

# 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 1/5/2020

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

### **Run Version**

Run 300 Meters Hard (not 100%)

Jog 100 Meters

Run 300 Meters Hard (not 100%)

Jog 100 Meters

### **Straight into:**

#### **5 Rounds of:**

Run 800 Meters (controlled but uncomfortable)

60 Seconds Rest

Straight into:

1 x 400 Meters ALL OUT

**Goal: All 800s to take the same amount of time - empty the tank on the 400.**

This mimics a 5k run for time - start strong - level off and hold pace - finish all out!!

No rest between parts. Only rest during this workout is the 1 min rests between 800s and after the last 800 before the 400!

Score time includes the rests.

### **Run Version (Don't have measured distance)**

Run 90 Seconds Hard (not 100%)

Jog 1 Min

Run 90 Seconds Hard (not 100%)

Jog 1 Min

#### **Straight into:**

#### **5 Rounds of:**

Run 4 Min (controlled but uncomfortable)

60 Seconds Rest

#### **Straight into:**

1 x 90 Seconds ALL OUT

#### **Goal: All 800s to take the same amount of time - empty the tank on the 400.**

This mimics a 5k run for time - start strong - level off and hold pace - finish all out!!

No rest between parts. Only rest during this workout is the 1 min rests between 4 min intervals and after the last 4 min interval before the 90 seconds all out!

If you are able to measure total distance on like a gps watch or something you can mark it as your score.

### **Row Version**

Row 250 Meters Hard (not 100%)

Slow Row 100 Meters

Row 250 Meters Hard (not 100%)

Slow Row 100 Meters

#### **Straight into:**

#### **4 Rounds of:**

Row 1000 Meters (controlled but uncomfortable)

60 Seconds Rest

#### **Straight into:**

1 x 500 Meters ALL OUT

**Goal: All 1000s to take the same amount of time - empty the tank on the 500.**

This mimics a 5k row for time - start strong - level off and hold pace - finish all out!!

No rest between parts. Only rest during this workout is the 1 min rests between 1000s and after the last 1000 before the 500!

### **Bike Version**

Bike 15 Cal (men) 10 Cal (women) Hard (not 100%)

Slow Bike 1 Min

Bike 15 Cal (men) 10 Cal (women) Hard (not 100%)

Slow Bike 1 Min

**Straight into:**

**5 Rounds of:**

Bike 65 Cal (Men) 40 Cal (Women)

60 Seconds Rest

Straight into:

1 x 30 Cal (Men) 20 Cal (Women) ALL OUT

**Goal: All 65/40 Cal intervals to take the same amount of time - empty the tank on the final 30/20.**

No rest between parts. Only rest during this workout is the 1 min rests between 65/40 Cals and after the last 65/40 Cal interval before the 30/20!