

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 9/15/2019

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

Run Version

Run 800m
Rest 1 Min
Run 600m
Rest 30 Sec
SLOW 200m Jog

Run 800m
Rest 1 Min
Run 400m
Rest 30 Sec
SLOW 200m Jog

Run 800m
Rest 1 Min
Run 300m

Rest 30 Sec
SLOW 200m Jog

Run 800m
Rest 1 Min
Run 200m
Rest 30 Sec
SLOW 200m Jog

800 M Pace - moderate but sustainable
600, 400, 300, 200 Pace - Hard but not 100% effort
200 Meter Pace - SLOOW (shuffle)

There is NO rest between the 200 M Jog and the next 800 each time! Go right into it!!

Run Version (no measured distance)

Run 4 Min
Rest 1 Min
Run Hard 3 Min
Rest 30 Sec
SLOW Jog 1 Min

Run 4 Min
Rest 1 Min
Run Hard 2:30
Rest 30 Sec
SLOW Jog 1 Min

Run 4 Min
Rest 1 Min
Run Hard 2:00
Rest 30 Sec
SLOW Jog 1 Min

Run 4 Min
Rest 1 Min
Run Hard 1:30
Rest 30 Sec
SLOW Jog 1 Min

4 Min Pace - moderate but sustainable

3 Min, 2:30, 2:00, 1:30 Pace - Hard but not 100% effort

1 Min Pace - SLOOW Jog (recovery)

If you are able to wear a GPS watch or something to track total distance - that is what you can enter for your score! There is no rest between the slow jog min and the next 4 min interval. Go right into it!

Row Version

Row 1000m
Rest 1 Min
Row 750m
Rest 30 Sec
SLOW 250m Row

Row 1000m
Rest 1 Min
Row 500m
Rest 30 Sec
SLOW 250m Row

Row 1000m
Rest 1 Min
Row 375m
Rest 30 Sec
SLOW 250m Row

Row 1000m
Rest 1 Min
Row 250m
Rest 30 Sec
SLOW 250m Row

1000 M Pace - moderate but sustainable

750, 500, 375, 250 Pace - Hard but not 100% effort

200 Meter Pace - SLOOW (recovery)

There is no rest between the slow 250 and the next 1000 meters. Go right into it!

Bike Version

For Calories

Bike 4 Min
Rest 1 Min
Bike Hard 3 Min
Rest 30 Sec
SLOW Bike 1 Min

Bike 4 Min
Rest 1 Min
Bike Hard 2:30
Rest 30 Sec
SLOW Bike 1 Min

Bike 4 Min
Rest 1 Min
Bike Hard 2:00
Rest 30 Sec
SLOW Bike 1 Min

Bike 4 Min
Rest 1 Min
Bike Hard 1:30
Rest 30 Sec
SLOW Bike 1 Min

4 Min Pace - moderate but sustainable
3 Min, 2:30, 2:00, 1:30 Pace - Hard but not 100% effort
1 Min Pace - SLOOW (recovery)

There is no rest between the slow bike min and the next 4 min interval. Go right into it!