

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 10/10/2021

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

Run Version:

"Strong Endurance"

Run 400 Meters

When you hit the 400 Meter Mark - Carry a heavy object or pull/push a sled as far as you can for 1 minute.

At the 1 Minute Mark -

Run 400 Meters - (so drop the object run from that spot until you get back to your object)

Then - Carry heavy object or pull/push a sled as far as you can for 1 minute.

Keep repeating this cycle until you have carried/pushed/pulled the object 800 Meters.

Objects can include:

Sandbag

D-Ball

Dumbbells

Plate

Push/Pull Sled

Whatever

Men: Roughly 50-60# of total weight

Women: Roughly 25-40# of total weight

COACHES NOTES

So the way this works if you were on a track for example. You would leave your object at the start line. At 3-2-1 go you would run 400 meters. When you get back to the object you pick it up and run as FAR as you can with it in 1 min. When 1 min is up - you put it down and run 400 meters again. So let's say I got 75 meters with it in 1 min. I drop it there and circle back around to it. Pick it up again - and go as far as you can in one minute - drop it and loop around. Keep doing this until the OBJECT has traveled the 800 meters (or 1200 meters if you go with the Extra Challenge)

You will need to wear a watch!

You can also do this with like a farmers walk!

If you do not have a way to track your meters for the run and/or object carry, you can do something similar to the Row/Bike version but with 400m Run and 1 minute of step ups!

Bike Version:

7 Rounds

Bike 30 Cal (Men) /22 Calories (Women)

1 Min Max Box Step ups holding heavy object

COACHES NOTES

Step ups should be 18-24" and can be with a sandbag on the shoulder/back - or a plate held in a bear hug position. You can also do the step ups holding dumbbells.

Row Version:

7 Rounds

Row 500 meters

1 Min Max Box Step ups holding heavy object

COACHES NOTES

Step ups should be 18-24" and can be with a sandbag on the shoulder/back - or a plate held in a bear hug position. You can also do the step ups holding dumbbells.