

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 06/23/2019

You should have at least 1 day between run sessions if possible

RUN Version

2 MILES - EASY

REST 3 MIN

2 ROUNDS

SPRINT 40 METERS

FULL REST AND RECOVERY BETWEEN SPRINTS

2 ROUNDS

SPRINT 60 METERS

FULL REST AND RECOVERY BETWEEN SPRINTS

SCORE: 2 MILE TIME

GOAL: Don't go fast.

Ha ha. This is meant to just get you running EASY for 2 miles straight. Keep the same pace throughout. A pace that is easy and SUPER sustainable. Going all out is NOT part of the program and will actually throw you off for the intended training stimulus.

Row Version

4K Row - Easy

Rest 3 min

2 Rounds

Sprint 75 Meters

Rest and Recover as Needed

2 Rounds

Sprint 100 Meters

Rest and Recover as Needed

Score: 4K Row Time

Goal: Actually row at a comfortable and slow pace then push an all out effort on the short sprints!

Don't mess up the pace to get a better score.

Bike Version

225 Cal Men / 165 Cal Women - Easy

Rest 3 min

2 Rounds

Sprint 8 Cal Men / 6 Cal Women

Rest and Recover as Needed

2 Rounds

Sprint 10 Cal Men / 8 Cal Women

Rest and Recover as Needed

Score: 225 / 165 Cal Bike Time

Goal: Actually bike at a comfortable and slow pace then push an all out effort on the short sprints!

Don't mess up the pace to get a better score.