

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 11/6/2022

****You should have at least 1 day between run sessions.
Session 41**

RUN:

3 Rounds

50 Meter (Sprint) Run

50 Meter (Easy) Run

50 Meter (Sprint) Run

50 Meter (Easy) Run

50 Meter (Sprint) Run

50 Meter (Easy) Run

50 Meter (Sprint) Run

50 Meter (Easy) Run

Rest 4 Minutes Between Rounds

Then

3 Rounds

200 Meter (Hard) Run

100 Meter (Easy) Run

100 Meter (Sprint) Run

Rest 4 Minutes Between Rounds

Coaches Notes

The total workload in this session is low - and it has a LOT of rest. Looking for you to SEND IT on the Sprints! Use the "Easy" intervals to regain your composure and breathing.

On the second 3 Round section don't hold back on the "Hard" interval to save it too much for the Sprint at the end.

ROW:

3 Rounds

75 Meter (Sprint) Row

75 Meter (Easy) Row

75 Meter (Sprint) Row

75 Meter (Easy) Row

75 Meter (Sprint) Row

75 Meter (Easy) Row

75 Meter (Sprint) Row

75 Meter (Easy) Row

Rest 4 Minutes Between Rounds

Then

3 Rounds

250 Meter (Hard) Row

100 Meter (Easy) Row

150 Meter (Sprint) Row

Rest 4 Minutes Between Rounds

Coaches Notes

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On the second 3 Round section don't hold back on the "Hard" interval to save it too much for the Sprint at the end.

BIKE:

3 Rounds

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

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike

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

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike

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

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike

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

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike

Rest 4 Minutes Between Rounds

Then

3 Rounds

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

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

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

Rest 4 Minutes Between Rounds

Coaches Notes

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On the second 3 Round section don't hold back on the "Hard" interval to save it too much for the Sprint at the end.

