

# 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 1/30/2022

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

### **RUN:**

**1000 Meter (Moderate) Run**

**Rest 3 Minutes**

**8 Rounds**

**200 Meter (Moderate) Run**

**300 Meter (Hard) Run**

**100 Meter Walk**

**Rest 3 Minutes**

**1000 Meter (Moderate) Run**

## Coaches Notes

The core of this workout is the 8 x rounds in the middle. These intervals will be broken up into roughly 1 minute at a Moderate pace and then straight into roughly 1 minute Hard. The opening moderate pace for these will be the same as your pace from the opening long interval. Your Hard interval should be very uncomfortable.

The easy/active rest section of the 8 Round middle section will start to feel very short.. Don't waste your rest during those early rounds. Recovery is going to become critical. Your top priority is getting your heart rate down as soon as you finish each interval. It is very important to develop routines when performing intervals. Perform your routines often enough – the become second nature.

### **ROW:**

**1250 Meter (Moderate) Row**

**Rest 3 Minutes**

### **8 Rounds**

**250 Meter (Moderate) Row**

**375 Meter (Hard) Row**

**1 Minute Active Rest/Walk**

**Rest 3 Minutes**

**1250 Meter (Moderate) Row**

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## **BIKE:**

**75 Cal (M) / 55 Cal (W) - (Moderate) Assault Bike**

**Rest 3 Minutes**

## **8 Rounds**

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

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

**1 Minute Active Rest/Walk**

**Rest 3 Minutes**

**75 Cal (M) / 55 Cal (W) - (Moderate) Assault Bike**

## **Coaches Notes**

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