

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 12/22/2019

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

Run Version:

4 Rounds

Run 1000 Meters at Moderate/Fast Pace

Rest 60 Seconds

Run 400 Meters at a Fast Pace

Rest 2 Min

Jog 200 Meters

30 Seconds Rest

If you don't have a way to get exact measurements:

4 Rounds

Run 5 Min at Moderate/Fast Pace

Rest 60 Seconds

Run 90 Seconds at Fast Pace

Rest 2 Min

Jog 1 Min

Rest 30 Seconds

Mixing endurance with the longer part in with speed for the second part and active recovery with the jog portion.

Moderate Fast = could keep going at that pace, not comfortable though and probably only last a min or so more at this pace.

Fast = not 100% but uncomfortable and not sustainable

Jog= jog

Row Version:

4 Rounds

Row 1250 Meters at Moderate/Fast Pace

Rest 60 Seconds

Row 500 Meters at a Fast Pace

Rest 2 Min

Row 250 Meters at a slow pace

30 Seconds Rest

Bike Version:

Men:

4 Rounds

Bike 60 Cals at Moderate/Fast Pace

Rest 60 Seconds

Bike 30 Cals at a Fast Pace

Rest 2 Min

Bike 10 Cals at a slow pace

30 Seconds Rest

Women:

4 Rounds

Bike 50 Cals at Moderate/Fast Pace

Rest 60 Seconds

Bike 20 Cals at a Fast Pace

Rest 2 Min

Bike 10 Cals at a slow pace

30 Seconds Rest