

# 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 7/31/2022

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

**Session 28**

### **RUN:**

**3 Rounds**

**400 Meter (Very Hard) Run**

**400 Meter (Super Easy) Run**

**Rest 10 Seconds**

**300 Meter (Very Hard) Run**

**300 Meter (Super Easy) Run**

**Rest 10 Seconds**

**200 Meter (Very Hard) Run**

**200 Meter (Super Easy) Run**

**Rest 10 Seconds**

**Rest 4 Minutes**

## Coaches Notes

Hard paces should be pretty unsustainable at the 400 meter distance.

Each "Very Hard" interval should get faster as distance gets shorter.  
"Super Easy" should be very very comfortable - but NOT a walk. Full recovery should come during the 4 minute rest at the end of each round.

### **ROW:**

**3 Rounds**

**500 Meter (Very Hard) Row**

**500 Meter (Super Easy) Row**

**Rest 10 Seconds**

**375 Meter (Very Hard) Row**

**375 Meter (Super Easy) Row**

**Rest 10 Seconds**

**250 Meter (Very Hard) Row**

**250 Meter (Super Easy) Row**

**Rest 10 Seconds**

**Rest 4 Minutes**

## Coaches Notes

Hard paces should be pretty unsustainable at the 500 meter distance.

Each "Very Hard" interval should get faster as distance gets shorter.  
"Super Easy" should be very very comfortable - but continue moving. Full recovery should come during the 4 minute rest at the end of each round.

### **BIKE:**

**3 Rounds**

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

**3 Minutes (Super Easy) Assault Bike**

**Rest 10 Seconds**

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

**2:30 Minutes (Super Easy) Assault Bike**

**Rest 10 Seconds**

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

**2 Minutes (Super Easy) Assault Bike**

**Rest** 10 Seconds

**Rest** 4 Minutes

## Coaches Notes

Hard paces should be pretty unsustainable at the 30 Cal (M) / 22 Cal (W) distance.

Each "Very Hard" interval should get faster as distance gets shorter.  
"Super Easy" should be very very comfortable - but continue moving. Full recovery should come during the 4 minute rest at the end of each round.