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 6/20/2021

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

Run Version:

3 Rounds
Run 200 Meters
Rest 60 Seconds
Run 200 Meters
Rest 60 Seconds
Run 200 Meters
Rest 60 Seconds
Run 200 Meters
Rest 3 Min

3 Rounds Run 400 Meters Rest 75 Seconds Run 400 Meters Rest 3 Minutes

Run 800 Meters

Score is total time including rest - PLEASE READ COACHES NOTES

COACHES NOTES

Each interval should be HARD, but not ALL OUT. And the goal should be to maintain a similar pace for all 200s, and all 400s.

To be clear you complete:

200

Rest

200

Rest

200

Rest

200

Rest

That is ONE round. Do 3 ROUNDS of that. And then:

400

Rest

400

Rest

3 ROUNDS of that! And then:

This is a total of 5600 Meters.

RUN VERSION (No Measured Distance)

3 Rounds (Each round is 10 Min)

Run 1 Min (0-1)

Rest 1 Min (1-2)

Run 1 Min (2-3)

Rest 1 Min (3-4)

Run 1 Min (4-5)

Rest 1 Min (5-6)

Run 1 Min (6-7)

Rest 3 Min (7-10)

3 Rounds (Each round is 8 Min 15 Sec)

Run 2 Min (0-2)

Rest 75 Seconds (2:00-3:15)

Run 2 Min (3:15-5:15)

Rest 3 Minutes (5:15-8:15)

Run 4 Min

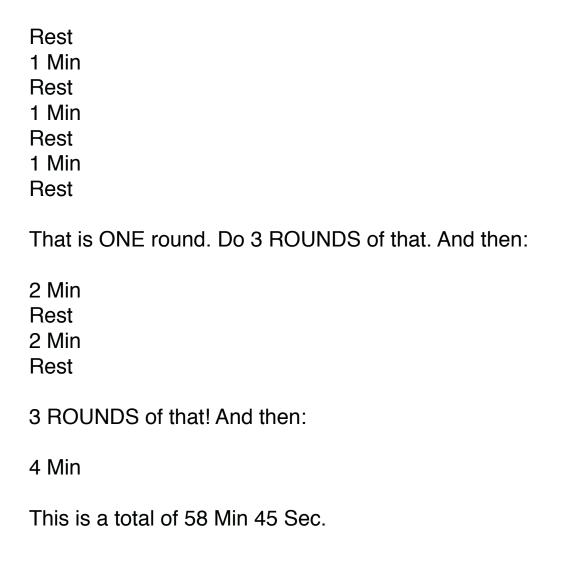
Score is total distance (if you have like a watch or something that can track it) - PLEASE READ COACHES NOTES!

COACHES NOTES

Each interval should be HARD, but not ALL OUT. And the goal should be to maintain a similar pace for all 200s, and all 400s.

To be clear you complete:

1 Min



ROW VERSION:

3 Rounds
Row 250 Meters
Rest 60 Seconds
Row 250 Meters
Rest 60 Seconds
Row 250 Meters
Rest 60 Seconds

Row 250 Meters Rest 3 Min

3 Rounds
Row 500 Meters
Rest 75 Seconds
Row 500 Meters
Rest 3 Minutes

Row 1000 Meters

Score is total time including rest COACHES NOTES Each interval should be HARD, but not ALL OUT. And the goal

should be to maintain a similar pace for all 250s, and all 500s.

To be clear you complete:

250

Rest

250

Rest

250

Rest

250

Rest

That is ONE round. Do 3 ROUNDS of that. And then:

500

Rest

500

Rest

3 ROUNDS of that! And then:

1000

This is a total of 7000 Meters.

BIKE VERSION:

3 Rounds
Bike 15/11 Cal
Rest 60 Seconds
Bike 15/11 Cal
Rest 3 Min

3 Rounds
Bike 30/22 Cal
Rest 75 Seconds
Bike 30/22 Cal
Rest 75 Cal
Rest 3 Min

Bike 60/45 Cal

First number is Men's distance, Second number is Women's distance.

Score is total time including rest - PLEASE READ COACHES NOTES!

COACHES NOTES

Each interval should be HARD, but not ALL OUT. And the goal should be to maintain a similar pace for all 15/11s, and all 30/22s.

To be clear you com	p	lete:
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15/11

Rest

15/11

Rest

15/11

Rest

15/11

Rest

That is ONE round. Do 3 ROUNDS of that. And then:

30/22

Rest

30/22

Rest

3 ROUNDS of that! And then:

60/45

That is a total of 420/309 calories!