

FIREFIT ENDURANCE PROGRAM

6-30-19

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)

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You should have at least 1 day between run sessions.

Run Version:

2 ROUNDS

RUN 500 M - MODERATE

REST 2 MIN

RUN 400 M - FAST

REST 2 MIN

RUN 300 M - FASTER

REST 2 MIN

RUN 200 M - FASTEST

REST 2 MIN

Total: 2800 M

When it says to go FASTER for each one - that means the speed of your actual PACE (how quickly you are moving) get's faster. Not just the time of each distance. So push the PACE faster on each one.

MODERATE: 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
EACH ONE AFTER THAT GETS FASTER, LESS COMFORTABLE, LESS
SUSTAINABLE

SCORE: Total Time (including rest)

Goal: As always - it's not about your score - it's about holding proper pace. Work to have
Round 2 paces match Round 1 paces.

Row Version:

2 Rounds

Row 600 M - Moderate

Rest 2 Min

Row 500 M - Fast

Rest 2 Min

Row 400 M - Faster

Rest 2 Min

Row 300 M - Fastest

Rest 2 Min

Basic Idea is to pick up the pace for each one.

Score: Total Time

Goal: Don't mess up the paces to get a better score. Pace rate should get faster with
each interval in each round.

Bike Version:

2 Rounds

Bike 50 Cal Men/40 Cal Women - Moderate

Rest 2 Min

Bike 40 Cal Men/30 Cal Women- Fast

Rest 2 Min

Bike 30 Cal Men/20 Cal Women - Faster

Rest 2 Min

Bike 20 Cal Men/10 Cal Women - Fastest

Rest 2 Min

Basic Idea is to pick up the pace for each one.

Score: Total Time

Goal: Don't mess up the paces to get a better score. Pace rate should get faster with
each interval in each round.