

# 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 11/14/2021

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

### **Run Version:**

Run 3200 Meters - Easy Pace

NO REST

Run 1600 Meters - Moderate Pace

Total: 4800 Meters

### COACHES NOTES

Easy= 60-70% / very comfortable

Moderate= 75-80% / sustainable but slightly uncomfortable

This workout is all about learning to pace - not coming out too hot  
- and finishing strong!

### **Row Version:**

Row 4000 Meters - Easy Pace

NO REST

Row 2000 Meters - Moderate Pace

Total: 6000 Meters

**Goal: Easy pace should be comfortable. Moderate pace should be harder than that.**

### COACHES NOTES

Easy= 60-70% / very comfortable

Moderate= 75-80% / sustainable but slightly uncomfortable

This workout is all about learning to pace - not coming out too hot  
- and finishing strong!

### **Bike Workout:**

Bike 16 Min - Easy Pace

NO REST

Bike 8 Min - Moderate Pace

**Goal: Easy pace should be comfortable. Moderate pace should be harder than that.**

COACHES NOTES

Easy= 60-70% / very comfortable

Moderate= 75-80% / sustainable but slightly uncomfortable

This workout is all about learning to pace - not coming out too hot  
- and finishing strong!