

# FIREFIT ENDURANCE PROGRAM

Once a week, FireFit will provide a pretty intense - sometimes 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!**

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 52 weeks if you want measurable results:

Run: 400 meters, 1 mile run, or 5K

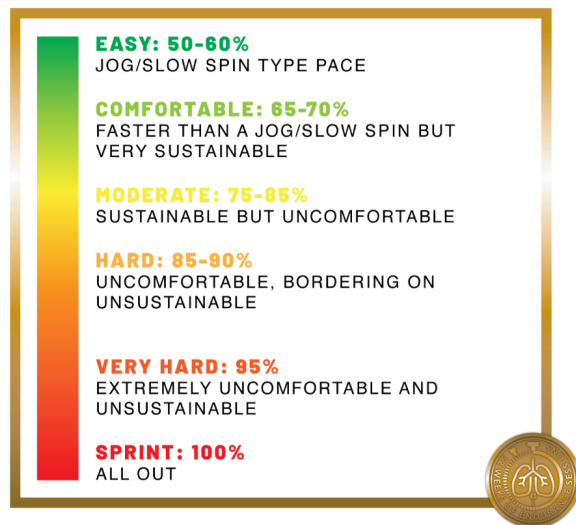
Row: 500 meters, 2K, or 5K

Bike: 30 Cal, 100 Cal, or 20 minute max Cals

(You can choose any OR all of these)

# 52 WEEK ENDURANCE: SESSION 12 - 7/28/2024

## 52 WEEK ENDURANCE PACING



This version of the workout is for those who may be using a different piece of equipment (or type of endurance modality) than those from our standard list. It also works well for someone who is running outside and doesn't have a good measure for distance. This can be a good option to use if you are doing these workouts with someone else and want to

"stay together", or if you simply aren't in the headspace for the target goals for the day.

## 4 Rounds

2 Minutes (Moderate) Run, Row, Bike, Ski, Swim - etc  
Rest 10 Seconds

Rest 4 Minutes After 4 Rounds

## 3 Rounds

5 Minutes (Hard) Run, Row, Bike, Ski, Swim - etc  
Rest 1 Minute  
2 Minutes (Hard) Run, Row, Bike, Ski, Swim - etc  
Rest 2 Minutes

## Coaches Notes

For this workout - the pace of the opening 4 rounds intervals should be the same as the pace for the longer interval in the following 3 rounds. This is to say - what feels Moderate at a shorter distance feels Hard when that distance is more than doubled.

Use the opening 4 rounds to figure out what that pace should be.

The shorter interval during the 3 round section should be faster than the others. Push the pace here.