



MFS Functional Fitness

Intermediate Running Program

The intermediate running program assumes you are physically active and/or run occasionally, but do not play a field-based sport or follow a consistent running program. This is a program Focussed primarily on developing cardiovascular endurance and aerobic capacity via running, with some optional high intensity cross training.

Warm Up

- **Walk** (1 minute) > **Brisk Walk** (1 minute) > **Jog** (30 seconds) > **Brisk Walk** (30 seconds)
- **Easy Leg Swings** x 10 each leg
- **Lunge + Twist** x 10
- **Knee Hugs** x 5 each side
- **Standing Calf Raise** x 10
- **Lunge Calf Stretch** x 30 seconds each side
- **Windmill Stretch** x 10
- **Walking Hamstring Sweep** x 10
- **Open/Shut the Gates** x 5 each side

Week	Day 1	Day 3 (Optional)	Day 4	Day 6
1	Beep Test Attempt	Cross Training Tabata 20 seconds ON 10 seconds OFF Repeat x 8 x 1-2	25 Minutes Jog – 3 minutes Walk – 2 minutes Repeat x 5	32 Minutes Jog – 5 minutes Walk – 3 minutes Repeat x 4
2	33 minutes Jog – 8 minutes Walk – 3 minutes Repeat x 3	Cross Training Tabata 20 seconds ON 10 seconds OFF Repeat x 8 x 1-2	27 minutes Jog – 7 minutes Walk – 2 minutes Repeat x 3	33 minutes Jog – 8 minutes Walk – 3 minutes Repeat x 3
3	36 minutes Jog – 9 minutes Walk – 3 minutes Repeat x 3	Cross Training HIIT 40 seconds ON 20 seconds OFF Repeat x 6 x 2	30 minutes Jog – 8 minutes Walk – 2 minutes Repeat x 2	39 minutes Jog – 10 minutes Walk – 3 minutes Repeat x 3
4	40 minutes Jog – 15 minutes Walk – 5 minutes Repeat x 2	Cross Training HIIT 40 seconds ON 20 seconds OFF Repeat x 6 x 2	Beep Test Attempt	40 minutes Jog – 20 minutes Walk – 5 minutes Jog – 15 minutes
5	29 minutes Jog – 10 minutes Walk – 4 minutes Jog – 15 minutes	Cross Training Sprint Intervals 10 seconds ON 50 seconds OFF Repeat x 7-10	30 minutes Jog – 15 minutes Walk – 5 minutes Jog – 10 minutes	40 minutes Jog – 15 minutes Walk – 5 minutes Repeat x 2
6	42 minutes Jog – 20 minutes Walk – 2 minutes Jog – 20 minutes	Cross Training Sprint Intervals 10 seconds ON 50 seconds OFF Repeat x 7-10	25 minutes Continuous Easy Running	50 minutes Continuous Easy Running
7	45 minutes Continuous Easy Running	Rest	Beep Test Attempt	Cross Training Sprint Intervals 10 seconds ON 50 seconds OFF Repeat x 7-10
8	PAT 1			



Tabata & HIIT: Work efforts performed at a 7 to 9 RPE out of 10.

Sprint Intervals: Work efforts performed at maximal intensity.

Cool Down

Hold each stretch for 1 full minute on each leg.

- **Hamstring Stretch (Seated or Standing)**
- **Quadriceps Stretch (Lying or Standing)**
- **Adductor Stretch (Seated or Standing)**
- **Hip Flexor Stretch (Half Kneeling)**
- **Piriformis Stretch (Seated)**
- **Glute Stretch (Seated)**
- **Calf Stretch (High Plank or Lunge Position)**

Recording Sheet

Week	Day 1	Day 4	Day 6
1	Beep Test Level -	Distance – RPE –	Distance – RPE –
2	Distance – RPE –	Distance – RPE –	Distance – RPE –
3	Distance – RPE –	Distance – RPE –	Distance – RPE –
4	Distance – RPE –	Beep Test Level -	Distance – RPE –
5	Distance – RPE –	Distance – RPE –	Distance – RPE –
6	Distance – RPE –	Distance – RPE –	Distance – RPE –
7	Distance – RPE –	Distance – RPE –	Distance – RPE –
8	Distance – RPE –	Beep Test Level -	Distance – RPE –