

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 1/9/2022

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

RUN:

3 Rounds

800 Meter (Moderate) Run

Rest 15 Seconds

400 Meter (Comfortable) Run

NO rest - Straight into-

300 Meter (Hard) Run

Rest 1 Minute

200 Meter (Hard) Run

Rest 1 Minute

100 Meter (Hard) Run

Rest 1 Minute

Coaches Notes

It's important for us to learn how different paces feel and to know how to both push and pull back. This workout will also test our ability to push hard - after being fatigued from some more moderate efforts.

Remember Moderate is slightly uncomfortable, vs Comfortable which is less so.

Goal is for all 3 Rounds to have the paces for Moderate/Comfortable/Hard remain the same - and for the time it takes to complete each round (or distance covered) - to be the same from round to round.

ROW:

3 Rounds

1000 Meter (Moderate) Row

Rest 15 Seconds

500 Meter (Comfortable) Row

NO rest - Straight into-

375 Meter (Hard) Row

Rest 1 Minute

250 Meter (Hard) Row

Rest 1 Minute

125 Meter (Hard) Row

Rest 1 Minute

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BIKE:

3 Rounds

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

Rest 15 Seconds

30 Cal (M) / 22 Cal (W) - (Comfortable) Assault Bike

NO rest - Straight into-

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

Rest 1 Minute

15 Cal (M) / 11 Cal (W) - (Hard) Assault Bike

Rest 1 Minute

8 Cal (M) / 6 Cal (W) - (Hard) Assault Bike

Rest 1 Minute

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