

Running Program #3 – The Advanced Program



The use of a planned and structured program will help to improve your cardiovascular fitness and running performance. **The minimum requirement for a career firefighter is a score of 9.6 on the shuttle run.** The days of long, slow distance running to improve aerobic capacity are **out-dated** with research backing this up.

The program is for experienced runners who run regularly. This program utilises the 3-speed running method but has an increase in the overall volume which is suited to those with a solid running base.

On the right-hand side of the program you can fill in the distance and RPE of each session. Smart watches and phones typically have the ability to track running distance or provide the option to download an app to assist. RPE is a subjective method of tracking intensity using a 1-10 scale, where 1 is very easy and 10 is maximal effort.

A practice shuttle run has been incorporated into the program upon completion of week 2, 4 and 6. This will give you practice at running the shuttle run, so you are familiar with the test protocols and understand the rules for elimination.

It is expected that by the end of this program you are reaching a minimum score of 9.6 on the shuttle run.

The Program:

RPE 10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
RPE 9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
RPE 7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can still speak a sentence
RPE 4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
RPE 2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
RPE 1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Week 1:			
	Effort:	Recovery:	Sets:
Session 1	6x 30s Jog, 20s Run, 10s Stride	2mins Walk	Repeat x3 Rounds
Session 2	5x 45s Jog, 30s Run, 15s Stride	2mins Walk	Repeat x3 Rounds
Session 3	8x 20s Jog, 15s Run, 10s Stride	2mins Walk	Repeat x3 Rounds

Distance:	RPE:

Week 2:			
	Effort:	Recovery:	Sets:
Session 1	8x 30s Jog, 20s Run, 10s Stride	2mins Walk	Repeat x3 Rounds
Session 2	6x 45s Jog, 30s Run, 15s Stride	2mins Walk	Repeat x3 Rounds
Session 3	10x 20s Jog, 15s Run, 10s Stride	2mins Walk	Repeat x3 Rounds

Distance:	RPE:

Practice Shuttle Run

Shuttle:

Week 3:			
	Effort:	Recovery:	Sets:
Session 1	8x 30s Jog, 20s Run, 10s Stride	2mins Walk	Repeat x4 Rounds
Session 2	6x 45s Jog, 30s Run, 15s Stride	2mins Walk	Repeat x4 Rounds
Session 3	12x 20s Jog, 15s Run, 10s Stride	2mins Walk	Repeat x3 Rounds

Distance:	RPE:

Week 4:			
	Effort:	Recovery:	Sets:
Session 1	10x 30s Jog, 20s Run, 10s Stride	2mins Walk	Repeat x4 Rounds
Session 2	8x 45s Jog, 30s Run, 15s Stride	2mins Walk	Repeat x4 Rounds
Session 3	12x 20s Jog, 15s Run, 10s Stride	90sec Walk	Repeat x3 Rounds

Distance:	RPE:

Practice Shuttle Run

Shuttle:

Week 5:			
	Effort:	Recovery:	Sets:
Session 1	10x 30s Jog, 20s Run, 10s Stride	90sec Walk	Repeat x4 Rounds
Session 2	10x 45s Jog, 30s Run, 15s Stride	2mins Walk	Repeat x4 Rounds
Session 3	12x 20s Jog, 15s Run, 10s Stride	90sec Walk	Repeat x4 Rounds

Distance:	RPE:

Week 6:			
	Effort:	Recovery:	Sets:
Session 1	12x 30s Jog, 20s Run, 10s Stride	90sec Walk	Repeat x4 Rounds
Session 2	10x 45s Jog, 30s Run, 15s Stride	90sec Walk	Repeat x4 Rounds

Distance:	RPE:

Practice Shuttle Run

Shuttle: