

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 10/3/2021

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

Run Versions:

5k Run

*if you have no way of tracking your distance -
Run at a moderate pace for 25-30 Min

- OR -

10k Run

*if you have no way of tracking your distance -

Run at a moderate pace for 50-60 Min

Row Versions:

5k Row

- OR -

10k Row

Bike Versions:

20 Min Max Cal Bike

- OR -

40 Min Max Cal Bike

COACHES NOTES

Shooting for around 300 Cals for Men and 200 Cals for Women if you go with the 20 min option. For the 40 min option, men are looking for 450-500 cals and women are looking for 350-400!

If you have a different type of bike - you can still do this one and just go for distance or calories! Regardless of what bike you have just cruise at an uncomfortable but sustainable pace!