

# 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 3/6/2022

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

### **RUN:**

5 Rounds

**800 Meter (Hard) Run**

**Rest** 1:1 for how long 800 took

\*\*This workout is meant to be done as 10 rounds. If you feel up to it, and can keep all 800s under 4:15 - go for it!

### **Coaches Notes**

This is a famous workout called "Yasso's 800s" and the theory here is that your time in minutes and seconds for a workout of 10 times 800 meters (two laps of the track) with equal recovery time (jogging slowly) is the same as the hours and minutes of your marathon time.

10 rounds is A LOT - so we have programmed it as a half. But if you are feeling up for all 10 - go for it.

All 5 (or 10) work intervals should be almost identical in pacing. If you come out too hot - you will pay for it.

1:1 work to rest means that if your first interval takes 4:33 - you rest exactly 4:33.

## **ROW:**

5 Rounds

**1000 Meter (Hard) Row**

**Rest** 1:1 for how long 1000 took

\*\*This workout is meant to be done as 10 rounds. If you feel up to it, and can keep all 1000s under 4:15 - go for it!

## **Coaches Notes**

The Run version of this workout is a famous workout called "Yasso's 800s" and the theory here is that your time in minutes and seconds for a workout of 10 times 800 meters (two laps of the track) with equal recovery time (jogging slowly) is the same as the hours and minutes of your marathon time.

10 rounds is A LOT - so we have programmed it as a half. But if you are feeling up for all 10 - go for it.

We felt this was a perfect workout to hit at the halfway point in your 52 Week journey!

All 5 (or 10) work intervals should be almost identical in pacing. If you come out too hot - you will pay for it.

1:1 work to rest means that if your first interval takes 4:33 - you rest exactly 4:33.

## **BIKE:**

**5 Rounds**

**60 Cal (M) / 44 Cal (W) (Hard) Assault Bike**

**Rest** 1:1 for how long 60/40 took

\*\*This workout is meant to be done as 10 rounds. If you feel up to it, and can keep 60/40 Cals under 4:15 - go for it!

## **Coaches Notes**

The Run version of this workout is a famous workout called "Yasso's 800s" and the theory here is that your time in minutes and seconds for a workout of 10 times 800 meters (two laps of the track) with equal recovery time (jogging slowly) is the same as the hours and minutes of your marathon time.

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