1 Minute between rounds

Score: Total Time

Goal: Do NOT mess up the paces to try to get a better time!

COACHES NOTES

Pretty simple. As soon as you hit the 250 meter slow - turn on the gas and never look back!

BIKE VERSION:

8 Rounds

1:15 Slow Spin

:45 ALL OUT

Rest 1 Minute between rounds

Score: Total Calories

Goal: Do NOT mess up the paces to get a better score!

COACHES NOTES

Pretty simple. As soon as you hit 1:15 slow - turn on the gas and never look back!