

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 9/19/2021

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

Run Version:

7 Rounds

200 Meters Easy

300 Meters Fast

100 Meter Walk

No rest between rounds.

Goal: Do not mess up paces to get a better "score".
Consistent pacing between rounds.

COACHES NOTES

The 300 meters is FAST but can't be 100% because you need to go straight into the walk and then straight into the next round.

Time Version / No Measured Distance:

7 Rounds

2 Min Easy
1 Min FAST
1 Min Walk

No Rest between rounds.

Goal: Do not mess up paces to get a better "score".
Consistent pacing between rounds.

COACHES NOTES

The "easy" is moderate but chill. The FAST is fast but not 100% because you need to be able to walk for 1 min and then go straight into next round.

This is a 28-minute effort.

Row Version:

7 Rounds

Row 250 Meters Easy

Row 350 Meters HARD

1 Min ACTIVE Rest (Get off the rower but do not sit down. Walk and move.)

**Goal: Do not mess up paces in order to get a better "score".
Consistent pacing between rounds.**

COACHES NOTES

The Easy pace is not SLOW - just a super moderate and sustainable/comfortable pace. FAST is fast, but not 100%.

Bike Version:

7 Rounds

15 Cal Men / 11 Cal Women - Easy

20 Cal Men / 16 Cal Women - FAST

7 Cal Men / 5 Cal Women - Slow

No rest between rounds.

**Goal: Don't mess up the paces to get a better "score".
Consistent paces each round.**

COACHES NOTES

Easy pace and slow pace are different! Make sure you look at your monitor and pedal slower/less forcefully on the slow pace than the easy pace. During easy you should continue to use full

body/arms. May give the arms a break and spin only with legs during the slow.

FAST is fast but not 100% since you get no rest after!