

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 06/16/2019

RUN 1000 M - MODERATE
REST 3 MIN
1000 M - EASY
REST 2 MIN
1000 M - MODERATE
REST 3 MIN

STRAIGHT INTO:
4 ROUNDS
100 METER SPRINT
WALK 100 METERS

NO REST BETWEEN. GO RIGHT FROM WALK INTO NEXT SPRINT.

Total: 3400m

MODERATE: 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
EASY: 60-70% SUSTAINABLE AND VERY COMFORTABLE

SPRINT =ALL OUT
WALK= DON'T STOP - WALK

SCORE: TOTAL TIME

GOAL: Don't mess up paces to get a better score. Hit those SPRINTS hard! Try to have them all be the same time. Learn how to SPRINT and recover to SPRINT again when you are already fatigued.

This workout teaches us how to sprint the last 400 Meters to finish off strong at the end of our race when our legs and systems are already fatigued! If you don't have an exact measure you can guesstimate by running for a certain amount of time at those paces. It's not perfect - but it works.

For this workout -

1000 M - 5 Min

100 M Sprint - 15 - 20 seconds

Then just walk that distance back to the start.

Metcon Row (Time)

Row 1000 Meters - Moderate

Rest 3 Min

Row 1000 Meters - Easy

Rest 3 Min

Row 1000 Meters - Moderate

Rest 3 Min

Straight into:

4 Rounds

Row 150 Meters - Sprint
Row 150 Meters - SLOOOW

Score: Total Time
Goal: Don't mess up the paces to get a better score.

Metcon Bike (Time)

Bike 60 Cal Men / 45 Cal Women - Moderate

Rest 3 Min

Bike 60 Cal Men / 45 Cal Women - Easy

Rest 3 Min

Bike 60 Cal Men / 45 Cal Women - Moderate

Rest 3 Min

Straight into:

4 Rounds

SPRINT 10 Cal Men / 7 Cal Women

Then

10 Cal Men / 7 Cal Women - SLOOOW

Score: Total Time
Goal: Don't mess up the paces to get a better score.