

# 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 1/26/2020

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

### **Run Version:**

1 Mile Sled Walk / Weighted Walk or Jog  
2 Mile Run

See below for options.

So if you have a pull sled that would be the first choice. Load it with 75% of your bodyweight roughly (or go lighter if you need to). (For this one weight doesn't include the weight of the sled).

If you don't have a pull sled - here are your other options:

- Push sled loaded at 65% of bodyweight or lighter (take into account how heavy your sled is for this one).
- Sandbag Run (on your shoulders)
- Weight vest run

- You can even just use a backpack loaded at 13-20lbs for Women and 18-30# for Men.
- Farmer Carry (keep this pretty light)
- Barbell on back carry (50-60% bodyweight total or less)
- Med Ball/Plate Carry Jog

You may also sub 150 Step Ups with a sandbag or as a farmer carry or weight vest/med ball. Then into your 2 miles.

### **Row Version:**

1 Mile Sled Drag  
4 K Row

See Run Version for subs for Sled Drag.

So if you have a pull sled that would be the first choice. Load it with 75% of your bodyweight roughly (or go lighter if you need to). (For this one weight doesn't include the weight of the sled).

If you don't have a pull sled - here are your other options:

- push sled loaded at 65% of bodyweight or lighter (take into account how heavy your sled is for this one).
- Sandbag Run (on your shoulders)
- Weight vest run
- You can even just use a backpack loaded at 13-20lbs for Women and 18-30# for Men.
- Farmer Carry (keep this pretty light)
- Barbell on back carry (50-60% bodyweight total or less)
- Med Ball/Plate Carry Jog

You may also sub 150 Step Ups with a sandbag or as a farmer carry or weight vest/med ball. Then into your 4k Row.

### **Bike Version:**

1 Mile Sled Drag  
250 Cal Bike Men / 175 Cal Bike Women

See Run Version for subs for Sled Drag.

So if you have a pull sled that would be the first choice. Load it with 75% of your bodyweight roughly (or go lighter if you need to). (For this one weight doesn't include the weight of the sled).

If you don't have a pull sled - here are your other options:

- push sled loaded at 65% of bodyweight or lighter (take into account how heavy your sled is for this one).
- Sandbag Run (on your shoulders)
- Weight vest run
- You can even just use a backpack loaded at 13-20lbs for Women and 18-30# for Men.
- Farmer Carry (keep this pretty light)
- Barbell on back carry (50-60% bodyweight total or less)
- Med Ball/Plate Carry Jog

You may also sub 150 Step Ups with a sandbag or as a farmer carry or weight vest/med ball. Then into your Bike Cals!