

# 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 06/09/2019

### **Running Warm Up**

In 50' Sections:

Karaoke

Up & Overs

Knee-to-stomach

Samson lunge

Buttkickers

High knees

Toes in walk

Toes out walk

High skips

### **RUN 1 (Time)**

RUN 800 M - MODERATE

REST 45 SECONDS

RUN 200 M - FAST

REST 2 MIN

RUN 600 M - MODERATE

REST 45 SECONDS

RUN 200 - FAST

REST 2 MIN  
RUN 400 - MODERATE  
REST 45 SECONDS  
RUN 200 - FAST

Total: 2400m

MODERATE: 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE  
FAST: 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

SCORE= TOTAL TIME

GOAL= Don't worry as much about total time. Try to match all 200 meter FAST times. Do not mess up paces to improve score.

**Row Option:**

Row 1000 M - Moderate  
Rest 45 Seconds  
Row 250 - Fast  
Rest 2 Min  
Row 750 M - Moderate  
Rest 45 Seconds  
Row 250 - Fast  
Rest 2 Min  
Row 500 M - Moderate  
Rest 45 Seconds  
Row 250 M - Fast

Score= Total Time

Goal= Don't worry so much about time that you mess up the paces!

**Bike Option:**

Bike 60 Cal Men / 44 Cal Women - Moderate  
Rest 45 Seconds  
Bike 15 Cal Men / 11 Women - Fast  
Rest 2 Min  
Bike 45 Cal Men / 33 Cal Women - Moderate  
Rest 45 Seconds  
Bike 15 Cal Men / 11 Cal Women - Fast

Rest 2 Min

Bike 30 Cal Men / 22 Cal Women - Moderate

Rest 45 Seconds

Bike 15 Cal Men / 11 Cal Women - Fast

Score= Total Time

Goal= Don't worry so much about time that you mess up the paces!