

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:

800

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

Rest
1 Min
Rest
1 Min
Rest
1 Min
Rest

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

2 Min
Rest
2 Min
Rest

3 ROUNDS of that! And then:

4 Min

This is a total of 58 Min 45 Sec.

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 60 Seconds

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 complete:

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!