

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 5/24/2020

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

Run Version:

RUN 800 M - MODERATE

REST 45 SECONDS

RUN 200 M - FAST

REST 2 MIN

RUN 600 M - MODERATE

REST 45 SECONDS

RUN 200 - FAST

REST 2 MIN

RUN 400 - MODERATE

REST 45 SECONDS

RUN 200 - FAST

Total: 2400m

MODERATE: 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

FAST: 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

SCORE = TOTAL TIME

GOAL = Don't worry as much about total time. Try to match all 200 meter FAST times. Do not mess up paces to improve score.

Run Version (No Measure)

Run 4 Min Moderate

Rest 45 Seconds

Run 1 Min Fast

Rest 2 Min

Run 3 Min Moderate

Rest 45 Seconds

Run 1 Min Fast

Rest 2 Min

Run 2 Min Moderate

Rest 45 Seconds

Run 1 Min - Fast

Score = Total Distance if you are able to measure.

Goal = Go HARD on those 1 min intervals!

Row Version

Row 1000 M - Moderate

Rest 45 Seconds

Row 250 - Fast

Rest 2 Min

Row 750 M - Moderate

Rest 45 Seconds

Row 250 - Fast
Rest 2 Min
Row 500 M - Moderate
Rest 45 Seconds
Row 250 M - Fast

Score = Total Time

Goal = Don't worry so much about time that you mess up the paces!

Bike Version

Bike 60 Cal Men / 44 Cal Women - Moderate
Rest 45 Seconds
Bike 15 Cal Men / 11 Women - Fast
Rest 2 Min
Bike 45 Cal Men / 33 Cal Women - Moderate
Rest 45 Seconds
Bike 15 Cal Men / 11 Cal Women - Fast
Rest 2 Min
Bike 30 Cal Men / 22 Cal Women - Moderate
Rest 45 Seconds
Bike 15 Cal Men / 11 Cal Women - Fast

Score = Total Time

Goal = Don't worry so much about time that you mess up the paces!