

# 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 8/30/2020

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

### **Run Version**

Run 1000 Meters

Rest 3 Min

Then

10 Rounds

100 Meter Jog

100 Meter SPRINT

100 Meter Walk

Then

Rest 3 Min

Then

Run 1000 Meters

1000 Meter Pace should be hard but not 100%. Goal is to be able to match it the second time around.

Sprint is a SPRINT!!!!

You should be going straight from the walk into the jog. No rest during that 10 round part.

### **Run Version - No Measured Distance**

Run 5 Min

Rest 3 Min

Then

10 Rounds

30 Seconds Jog

20 Seconds SPRINT

1 Min Walk

Then

Rest 3 Min

Then

Run 5 Min

5 Min Pace should be hard but not 100%. Goal is to be able to match it the second time around.

Sprint is a SPRINT!!!!

You should be going straight from the walk into the jog. No rest during that 10 round part.

### **Row Version**

Row 1000 Meters

Rest 3 Min

Then

10 Rounds

100 Meter Chill Row

150 Meter SPRINT Row

30 Seconds Rest

Then

Rest 3 Min

Then

Row 1000 Meters

1000 Meter Pace should be hard but not 100%. Goal is to be able to match it the second time around.

Sprint is a SPRINT!!!!

**Bike Version**

Bike 70 Cal (Men) 50 Cal (Women)

Rest 3 Min

Then

10 Rounds

5 Cal Bike Chill

8 Cal (Men) 6 Cal (Women) Bike SPRINT

30 Seconds Rest

Then

Rest 3 Min

Then

Bike 70 Cal (Men) 50 Cal (Women)