

# 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 4/30/2023

### ROWING STAMINA

The program is designed so that anyone can follow - using percentage of 100% effort and RPE (rate of perceived exertion) paces. In each workout you will have simple pacing guidelines to follow for each interval. Don't get too hung up on it being perfect and trust that following how you FEEL can be extremely effective - especially for someone who doesn't have a ton of experience with this type of training.

SESSION DURATION: 15-30 Minutes

Week 1 : Session 3 Time Trial-

**5000m Row**

**-OR- Max Distance in 20 minutes Row**

**Score:** Time for 5000m Row

**Score:** Max distance in 20 minutes (if less than 5000m)

## Coaches Notes

This is a time trial, meaning 2 things:

1. It's a test of your fastest 5000m time, so go all out.
2. You will be basing some of the pacing off of this time in future sessions.

Make sure you warm up properly and remember that your technique and stroke efficiency are what will get you the best time. Remember to breathe and try to hold a steady pace.

Ultimately, it's up to you if you choose the 5k or 20 Min Max Distance. If you aren't at 4,000 meters by the 20 minute mark, you can stop there and log your distance. Unless you REALLY want to follow through with the entire 5k. Regardless of which one you choose, when the 5k time trials come up again in the program, do whatever you decide for this session so that you can compare performances.