

# 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 12/8/2019

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

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

1000 Meter Run  
Rest 2 Min  
800 Meter Run  
Rest 2 Min  
1000 Meter Run  
Rest 2 Min  
600 Meter Run  
Rest 2 Min  
1000 Meter Run  
Rest 2 Min  
400 Meter Run  
Rest 2 Min  
1000 Meter Run  
Rest 2 Min  
200 Meter Run

If these distances are too much for you - scale all 1000s to 800s and cut out first 2 intervals.

Pace should be similar for all runs but the last 100 meters of each run should be a sprint!

### **Run Version - Distance Not Measured**

Run 5 Min  
Rest 2 Min  
Run 4 Min  
Rest 2 Min  
Run 5 Min  
Rest 2 Min  
Run 3 Min  
Rest 2 Min  
Run 5 Min  
Rest 2 Min  
Run 2 Min  
Rest 2 Min  
Run 5 Min  
Rest 2 Min  
Run 1 Min

Last 20 Seconds of each interval should be a sprint!

Pace throughout the rest should be similar

### **Row Version**

1200 Meter Row  
Rest 2 Min  
1000 Meter Row  
Rest 2 Min  
1200 Meter Row  
Rest 2 Min  
750 Meter Row  
Rest 2 Min  
1200 Meter Row  
Rest 2 Min  
500 Meter Row  
Rest 2 Min  
1200 Meter Row

Rest 20 Min  
250 Meter Row

Pace should be similar for all rows but the last 100 meters of each should be a sprint!

### **Bike Version**

Bike 5 Min  
Rest 2 Min  
Bike 4 Min  
Rest 2 Min  
Bike 5 Min  
Rest 2 Min  
Bike 3 Min  
Rest 2 Min  
Bike 5 Min  
Rest 2 Min  
Bike 2 Min  
Rest 2 Min  
Bike 5 Min  
Rest 2 Min  
Bike 1 Min

Last 20 Seconds of each interval should be a sprint!

Pace throughout the rest should be similar