

# 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 12/1/2019

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

### **Run Version: (Distance)**

#### **7 Rounds**

Jog 200 Meters - Pretty Chill

300 Meters HARD

100 Meter Walk

No rest between rounds.

The 300 meters is HARD but can't be 100% because you need to go straight into the walk and then straight into the next round.

### **Running Version (No distance)**

7 Rounds

Jog 2 Min

1 Min HARD

1 Min Walk

No Rest between rounds.

The jog is moderate but chill. The HARD is HARD but not 100% because you need to be able to walk for 1 min and then go straight into next round.

### **Rowing Version:**

#### **7 Rounds**

Row 250 Moderate/Chill Pace

Row 350 Meters HARD

Row 150 Meters SLOW

No rest between rounds.

The Moderate/chill pace needs to be different than the slow pace. Moderate/chill is faster.

Hard is hard, but can't be 100% because you will go into the slow row immediately and then immediately into the next round.

### **Bike Version:**

#### **7 Rounds**

15 Cal Men / 10 Cal Women - Moderate Pace

20 Cal Men / 15 Cal Women - HARD

10 Cal Men / 7 Cal Women - Slow

No rest between rounds.

Moderate pace and slow pace are different! Make sure you look at your monitor.

Hard is hard but not 100% since you get no rest after!