

# FIREFIT ENDURANCE PROGRAM

Once a week, FireFit will provide a pretty intense - sometimes 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 2/4/2024

### ASSAULT BIKE WAVE

HOW TO ADD IT IN: This program is meant to be done twice a week. You can do it after a shorter Daily Workout that doesn't have a lot of running or do a session as your only workout for the day.

### BIKE WAVE: WEEK 1 - SESSION 1

## **6 Rounds**

3:00 ON

2:00 OFF (Complete/Passive Rest)

### **Suggestions**

Beginner - Men: 60-63 | Women: 50-53

Intermediate - Men: 64-66 | Women: 54-56

Advanced - Men: 67-70 | Women: 57-60

**Score:** Total Calories

**Goal:** Stay within the same 1-2 RPMs while you're biking. Do not mess up pacing to get a better score!

### **Coaches Notes**

Here's how it works:

Pick a starting pace from the Suggestions above. You can always adjust as you go, so just use this as a jumping off point. For Week 1, this is the pace you will start with.

The goal for each session is to stay within the same 1-2 RPMs while you're biking. This first week will set the tone for the remaining five weeks of the program.

**BEGINNER BIKERS:** Within each week, from Session 1 to Session 2, you should stay at the same RPMs. It's likely that on Session 1 you'll be all over the place so

use Session 2 to really dial it in and continue with that strategy each week with the different intervals. On the progressively longer intervals, you will likely need to drop 4-5 RPMs from your initial pace.

**INTERMEDIATE BIKERS:** You likely will have an idea of the RPMs you can sustain at these varying intervals, so you have the option to increase your RPMs by 1 RPM from Session 1 to Session 2 within each week. So if Week 1 Session 1, you are able to hold 54-55 RPMs, in Session 2, you could shoot for 55-56 RPMs. Keep in mind that you may need to drop 3-4 RPMs from your initial pace on the longer efforts.

**ADVANCED BIKERS:** Your goal is to increase your RPMs from session to session within the week - so if you bike 67-68 RPMs on Session 1, you're biking 68-69 on Session 2. At longer efforts, you'll reduce 2-3 RPMs from your initial pace and at shorter efforts, you'll maintain a 1RPM increase.