

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 12/19/2021

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

RUN:

100 Meter (Moderate) Run

100 Meter Walk

200 Meter (Moderate) Run

100 Meter Walk

300 Meter (Moderate) Run

100 Meter Walk

400 Meter (Moderate) Run

100 Meter Walk

Rest 2 Minutes

1 Mile (Moderate) Run

Rest 5 Minutes

1 Mile (Moderate) Run

Rest 5 Minutes

400 Meter (Hard) Run
200 Meter Walk
400 Meter (Hard) Run

Coaches Notes

For this workout the opening intervals are meant to be done at the pace that you will intend to hold for the longer intervals in the middle section. These initial paces will feel CRAZY EASY. Use these intervals to burn this tempo into your brain.

Make every effort to stay on pace for that initial longer/middle interval. Consistent pacing is our focus here. The shorter intervals at the end are intended to be fast. With that short break between.

ROW:

125 Meter (Moderate) Row
1 Minute Rest
250 Meter (Moderate) Row
1 Minute Rest
375 Meter (Moderate) Row
1 Minute Rest
500 Meter (Moderate) Row
Rest 2 Minutes
2000 Meter (Moderate) Row
Rest 5 Minutes
2000 Meter (Moderate) Row
Rest 5 Minutes
500 Meter (Hard) Row
15 Seconds Rest
500 Meter (Hard) Row

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BIKE:

7 Cal (M) / 5 Cal (W) (Moderate) Assault Bike
1 Minute Rest
15 Cal (M) / 11 Cal (W) (Moderate) Assault Bike
1 Minute Rest
21 Cal (M) / 16 Cal (W) (Moderate) Assault Bike
1 Minute Rest
30 Cal (M) / 22 Cal (W) (Moderate) Assault Bike
Rest 2 Minutes
120 Cal (M) / 88 Cal (W) (Moderate) Assault Bike
Rest 5 Minutes
120 Cal (M) / 88 Cal (W) (Moderate) Assault Bike
Rest 5 Minutes
30 Cal (M) / 22 Cal (W) (Hard) Assault Bike
15 Seconds Rest
30 Cal (M) / 22 Cal (W) (Hard) Assault Bike

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