

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:

4 Rounds

Run 90 Seconds (0:00-1:30)
Rest 10 Seconds (1:30-1:40)
Run 90 Seconds (1:40-3:10)
Rest 10 Seconds (3:10-3:20)
Run 90 Seconds (3:20-4:50)
Rest 10 Seconds (4:50-5:00)
Run 90 Seconds (5:00-6:30)

REST 90 SECONDS (6:30-8:00)

Goal: Hold same distance for every 90 second interval throughout. We are learning how to pace!

COACHES NOTES

Ok, so let's make sure you are reading this right.

It is 4 Rounds of 4 x 90 seconds run with 10 seconds rest between and 90 seconds rest between ROUNDS.

This means a total of 16-90 second intervals. Got it?

After every 4 sets of 90 seconds you rest 90 seconds instead of 10.

What's the deal with 10 seconds rest anyway?

We are learning how to pace and feel where we are at! As mentioned above - goal for this workout is to travel the same distance for each 90 second interval without taking it "too easy" or dying off. Figure out what you are capable of holding!

Row Version:

4 Rounds

Row 90 Seconds (0:00-1:30)

Rest 10 Seconds (1:30-1:40)

Row 90 Seconds (1:40-3:10)

Rest 10 Seconds (3:10-3:20)

Row 90 Seconds (3:20-4:50)
Rest 10 Seconds (4:50-5:00)
Row 90 Seconds (5:00-6:30)

REST 90 SECONDS (6:30-8:00)

Goal: Hold same distance for every 90 second interval throughout. We are learning how to pace!

COACHES NOTES

Ok, so let's make sure you are reading this right.

It is 4 Rounds of 4 x 90 seconds row with 10 seconds rest between and 90 seconds rest between ROUNDS.

This means a total of 16-90 second intervals. Got it?

After every 4 sets of 90 seconds you rest 90 seconds instead of 10.

What's the deal with 10 seconds rest anyway?

We are learning how to pace and feel where we are at! As mentioned above - goal for this workout is to travel the same distance for each 90 second interval without taking it "too easy" or dying off. Figure out what you are capable of holding!

Bike Version:

4 Rounds

Bike 90 Seconds (0:00-1:30)
Rest 10 Seconds (1:30-1:40)

Bike 90 Seconds (1:40-3:10)
Rest 10 Seconds (3:10-3:20)
Bike 90 Seconds (3:20-4:50)
Rest 10 Seconds (4:50-5:00)
Bike 90 Seconds (5:00-6:30)

REST 90 SECONDS (6:30-8:00)

Goal: Hold same calories for every 90 second interval throughout. We are learning how to pace!

COACHES NOTES

Ok, so let's make sure you are reading this right.

It is 4 Rounds of 4 x 90 seconds bike with 10 seconds rest between and 90 seconds rest between ROUNDS.

This means a total of 16-90 second intervals. Got it?

After every 4 sets of 90 seconds you rest 90 seconds instead of 10.

What's the deal with 10 seconds rest anyway?

We are learning how to pace and feel where we are at! As mentioned above - goal for this workout is to complete the same number of calories for each 90 second interval without taking it "too easy" or dying off. Figure out what you are capable of holding!