

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 8/1/2021

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

Run Version:

5 Rounds (0:00-10:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (10:00-14:00)

4 Rounds (14:00-22:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (22:00-26:00)

3 Rounds (26:00-32:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (32:00-36:00)

2 Rounds (36:00-40:00)

90 Seconds ON

30 Seconds OFF

****All intervals should be FAST! Uncomfortable, but sustainable.**

**Goal: Cover same distance for EVERY 90 second interval.
Find what you can maintain without it ever being easy or impossible.**

COACHES NOTES

Work on your RECOVERY routine during the 30 seconds. Work on learning to breathe and move to lower your heart rate.

Row Version:

5 Rounds (0:00-10:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (10:00-14:00)

4 Rounds (14:00-22:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (22:00-26:00)

3 Rounds (26:00-32:00)

90 Seconds ON

30 Seconds OFF

Rest 4 Min (32:00-36:00)

2 Rounds (36:00-40:00)

90 Seconds ON

30 Seconds OFF

****All intervals should be FAST (uncomfortable but sustainable)**

Goal: Cover same amount of CALORIES for EVERY 90 second interval. Find what you can maintain without it ever being easy or impossible.

COACHES NOTES

Work on your RECOVERY routine during the 30 seconds. Work on learning to breathe and move to lower your heart rate.

Bike Version:

5 Rounds (0:00-10:00)
90 Seconds ON
30 Seconds OFF

Rest 4 Min (10:00-14:00)

4 Rounds (14:00-22:00)
90 Seconds ON
30 Seconds OFF

Rest 4 Min (22:00-26:00)

3 Rounds (26:00-32:00)
90 Seconds ON
30 Seconds OFF

Rest 4 Min (32:00-36:00)

2 Rounds (36:00-40:00)
90 Seconds ON
30 Seconds OFF

**All intervals should be FAST (uncomfortable but sustainable)

Goal: Cover same amount of CALORIES for EVERY 90 second interval. Find what you can maintain without it ever being easy or impossible.

COACHES NOTES

Work on your RECOVERY routine during the 30 seconds. Work on learning to breathe and move to lower your heart rate.

