

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 1/1/2023

****You should have at least 1 day between run sessions.
Session 49**

**RUN:
1000 Meter (Comfortable) Run**

Rest 90 Seconds

3 Rounds

**100 Meter (Easy) Run
100 Meter (Sprint) Run
100 Meter Walk**

(No Rest Between Rounds)

Then

800 Meter (Hard) Run

3 Rounds

100 Meter (Easy) Run

100 Meter (Sprint) Run

100 Meter Walk

(No Rest Between Rounds)

Then

1000 Meter (Comfortable) Run

Coaches Notes

Take this workout one section at a time, and focus on hitting the proper pacing.

The opening "Comfortable" interval should be at a completely sustainable pace where you could hold a conversation - but more difficult than "Easy".

It is important that you SPRINT during the 3 Round sections.

The middle/longer interval is the bread and butter of this workout. You will be pre-fatigued from both the longer interval and the sprints. Push the pace but stay in control. This should not be all out.

"Comfortable" interval at the end should be the same pace as the one in the beginning - however will feel a little "less" comfortable by that point.

ROW:

1250 Meter (Comfortable) Row

Rest 90 Seconds

3 Rounds

125 Meter (Easy) Row

125 Meter (Sprint) Row

1 Minute Active Rest/Walk

(No Rest Between Rounds)

Then

1000 Meter (Hard) Row

3 Rounds

125 Meter (Easy) Row

125 Meter (Sprint) Row

1 Minute Active Rest/Walk

(No Rest Between Rounds)

Then

1250 Meter (Comfortable) Row

Coaches Notes

Take this workout one section at a time, and focus on hitting the proper pacing.

The opening "Comfortable" interval should be at a completely sustainable pace where you could hold a conversation - but more difficult than "Easy".

It is important that you SPRINT during the 3 Round sections.

The middle/longer interval is the bread and butter of this workout. You will be pre-fatigued from both the longer interval and the sprints. Push the pace but stay in control. This should not be all out.

"Comfortable" interval at the end should be the same pace as the one in the beginning - however will feel a little "less" comfortable by that point.

BIKE:

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

Rest 90 Seconds

3 Rounds

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike
8 Cal (M) / 6 Cal (W) - (Sprint) Assault Bike
1 Minuten Slow No Arm Spin

(No Rest Between Rounds)

Then

60 Cal (M) / 44 Cal (W) - (Hard) Assault Bike

3 Rounds

7 Cal (M) / 5 Cal (W) - (Easy) Assault Bike
8 Cal (M) / 6 Cal (W) - (Sprint) Assault Bike
1 Minute Slow No Arm Spin

(No Rest Between Rounds)

Then

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

Coaches Notes

Take this workout one section at a time, and focus on hitting the proper pacing.

The opening "Comfortable" interval should be at a completely sustainable pace where you could hold a conversation - but more difficult than "Easy".

It is important that you SPRINT during the 3 Round sections.

The middle/longer interval is the bread and butter of this workout. You will be pre-fatigued from both the longer interval and the sprints. Push the pace but stay in control. This should not be all out.

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