

# 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 9/13/2020

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

### **Run Version**

#### **2 Rounds**

Run 800 Meters - HARD  
2 Min Recovery Jog  
Run 600 Meters - HARD  
2 Min Recovery Jog  
Run 400 Meters - HARD  
2 Min REST

**Goal: Hold similar pace for all of the efforts. Round 2 should take same time as Round 1!**

Hard = really uncomfortable but sustainable for the time assigned.

Recovery Jog = not walk

Rest = Stop

No rest until the end of the round - so move straight from the HARD pace to the RECOVERY pace without stopping!

**Run Version No Distance Measured:**

**2 Rounds**

Run 4 Min - HARD  
2 Min Recovery Jog  
Run 3 Min - HARD  
2 Min Recovery Jog  
Run 2 Min - HARD  
2 Min REST

**Goal: Hold similar pace for all of the efforts. Measure the total distance for a score if possible.**

Hard = really uncomfortable but sustainable for the time assigned.

Recovery Jog = not walk

Rest = Stop

No rest until the end of the round - so move straight from the HARD pace to the RECOVERY pace without stopping!

## **Row Version**

### **2 Rounds**

Row 1000 Meters - HARD  
2 Min Recovery Row Slow  
Row 750 Meters - HARD  
2 Min Recovery Row Slow  
Row 500 Meters - HARD  
2 Min REST

**Goal: Hold similar pace for all of the efforts. Round 2 should take same time as Round 1!**

Hard = really uncomfortable but sustainable for the time assigned.

Row Slow = at least keep the screen on....

Rest = Stop

No rest until the end of the round - so move straight from the HARD pace to the RECOVERY pace without stopping!

## **Bike Version**

### **2 Rounds**

Bike 4 Min - HARD  
2 Min Recovery Spin  
Bike 3 min - HARD  
2 Min Recovery Spin  
Bike 2 Min - HARD  
2 Min REST

**Goal: Hold similar pace for all of the efforts. Round 2 should get you same number of cals as Round 1!**

Hard = really uncomfortable but sustainable for the time assigned.

Recovery Spin = keep moving but very very chill.

Rest = Stop

No rest until the end of the round - so move straight from the HARD pace to the RECOVERY pace without stopping!