

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 07/7/2019

****You should have at least 1 day between run sessions.**

Run Version

2 ROUNDS

RUN 200 M - MODERATE
100 M - RECOVERY JOG
RUN 400 M - MODERATE
200 M - RECOVERY JOG
600 M - MODERATE
300 M - RECOVERY JOG
RUN 100 M - FAST
REST 2 MIN

Total: 3800 M

MODERATE= 65-70% EFFORT. SLIGHTLY UNCOMFORTABLE BUT SUSTAINABLE.

RECOVERY JOG= NOT A WALK BUT A SLOW RECOVERY PACE

FAST= 80% EFFORT. UNCOMFORTABLE.

REST= REST

SCORE: TOTAL TIME (including rest)

GOAL: As always - do not mess up paces to improve score. Aim to push the 100 meter runs. Go SLOW on the recovery jogs. Aim to make Round 1 time and Round 2 time the same.

Row Version

2 Rounds

Row 250 M - Moderate
Row 125 M - Recovery
Row 500 M - Moderate
Row 250 M - Recovery
Row 750 M - Moderate
Row 375 M - Recovery
Row 150 M - HARD (Like GO for it!)
Rest 2 Min Between Rounds

Score: Total Time Including the 2 Min Rest

Goal: Don't worry about your overall time and hit paces correctly. This workout shows you how to find your comfortable pace, recovery pace, and finish hard pace!

Bike Version

2 Rounds

Bike 1 Min - Moderate
Bike 1 Min - Recovery
Bike 2 Min - Moderate
Bike 2 Min - Recovery
Bike 3 Min - Moderate
Bike 3 Min - Recovery
Bike 45 Seconds - HARD (Like GO for it!)
Rest 2 Min Between Rounds

Score: Total Calories

Goal: Don't worry about your overall time and hit paces correctly. This workout shows you how to find your comfortable pace, recovery pace, and finish hard pace!