

# 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 2/23/20

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

### **RUN VERSION**

Run 1 Mile  
Rest 1 Minute

4 Rounds  
400 Meter Sprint  
Rest 1 Minute between sprints (including after the last one)

Run 1 Mile

Goal is steady and sustainable pace on the first mile. Hard but not all out 400's (all a consistent and painful pace). Steady and sustainable pace on second mile- second mile faster than the first.

## **RUN VERSION: (NO DISTANCE)**

Run 8 Minutes

Rest 1 Minute

4 Rounds

90 Second Sprint

Rest 1 Minute between sprints (including after the last one)

Run 8 Minutes

Goal is steady and sustainable pace on the 8 minutes. Hard but not all out on the 90 seconds (all a consistent and painful pace). Steady and sustainable pace on second 8 minutes.

## **ROW VERSION:**

Row 2000 Meters

Rest 1 Minute

4 Rounds

500 Meter Sprint

Rest 1 Minute between sprints (including after the last one)

Row 2000 Meters

Goal is steady and sustainable pace on the 2K. Hard but not all out 500's (all a consistent and painful pace). Steady and sustainable pace on second mile- second 2K faster than the first.

## **BIKE VERSION:**

Bike 100 Calories

Rest 1 Minute

4 Rounds

30 Cal Bike- Hard

Rest 1 Minute between sprints (including after the last one)

Bike 100 Cal

Goal is steady and sustainable pace on the 100 calories. Hard but not all out on the 30 calories (all a consistent and painful pace). Steady and sustainable pace on the second 100 calories