

# 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 07/21/2019

### **Run Version**

Moderate Pace Run

5:00

Rest 3 Min

8 Rounds

1 Min Moderate

1 Min Hard

1 Min Walk

Rest 3 Min

Moderate Pace Run

5:00

**You can treat the first 5 minute section almost like a warm up.** Totally sustainable pace throughout.

Then you will do 8 rounds of the 1 min moderate (same as 5 min pace roughly). Then you will do 1 min HARD - close to all out for that time frame. You will recover with a 1 min walk.

At the end of the 1 min walk you will go directly into the next round.

After all 8 rounds - you will then rest 3 min and do another 5 min at a moderate pace.

**Remember** - this is not about going hard the whole time to get a better "score". Follow the guidelines and make sure to get the proper intent of the work out.

### **Row Version**

Moderate Pace Row

5:00

Rest 3 Min

8 Rounds

1 Min Moderate

1 Min Hard

1 Min SLOW

Rest 3 Min

Moderate Pace Row

5:00

**You can treat the first 5 minute section almost like a warm up.** Totally sustainable pace throughout.

Then you will do 8 rounds of the 1 min moderate (same as 5 min pace roughly). Then you will do 1 min HARD - close to all out for that time frame. You will recover with a 1 min SLOW pace.

At the end of the 1 min SLOW you will go directly into the next round.

After all 8 rounds - you will then rest 3 min and do another 5 min at a moderate pace.

**Remember** - this is not about going hard the whole time to get a better "score". Follow the guidelines and make sure to get the proper intent of the work out.

### **Bike Version**

Moderate Pace Bike

5:00

Rest 3 Min

8 Rounds

1 Min Moderate

1 Min Hard

1 Min SLOW

Rest 3 Min

Moderate Pace Bike

5:00

**You can treat the first 5 minute section almost like a warm up.** Totally sustainable pace throughout.

Then you will do 8 rounds of the 1 min moderate (same as 5 min pace roughly). Then you will do 1 min HARD - close to all out for that time frame. You will recover with a 1 min walk.

At the end of the 1 min SLOW you will go directly into the next round.

After all 8 rounds - you will then rest 3 min and do another 5 min at a moderate pace.

**Remember** - this is not about going hard the whole time to get a better "score". Follow the guidelines and make sure to get the proper intent of the work out.