



MFS Functional Fitness

Advanced Running Program

This program assumes you play a field sport or run recreationally on a regular basis, this program utilises High Intensity Interval Training to develop the ability to run at and maintain higher speeds, which is critical in passing the shuttle run test. This program will utilise the results of an initial attempt at the beep test to program running sessions at, or above, the maximum speed you achieved during the first test. It also provides numerous times to practice the beep test to assist you in becoming comfortable and confident with the protocol.

Beep Test Level	65% (15 seconds)	105% (15 seconds)	110% (40 seconds)	115% + 1 COD (15 seconds)
5	15.2m	24.5m	137m	27m
6	16m	26m	145m	28.5m
7	17m	27.5m	153m	30m
8	18m	29m	162m	31.7m
9	18.8m	30.4m	170m	33.3m
10	19.7m	32m	178m	35m
11	20.6m	33.3m	186m	36.5m

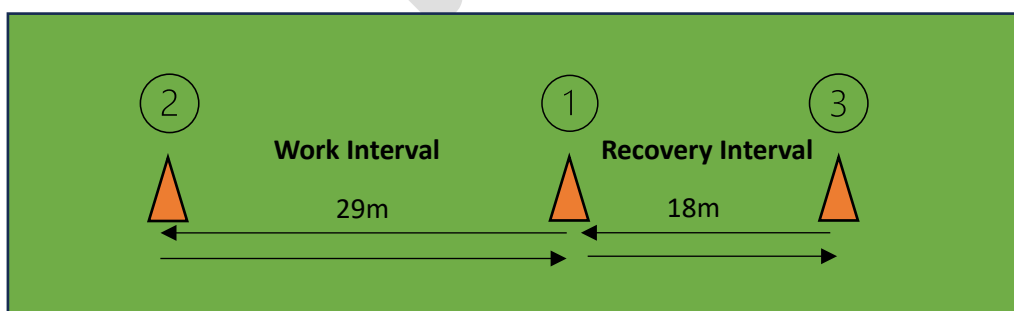
Session Types

Modified MAS Grid

Continuous - 15 seconds @ 105% out and back, 15 seconds @ 65% out and back.

These workouts utilise the distances from the 65% and 105% columns. It is recommended that this session is performed on a grassed sporting field or oval. To set up for this workout, you will need to place three markers in a straight line. One central marker, which indicates the starting position. A second marker is set at the distance indicated by the 105% column, the third marker is set on the opposite side of the starting marker, at the distance indicated in the 65% column.

As an example, if you achieved an 8.5 on your initial beep test attempt. You would place the second marker 29m from the starting marker, and the third marker 18m from the starting marker, one the opposite side. It should look like the image below.



Modified MAS Grid sessions will be prescribed in sets of 5-10 minutes. The aim is to run continuously for the prescribed time. Starting on the middle marker (1), you aim to complete a work interval in 15 seconds, followed by a recovery interval in 15 seconds. Both the recovery and work intervals involve running from the start marker, out to the relevant marker and then back, within 15 seconds. The aim



is to complete each rep on the 15 second mark, if you return early, stop, and wait until the 15 seconds have elapsed, before starting the next interval. The work interval should be completed at a higher speed, while the recovery interval should be slower, avoid running at a continuous pace for these sessions.

High Intensity Interval Training (HIIT - 40:20's)

These workouts utilise the distances found in the 110% column. It is recommended that these sessions are performed on a grass sporting field or oval.

The set up for these sessions requires two markers, placed apart, at the distance indicated in the 110% column. For example, if your initial beep test result was a 7.3, you would place two markers 153m apart.

The (HIIT - 40:20's) sessions will be prescribed in sets of 5 to 7 repetitions. Each repetition involves running from one marker to the other, aiming to arrive at 40 seconds. This work effort is followed by 20 seconds of rest, after which you complete another work interval running back to the original marker. This is continued for the prescribed number of repetitions.

Change of Direction 1 to 1s (COD 1:1s)

These workouts utilise the distances found in the 115% + 1 COD column. These sessions can be performed on either a hard surface court such as a tennis court, basketball court or on a grass sporting field/oval.

The set up for this session also requires two markers, placed apart at the distance indicated in the 115% + 1 COD column. For example, if you scored a 6.7 on the initial beep test, you would place the markers 28.5m apart.

The session will be prescribed in sets of 8 to 16 repetitions. Each repetition involves running from one cone, out to the other (placed at the prescribed distance) and back, aiming to return to the starting point at 15 seconds. You will then rest for 15 seconds, before completing the next repetition. This is continued for the prescribed number of repetitions.

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 Continuous Easy Running	Modified MAS Grid Sets – 3 Reps – 5 minutes 3 minutes Rest between Sets
2	HIIT (40:20s) Sets – 2 Reps – 5 3 minutes Rest between Sets	Cross Training Tabata 20 seconds ON 10 seconds OFF Repeat x 8 x 1-2	30 minutes Continuous Easy Running	Modified MAS Grid Sets – 3 Reps – 6 minutes 3 minutes Rest between Sets
3	HIIT (40:20s) Sets – 2 to 3 Reps – 6 3 minutes Rest between Sets	Cross Training Tabata 20 seconds ON 10 seconds OFF Repeat x 8 x 1-2	35 minutes Continuous Easy Running	Modified MAS Grid Sets – 3 Reps – 7 minutes 3 minutes Rest between Sets
4	HIIT (40:20s) Sets – 2 to 3 Reps – 7 3 minutes Rest between Sets	Cross Training HIIT 30 seconds ON 30 seconds OFF Repeat x 6 x 2	Beep Test Attempt	Modified MAS Grid Sets – 3 Reps – 5 minutes 3 minutes Rest between Sets
5	COD 1:1s Sets – 2 Reps – 8 to 10 3 minutes Rest between Sets	Cross Training Sprint Intervals 10 seconds ON 50 seconds OFF Repeat x 7-10	35 minutes Jog – 15 minutes Walk – 5 minutes Jog – 10 minutes	Modified MAS Grid Sets – 3 Reps – 6 minutes 3 minutes Rest between Sets
6	COD 1:1s Sets – 2 Reps – 10 to 12 3 minutes Rest between Sets	Cross Training Sprint Intervals 10 seconds ON 50 seconds OFF Repeat x 7-10	40 minutes Continuous Easy Running	Modified MAS Grid Sets – 3 Reps – 7 minutes 3 minutes Rest between Sets
7	COD 1:1s Sets – 2 Reps – 12 to 14 3 minutes Rest between Sets	Rest	Beep Test Attempt	Modified MAS Grid Sets – 3 Reps – 5 minutes 3 minutes Rest between Sets
8	PAT 1			

Beep Test Attempt 1 - _____

Beep Test Attempt 2 - _____

Beep Test Attempt 3 - _____

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)