

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 12/18/2022

****You should have at least 1 day between run sessions.
Session 47**

RUN:

1200 Meter (Moderate) Run

200 Meter (Super Easy) Run

400 Meter (Hard) Run

Rest 3 Minutes

1000 Meter (Moderate) Run

200 Meter (Super Easy) Run

400 Meter (Hard) Run

Rest 3 Minutes

800 Meter (Moderate) Run
200 Meter (Super Easy) Run
400 Meter (Hard) Run

Rest 3 Minutes

600 Meter (Moderate) Run
200 Meter (Super Easy) Run
400 Meter (Hard) Run

Coaches Notes

The focus of this workout is on the "Hard" intervals at the end of each section. These are not all out, but should be uncomfortable. Shoot to keep the pace the same for all of them.

Make sure that the "Moderate" and "Easy" are distinctively different paces - and don't both end up "Easy". Those "Moderate" intervals are important in learning our sustainable, but uncomfortable pace when preparing to finish hard at the end.

ROW:

1500 Meter (Moderate) Row
250 Meter (Super Easy) Row
500 Meter (Hard) Row

Rest 3 Minutes

1250 Meter (Moderate) Row
250 Meter (Super Easy) Row
500 Meter (Hard) Row

Rest 3 Minutes

1000 Meter (Moderate) Row
250 Meter (Super Easy) Row
500 Meter (Hard) Row

Rest 3 Minutes

750 Meter (Moderate) Row
250 Meter (Super Easy) Row
500 Meter (Hard) Row

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BIKE:

90 Cal (M) / 66 Cal (W) - (Moderate) Assault Bike
15 Cal (M) / 11 Cal (W) - (Super Easy) Assault Bike
30 Cal (M) / 22 Cal (W) - (Hard) Assault Bike

Rest 3 Minutes

75 Cal (M) / 55 Cal (W) - (Moderate) Assault Bike
15 Cal (M) / 11 Cal (W) - (Super Easy) Assault Bike
30 Cal (M) / 22 Cal (W) - (Hard) Assault Bike

Rest 3 Minutes

60 Cal (M) / 44 Cal (W) - (Moderate) Assault Bike
15 Cal (M) / 11 Cal (W) - (Super Easy) Assault Bike
30 Cal (M) / 22 Cal (W) - (Hard) Assault Bike

Rest 3 Minutes

45 Cal (M) / 33 Cal (W) - (Moderate) Assault Bike
15 Cal (M) / 11 Cal (W) - (Super Easy) Assault Bike
30 Cal (M) / 22 Cal (W) - (Hard) Assault Bike

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