

# 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 10/17/2021

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

### **Run Version:**

Run 1 Mile

Rest 1 Min then

4 Rounds

400 Meter Sprint

Rest 1 Min after each Round (including the last one)

Then

Run 1 Mile

### COACHES NOTES

Goal is steady and sustainable pace on the first mile. The 400s should be HARD but not all out (all at a consistent and painful pace). Steady and sustainable pace on second mile - shoot to make the second mile faster than the first.

### **Row Version:**

Row 2000 Meters

Rest 1 Min then

4 Rounds

500 Meter Sprint

Rest 1 Min after each Round (including the last one)

Then

Row 2000 Meters

### COACHES NOTES

Goal is steady and sustainable pace on the first 2k. The 500s should be HARD but not all out (all at a consistent and painful pace). Steady and sustainable pace on second 2k - shoot to make the second 2k faster than the first.

## **Bike Version:**

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

Rest 1 Min then

4 Rounds

30 Cal Bike (Men) / 22 Cal Bike (Women)

Rest 1 Min after each Round (including the last one)

Then

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

## **COACHES NOTES**

Goal is steady and sustainable pace on 100/75 Cal. The 30/22 Cal should be HARD but not all out on the (all at a consistent and painful pace). Steady and sustainable pace on second 100/80 Cals - shoot to make the second set of 100/75 faster than the first.