

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 7/17/2022

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

Session 26

RUN:

1000 Meter (Moderate) Run

Rest 3 Minutes

Then

10 Rounds

100 Meter (Easy) Run

100 Meter (Sprint) Run

100 Meter Walk

Rest 3 Minutes After 10 Rounds

Then

1000 Meter (Moderate) Run

Coaches Notes

2 main focus points for this one - the sprints during the 10 round section and the final/longer interval at the end. Use somewhat of a "flying start" going into those sprints each time - meaning - pick up the pace on the last 2-3 seconds of the "Easy" interval before so that you hit that interval at your full sprint pace.

The final/long interval will feel much different than that same distance did at the beginning of the workout. This will test your ability to hold your "Moderate" pace - even after fatigue sets in.

ROW:

1250 Meter (Moderate) Row

Rest 3 Minutes

Then

10 Rounds

125 Meter (Easy) Row

125 Meter (Sprint) Row

90 Seconds Walk/Active Rest

Rest 3 Minutes After 10 Rounds

Then

1250 Meter (Moderate) Row

Coaches Notes

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The final/long interval will feel much different than that same distance did at the beginning of the workout. This will test your ability to hold your "Moderate" pace - even after fatigue sets in.

BIKE:

75 Cal (M) / 55 Cal (W) - (Moderate) Assault Bike

Rest 3 Minutes

Then

10 Rounds

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

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

90 Seconds Walk/Active Rest

Rest 3 Minutes After 10 Rounds

Then

75 Cal (M) / 55 Cal (W) - (Moderate) Assault Bike

*Reset cals during the 90 seconds rest each time. No rollover.

Coaches Notes

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