

# 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! This really applies to Session 1. Some of them are 5K or more, and if you are new to this, that is a lot.

**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 05/26/2019

**Metcon (Distance)**

**Run Version**

10 Rounds

60 Seconds "Easy"

60 Seconds "ON"

30 Seconds REST

Score: Total distance from ON portion only. Do not count any calories done during the easy portion!

If that is too hard to calculate - don't even worry. Just put total distance and note you didn't separate it in the comments. If you don't have a way to measure total distance - don't even worry about it! Just get after it!

The EASY pace should be something you could sustain for a long time, but not TOO easy.

The ON pace should be pretty all out. The 30 seconds may not recover you completely, but that combined with the 60 seconds easy should get you ready to go again!

## **Metcon (Distance)**

### **Row Version**

10 Rounds

60 Seconds "Easy"

60 Seconds "ON"

30 Seconds REST

Score: Total distance from ON portion only. Do not count any calories done during the easy portion! The EASY pace should be something you could sustain for a long time, but not TOO easy.

The ON pace should be pretty all out. The 30 seconds may not recover you completely, but that combined with the 60 seconds easy should get you ready to go again!

## **Metcon (Calories)**

### **Bike Version**

10 Rounds

60 Seconds "Easy"

60 Seconds "ON"

30 Seconds REST

Score: Total Calories from ON portion only. Do not count any calories done during the easy portion! The EASY pace should be something you could sustain for a long time, but not TOO easy.

The ON pace should be pretty all out. The 30 seconds may not recover you completely, but that combined with the 60 seconds easy should get you ready to go again!

