

# 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 5/10/2020

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

### **Run Version (Unable to Measure Distance)**

#### **5 Rounds**

4 Min ON

4 Min OFF

RX+: 10 Rounds - yes. This takes OVER an hour! Stick with 5 rounds if you have never run that much!!

Rest completely during the off. Stand walk a bit.

Score: If you can use a watch or something that measures total distance, that works!

### **Run Version (For Time)**

5 x 800

1:1 Work to Rest Ratio (EXACTLY)

**Goal: Same pace for each - just slightly slower than your mile PR pace**

RX + = 10 Rounds (Same work to rest / same pacing)

So for these, if you have a 7 min mile PR - you will shoot for roughly 3:30-3:45 per 800. If you have a 6 min mile PR pace you will shoot for 3:00-3:15.

DO NOT go fast on the first few and then drop off. The whole point is to MAINTAIN a consistent pace that is extremely challenging throughout.

### **Row Version**

4 x 1000

1:1 Work to Rest Ratio (EXACTLY)

**Goal: Same pace for each - just slightly slower than your 2k PR pace**

RX + = 8 Rounds (Same work to rest / same pacing)

So for these if you have a 8 min 2k PR - you will shoot for roughly 4:00 - 4:15 per 1000. If you have a 10 min 2k PR pace you will shoot for 5:00-5:15.

DO NOT go fast on the first few and then drop off. The whole point is to MAINTAIN a consistent pace that is extremely challenging throughout. Your score is your average time for the 800s.

### **Bike Version**

5 x 60 Cal Bike

(Women 44 Cal Bike)

1:1 Work to Rest Ratio (EXACTLY)

**Goal: Same pace for each**

RX + = 10 Rounds (Same work to rest / same pacing)

DO NOT go fast on the first few and then drop off. The whole point is to MAINTAIN a consistent pace that is extremely challenging throughout. Your score is your average time for the 800s.