

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 2/27/2022

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

RUN:

800 Meter (Moderate) Run

Rest 90 Seconds

600 Meter (Hard) Run

Rest 15 Seconds

200 Meter (Comfortable) Run

No Rest - Straight into:

800 Meter (Moderate) Run

Rest 90 Seconds

400 Meter (Hard) Run

Rest 15 Seconds

200 Meter (Comfortable) Run

No Rest - Straight into:

800 Meter (Moderate) Run

Rest 90 Seconds

300 Meter (Hard) Run

Rest 15 Seconds

200 Meter (Comfortable) Run

No Rest - Straight into:

800 Meter (Moderate) Run

Rest 90 Seconds

200 Meter (Hard) Run

Rest 15 Seconds

200 Meter (Comfortable) Run

Coaches Notes

The second interval in each new section gets progressively shorter. The focus for this workout is for each of those to get progressively faster.

Keep the opening (longer) interval for each section at a slightly uncomfortable pace - and the third (shorter) interval for each section at a very comfortable pace. Push the pace of that middle interval. No rest between sections! Go straight back into the longer (moderate) interval from the shorter (comfortable) interval each time.

ROW:

1000 Meter (Moderate) Row

Rest 90 Seconds

750 Meter (Hard) Row

Rest 15 Seconds

250 Meter (Comfortable) Row

No Rest - Straight into:

1000 Meter (Moderate) Row

Rest 90 Seconds

500 Meter (Hard) Row

Rest 15 Seconds

250 Meter (Comfortable) Row

No Rest - Straight into:

1000 Meter (Moderate) Row

Rest 90 Seconds

375 Meter (Hard) Row

Rest 15 Seconds

250 Meter (Comfortable) Row

No Rest - Straight into:

1000 Meter (Moderate) Row

Rest 90 Seconds

250 Meter (Hard) Row

Rest 15 Seconds

250 Meter (Comfortable) Row

Coaches Notes

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BIKE:

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

Rest 90 Seconds

48 Cal (M) / 36 Cal (W) - (Hard) Assault Bike

Rest 15 Seconds

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

No Rest - Straight into:

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

Rest 90 Seconds

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

Rest 15 Seconds

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

No Rest - Straight into:

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

Rest 90 Seconds

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

Rest 15 Seconds

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

No Rest - Straight into:

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

Rest 90 Seconds

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

Rest 15 Seconds

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

Coaches Notes

The second interval in each new section gets progressively shorter. The focus for this workout is for each of those to get progressively faster.

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