

# 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 6/11/2023**

### **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 3 : Session 3-

## **20 Minute Steady State Row**

Pace: Moderate

**Score:** Total Distance

**Goal:** Maintain the same pace the entire time

### **Coaches Notes**

Start at a pace that is 30 seconds slower than your 5000m/20 min time trial was. Try to maintain relatively the same pace for the full 20 minutes. Remember, the desired pacing is moderate so you shouldn't feel totally wrecked at the end.