

# 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 6/28/2020

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

### **Run Version**

Run 1 Mile

Rest 1 Min

4 Rounds

400 Meter Sprint

Rest 1 Min Between Sprints (Including after the last one)

Run 1 Mile

Goal is steady and sustainable pace on mile. HARD but not all out 400s (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 Min

Rest 1 Min

4 Rounds

90 Second Sprint

Rest 1 Min Between Sprints (Including after the last one)

Run 8 Min

Goal is steady and sustainable pace on 8 min. HARD but not all out on the 90 seconds (all a consistent and painful pace). Steady and sustainable pace on second mile - second 8 min.

### **Row Version**

Row 2000 Meters

Rest 1 Min

4 Rounds

500 Meter Sprint

Rest 1 Min Between Sprints (Including after the last one)

Row 2000 Meters

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

**Bike Version**

Bike 100 Cal (Men) / 75 Cal (Women)

Rest 1 Min

4 Rounds

30 Cal Bike (Men) - HARD

22 Cal Bike (Women) - HARD

Rest 1 Min Between Sprints (Including after the last one)

Bike 100 Cal (Men) / 75 Cal (Women)

Goal is steady and sustainable pace on 100/75 Cal. HARD but not all out on the 30/22 Cal (all a consistent and painful pace). Steady and sustainable pace on second 100/75 Cals.