

# 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 1/22/2023

**\*\*You should have at least 1 day between run sessions.  
Session 52**

**RUN:  
5000 Meter Run**

### Coaches Notes

It's been 52 Weeks! This is your final test! Go back and check your time on Week 3 and Week 30 from this program and see how far you have come. Push the pace, but also use what you have learned about yourself and what you can sustain/where you can push!

**ROW:**  
**5000 Meter Row**

**Coaches Notes**

It's been 52 Weeks! This is your final test! Go back and check your time on Week 3 and Week 30 from this program and see how far you have come. Push the pace, but also use what you have learned about yourself and what you can sustain/where you can push!

**BIKE:**  
**375 Cal (M) / 275 Cal (W) Assault Bike**

**Coaches Notes**

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