

# 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 8/28/2022

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

**Session 32**

### **RUN:**

7 Rounds

**200 Meter (Easy) Run**

**300 Meter (Very Hard) Run**

**Rest** 10 Seconds

100 Meter Walk

### **Coaches Notes**

This is a continuous workout except for the 10 seconds of rest after each "Very Hard" interval. The "Easy" pace should feel more difficult and higher exertion than the "Active Rest". No rest between the "Easy" interval and the "Very Hard" interval.

The purpose of the 10sec rest is for the you to develop a recovery routine that is solely focused on reducing heart rate. The remaining recovery is during the walk/slow spin/active rest.

## **ROW:**

7 Rounds

**250 Meter (Easy) Row**

**375 Meter (Very Hard) Row**

2 Minutes Active Rest

## **Coaches Notes**

This is a continuous workout. The "Easy" pace should feel more difficult and higher exertion than the "Active Rest". No rest between the "Easy" interval and the "Very Hard" interval.

## **BIKE:**

7 Rounds

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

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

2 Minutes Active Rest

## **Coaches Notes**

This is a continuous workout. The "Easy" pace should feel more difficult and higher exertion than the "Active Rest". No rest between the "Easy" interval and the "Very Hard" interval.