

# 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 4/10/2022

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

### **RUN:**

4 Rounds

**400 Meter (Moderate) Run**

**Rest** 10 Seconds

**Rest** 4 Minutes After 4 Rounds

Then

3 Rounds

**1000 Meter (Hard) Run**

**Rest** 1 Minute

**400 Meter (Hard) Run**

**Rest** 2 Minutes

## Coaches Notes

For this workout - the pace of the opening 4 rounds intervals should be the same as the pace for the longer interval in the following 3 rounds. This is to say - what feels Moderate at a shorter distance feels Hard when that distance is more than doubled.

Use the opening 4 rounds to figure out what that pace should be.

The shorter interval during the 3 round section should be faster than the others. Push the pace here.

## **ROW:**

**4 Rounds**

**500 Meter (Moderate) Row**

**Rest** 10 Seconds

**Rest** 4 Minutes After 4 Rounds

Then

**3 Rounds**

**1250 Meter (Hard) Row**

**Rest** 1 Minute

**500 Meter (Hard) Row**

**Rest** 2 Minutes

## Coaches Notes

For this workout - the pace of the opening 4 rounds intervals should be the same as the pace for the longer interval in the following 3 rounds. This is to say - what feels Moderate at a shorter distance feels Hard when that distance is more than doubled.

Use the opening 4 rounds to figure out what that pace should be.

The shorter interval during the 3 round section should be faster than the others. Push the pace here.

## **BIKE:**

**4 Rounds**

**30 Cal (M) / 22 Cal (W) - (Moderate) Assault Bike**

**Rest** 10 Seconds

**Rest** 4 Minutes After 4 Rounds

Then

**3 Rounds**

**75 Cal (M) / 60 Cal (W) - (Hard) Assault Bike**

**Rest** 1 Minute

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

**Rest** 2 Minutes

## **Coaches Notes**

For this workout - the pace of the opening 4 rounds intervals should be the same as the pace for the longer interval in the following 3 rounds. This is to say - what feels Moderate at a shorter distance feels Hard when that distance is more than doubled.

Use the opening 4 rounds to figure out what that pace should be.

The shorter interval during the 3 round section should be faster than the others. Push the pace here.