

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 8/25/2019

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

3 MILE RUN - MODERATE

EVERY 3 MIN DURING RUN DO A 15 SECOND ACCELERATION.

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
15 SECOND ACCELERATION = PICK UP THE SPEED FOR 15 SECONDS

SCORE: TOTAL TIME (Do not go harder than MODERATE to get a better score)
GOAL: Learning how to push the pace a few times throughout a steady state run - maybe even picture PASSING someone!

Set a time or something that goes off every 3 min and push for 15 seconds before settling back into a pace.

If you are an experienced runner - up this to 5 miles!

Rowing Version

6,000 Meter Row - Moderate
Every 3 Min - Push Hard for 15 Seconds

Score: Total Time

Goal: Learning how to push the pace a few times throughout a steady state row.

After each 15 second burst the goal should be to regain the moderate and sustainable pace within 15-20 seconds.

If you are an experienced rower you may take this up to 10,000 meters.

Bike Version

300 Calories Men
or
200 Calories Women
- Moderate

Every 3 Min - Push Hard for 15 Seconds

Score: Total Time

Goal: Learning how to push the pace a few times throughout a steady state effort.

After each 15 second burst the goal should be to regain the moderate and sustainable pace within 15-20 seconds.

If you want an extra challenge you may do max calories at a moderate pace in 25 min.