

# 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 10/25/2020

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

### **Run Version**

12 Min Run

- 4 Min Easy
- 4 Min Moderate
- 4 Min Hard

Rest 3 Min

9 Min Run

- 3 Min Easy
- 3 Min Moderate
- 3 Min HARD

Rest 2 Min

6 Min Run

- 2 Min Easy
- 2 Min Moderate
- 2 Mn HARD

Rest 1 Min

3 Min Run

- 1 Min Easy
- 1 Min Moderate
- 1 Min HARD

**Goal: Do NOT mess up the pacing trying to get a better score.**

Each interval is its own separate event. Each interval is broken up into thirds (easy, moderate, hard). As example, the 12min has a 4 min easy run, 4 min moderate run, 4 min hard run. The pacing is reset after every interval. The key to this workout is the easy is EASY and the hard is HARD.

What this means is that HARD for 4 min is slower than HARD for 1 min, etc. Base it off of that level of effort in that given time domain.

### **Row Version**

12 Min Row

- 4 Min Easy
- 4 Min Moderate
- 4 Min Hard

Rest 3 Min

9 Min Row

- 3 Min Easy
- 3 Min Moderate
- 3 Min HARD

Rest 2 Min

6 Min Row

- 2 Min Easy
- 2 Min Moderate
- 2 Mn HARD

Rest 1 Min

3 Min Row

- 1 Min Easy
- 1 Min Moderate
- 1 Min HARD

**Goal: Do NOT mess up the pacing trying to get a better score.**

Each interval is its own separate event. Each interval is broken up into thirds (easy, moderate, hard). As example, the 12 min has a 4 min easy row, 4 min moderate row, 4 min hard row. The pacing is reset after every interval. The key to this workout is the easy is EASY and the hard is HARD.

What this means is that HARD for 4 min is slower than HARD for 1 min etc. Base it off of that level of effort in that given time domain.

### **Bike Version**

12 Min Bike

- 4 Min Easy
- 4 Min Moderate
- 4 Min Hard

Rest 3 Min

9 Min Bike

- 3 Min Easy
- 3 Min Moderate
- 3 Min HARD

Rest 2 Min

6 Min Bike

- 2 Min Easy
- 2 Min Moderate
- 2 Mn HARD

Rest 1 Min

3 Min Bike

- 1 Min Easy
- 1 Min Moderate
- 1 Min HARD

**Goal: Do NOT mess up the pacing trying to get a better score.**

Each interval is its own separate event. Each interval is broken up into thirds (easy, moderate, hard). As example, the 12 min has a 4 min easy bike, 4 min moderate bike, 4 min hard bike. The pacing is reset after every interval. The key to this workout is the easy is EASY and the hard is HARD.

What this means is that HARD for 4 min is slower than HARD for 1 min etc. Base it off of that level of effort in that given time domain.