

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 3/20/2022

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

RUN:

2 Rounds

400 Meter (Very Hard) Run

Rest 15 Seconds

400 Meter (Comfortable) Run

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

300 Meter (Very Hard) Run

Rest 15 Seconds

300 Meter (Comfortable) Run

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

200 Meter (Very Hard) Run

Rest 15 Seconds

200 Meter (Comfortable) Run

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

300 Meter (Very Hard) Run

Rest 15 Seconds

300 Meter (Comfortable) Run

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

400 Meter (Very Hard) Run

Rest 15 Seconds

400 Meter (Comfortable) Run

Rest 15 Seconds

Coaches Notes

15 seconds rest will feel like a tease. This will not be enough time to recovery fully after the Very Hard effort. We are working on recovering while we are moving during this workout. Remember, "Comfortable" is a bit harder than "Easy" - so keep moving at a pretty decent pace while you work to recover during those sections.

Take the longer - 1 minute - rest period to re-set and recover as much as possible between the different 2 round sections.

Can you match the pace you put out at the beginning of the workout when you hit the same interval at the end?

ROW:

2 Rounds

500 Meter (Very Hard) Row

Rest 15 Seconds

500 Meter (Comfortable) Row

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

375 Meter (Very Hard) Row

Rest 15 Seconds

375 Meter (Comfortable) Row

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

250 Meter (Very Hard) Row

Rest 15 Seconds

250 Meter (Comfortable) Row

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

375 Meter (Very Hard) Row

Rest 15 Seconds

375 Meter (Comfortable) Row

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

500 Meter (Very Hard) Row

Rest 15 Seconds

500 Meter (Comfortable) Row

Rest 15 Seconds

Coaches Notes

15 seconds rest will feel like a tease. This will not be enough time to recovery fully after the Very Hard effort. We are working on recovering while we are moving during this workout. Remember, "Comfortable" is a bit harder than "Easy" - so keep moving at a pretty decent pace while you work to recover during those sections.

Take the longer - 1 minute - rest period to re-set and recover as much as possible between the different 2 round sections.

Can you match the pace you put out at the beginning of the workout when you hit the same interval at the end?

BIKE:

2 Rounds

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

Rest 15 Seconds

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

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

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

Rest 15 Seconds

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

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

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

Rest 15 Seconds

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

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

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

Rest 15 Seconds

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

Rest 15 Seconds

Rest 1 Minute After 2 Rounds

2 Rounds

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

Rest 15 Seconds

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

Rest 15 Seconds

Coaches Notes

15 seconds rest will feel like a tease. This will not be enough time to recovery fully after the Very Hard effort. We are working on recovering while we are moving during this workout. Remember, "Comfortable" is a bit harder than "Easy" - so keep moving at a pretty decent pace while you work to recover during those sections.

Take the longer - 1 minute - rest period to re-set and recover as much as possible between the different 2 round sections.

Can you match the pace you put out at the beginning of the workout when you hit the same interval at the end?