

4 WEEK PROGRESSIVE RUNNING PROG

Levels	Week 1	Week 2	Week 3	Week 4
	Approx Volume (km's)			
Basic	9-11	11-13	13-15	10-11
Advanced	11-13	13-15	15-17	12-13

-Start with a baseline assessment of either a Bronco, yo-yo or 3km time trial. Whatever you choose you will do it again in Week 4.

-Below are example week structures. Adjust volumes depending on your fitness level by working at the lower or higher end of rep/distance ranges in the sessions and drills listed.

- Note: the total volumes for the MAS type sessions are not high, but it's the intensity of running in these sessions that matters. If you are comfortably within the times/distance, go up a level and/or add reps.

Example Week 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Bronco, yo-yo or 3km time trial	Tempo 100's		MAS session		Trail run/Road run	
km	1.5-3	3-4		2.5-3.5		3-5 km	

Example Week 2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	MAS session	Tempo 100's		MAS session		Trail run/Road run	
km	2.5-3	3-4		2.5-3.5		3-5 km	

Example Week 3

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	MAS session	Tempo 100's		MAS session		Trail run/Road run	
km	3-4	3-4		3-4		5-6 km	

Example Week 4

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Bronco, yo-yo or 3km time trial		MAS session			Trail run/Road run	
km	1.5-3		3-4			5-6 km	

Tempo 100's

Run 100m in 18-24 secs depending on speed/fitness level. Go every 50- 60 secs
Can also be run as 50m shuttle

Sets of 8 reps x 3-4 sets, rest 60-90 secs between sets.

Volume 2.5-3.5km

Choose one of the following combo for extra intensity:

- Add 5 burpees and 5 squat jumps after each 100m.
- 10 pressups & 10 lunges (5 each side) after each 100m

MAS Yoyo session

Yo yo level		15	16	17	18	19
60 sec interval		250m	258m	266m	275m	283m
45 sec interval		188m	194m	200m	206m	212m
30 sec interval		125m	129m	133m	137m	142m

Choose your Yo-Yo level, if you don't know just pick one and try to progress over the weeks.

Example session for Level 17:

60 sec run/30-60 sec recovery x 5-6 reps : 266m (this can be done as a shuttle e.g 4 x 66.5m or as a continuous run)

Rest 90 secs 2mins

45 sec run/30-45 sec recovery x 5-6 reps: 200m (4 x 50m or 2 x 100m)

Rest 90 secs 2 mins

30 sec run/30 sec recovery x 5-6 reps: 133m (2 x 66.5)

Total volume: 3- 3.6km at Level 17

Other MAS type sessions- Note: choose either a mixture of ones below for each session or do multiple sets of the same one.

2/2 Broken Bronco

- Complete 2 Bronco reps as fast as possible. (20m and back, 40m and back, 60m and back= 1rep x 2)

- Go every 3 to 3.30mins –so if it takes 2.15 to do 2 reps then the rest is 45 or 75secs.

- Complete another 2 reps then rest for 2-3 mins

Repeat for 2-3 sets

Volume 2-3km

Classic Broken Bronco

- Run a bronco rep (20,40,60m shuttle)
- Go every 90 secs or 2 mins depending on fitness level
- Standards < 50 secs Excellent, <60secs Good <70 secs Average

Repeat for 5-8 reps.

Volume: 1.2- 1.9 km

88's

4 x 22m shuttles (0-22m and back x 2), turn and run 100m. Go every 2-2.30 mins x 4-6 reps

Volume: 750-1.1km per set.

150' s

Either do as 100m and back to 50m or 3 x 50 shuttle. Target 30-35 secs. Go every minute x 5 reps.

Volume: 750m per set

70m pyramid

Set marker at 0 and 70m.

Run between 0-70m and back as far as you can in 30secs e.g 70 + 70 + 15m -155m

30 secs rest x 5-6 reps

Rest 2 mins after last rep

Either mix with other MAS options or do 4-5 sets

Speed/Agility options

These can be added to any session after a good warmup and before any MAS/Tempo run blocks

Accel/Decel grid

Markers at 0,5,10,15m

Run 0-5m, backpedal to start, run 0-10m, turn back to start, run 0-15m and back. Go every minute x 6 reps

Repeat 50's

Start with 5 x explosive press-ups then up and sprint 50m, go every 30 secs. Repeat x 6 reps

Hill repeats

Hill distance of 40-60m and medium gradient.

Standing start, sprint up with jog back recovery, go every 45-60 secs x 8-10 reps = 1 set.

Square COD

Setup cones in a square 5-10m apart. Run forward, side to side, back pedal, side to side to start= 1 rep. Go every 30 secs x 8-12 reps.

Focus on speed and quality of movement.