

# 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 1/16/2022

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

### **RUN:**

600 Meter (Moderate) Run

300 Meter (Easy) Run

400 Meter (Moderate) Run

200 Meter (Easy) Run

800 Meter (Moderate) Run

400 Meter (Easy) Run

200 Meter (Moderate) Run

100 Meter (Easy) Run

Rest 1 Minute

600 Meter (Moderate) Run

150 Meter Walk

400 Meter (Moderate) Run

100 Meter Walk

**800 Meter (Moderate) Run**

200 Meter Walk

**200 Meter (Moderate) Run**

50 Meter Walk

**Rest** 1 Minute

**600 Meter (Moderate) Run**

**Rest** 3 Minutes

**400 Meter (Moderate) Run**

**Rest** 2 Minutes

**800 Meter (Moderate) Run**

**Rest** 4 Minutes

**200 Meter (Moderate) Run**

## Coaches Notes

**Score:** Total Time (Do NOT mess up rest, speed up walks or easy runs to improve score)

## **ROW:**

**750 Meter (Moderate) Row**

**375 Meter (Easy) Row**

**500 Meter (Moderate) Row**

**250 Meter (Easy) Row**

**1000 Meter (Moderate) Row**

**500 Meter (Easy) Row**

**250 Meter (Moderate) Row**

**125 Meter (Easy) Row**

**Rest** 1 Minute

**750 Meter (Moderate) Row**

3 Minutes Active Rest

**500 Meter (Moderate) Row**

2 Minutes Active Rest

**1000 Meter (Moderate) Row**

4 Minutes Active Rest

**250 Meter (Moderate) Row**

1 Minute Active Rest

**Rest** 1 Minute

**750 Meter (Moderate) Row**

**Rest 3 Minutes**

**500 Meter (Moderate) Row**

**Rest 2 Minutes**

**1000 Meter (Moderate) Row**

**Rest 4 Minutes**

**250 Meter (Moderate) Row**

## **Coaches Notes**

This workout is designed to address 3 different types of recovery. The key to a successful workout is the selection of a proper interval pace for the opening round. The interval pacing and recovery durations should be consistent from round to round. The ratio of work to rest should work out to be about 1:1 for easy, walk/active recovery, and complete rest.

This workout is a long one. Should take roughly 1 hour.

## **BIKE:**

**45 Cal (M) / 33 Cal (W) - (Moderate) Assault Bike**

**24 Cal (M) / 18 Cal (W) - (Easy) Assault Bike**

**30 Cal (M) / 22 Cal (W) - (Moderate) Assault Bike**

**15 Cal (M) / 11 Cal (W) - (Easy) Assault Bike**

**60 Cal (M) / 44 Cal (W) - (Moderate) Assault Bike**

**30 Cal (M) / 22 Cal (W) - (Easy) Assault Bike**

**15 Cal (M) / 11 Cal (W) - (Moderate) Assault Bike**

**8 Cal (M) / 6 Cal (W) - (Easy) Assault Bike**

**Rest 1 Minute**

**45 Cal (M) / 33 Cal (W) - (Moderate) Assault Bike**

**3 Minutes Active Rest**

**30 Cal (M) / 22 Cal (W) - (Moderate) Assault Bike**

**2 Minutes Active Rest**

**60 Cal (M) / 44 Cal (W) - (Moderate) Assault Bike**

**4 Minutes Active Rest**

**15 Cal (M) / 11 Cal (W) - (Moderate) Assault Bike**

**1 Minute Active Rest**

**Rest 1 Minute**

**45 Cal (M) / 33 Cal (W) - (Moderate) Assault Bike**

**Rest 3 Minutes**

**30 Cal (M) / 22 Cal (W) - (Moderate) Assault Bike**

**Rest 2 Minutes**

**60 Cal (M) / 44 Cal (W) - (Moderate) Assault Bike**

**Rest 4 Minutes**

**15 Cal (M) / 11 Cal (W) - (Moderate) Assault Bike**

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