

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 3/27/2022

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

RUN:

4 Rounds

100 Meter (Hard) Run

100 Meter Walk

After 4 Rounds go STRAIGHT INTO-

2 Rounds

200 Meter (Very Hard) Run

100 Meter Walk

Rest 2 Minutes (after the 2 Rounds)

Then

4 Rounds

150 Meters (Sprint) Run

50 Meter Walk

Rest 2 Minutes between all 4 rounds

Then

2 Rounds

400 Meter (Hard) Run

200 Meter Walk

Coaches Notes

The core of this workout are the SPRINT intervals. For these we want you to use what's called a "flying start". This means take about 20 meters to start picking up the speed before the SPRINT officially starts. You should hit the "start line" already at full speed.

Although these are pretty much all out - try to keep the same pace for each of the SPRINTS.

Do NOT sandbag the rest of the workout to try to get a better "score". Hit intended paces for all intervals as written.

ROW:

4 Rounds

125 Meter (Hard) Row

1 Min Slow Row/Active recovery (not full rest)

After 4 Rounds go STRAIGHT INTO-

2 Rounds

250 Meter (Very Hard) Row

1 Min Slow Row/Active recovery (not full rest)

Rest 2 Minutes (after the 2 Rounds)

Then

4 Rounds

225 Meter (Sprint) Row

Rest 2 Minutes between all 4 rounds

Then

2 Rounds

500 Meter (Hard) Row

2 Min Super Slow Row/Active recovery (not full rest)

Coaches Notes

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BIKE:

4 Rounds

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

1 Min Slow Spin/Active Recovery (not full rest)

After 4 Rounds go STRAIGHT INTO-

2 Rounds

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

1 Min Slow Spin/Active Recovery (not full rest)

Rest 2 Minutes (after the 2 Rounds)

Then

4 Rounds

12 Cal (M) / 9 Cal (W) - (Sprint) Assault Bike

Rest 2 Minutes between all 4 rounds

Then

2 Rounds

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

2 Min Slow Spin/Active recovery (not full rest)

Coaches Notes

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Although these are pretty much all out - try to keep the same pace for each of the SPRINTS.

Do NOT sandbag the rest of the workout to try to get a better "score". Hit intended paces for all intervals as written.