

SHORT SHUTTLES 1

Before you start the programme, it is important to complete the MSFT so that you can see where you are and how much you need to improve. This will also help you to track your progress. Regularly practicing the MSFT is the best way to improve your performance.



INTENSITY - HIGH



VOLUME - LOW





DURATION - 20 MINS



AIM

This session has been devised to help prepare you for the MSFT. The distance between the shuttles is only 5m, this is to increase the amount of turns and direction changes - which you need to practice. This session will also develop your anaerobic and aerobic fitness levels which are essential for the MSFT.

PREPARE

DURATION - 10 MINS



Brisk walk for 5 minutes into gentle jog for a further 2 minutes followed by drills (refer to warm up video example)

WORK OUT

DURATION - 6 MINS



Activity	Duration
Shuttle Sprints	1 min
Walk	1 min
Shuttle Sprints	1 min
Walk	1 min
Shuttle Sprints	1 min
Walk	1 min



RECOVER

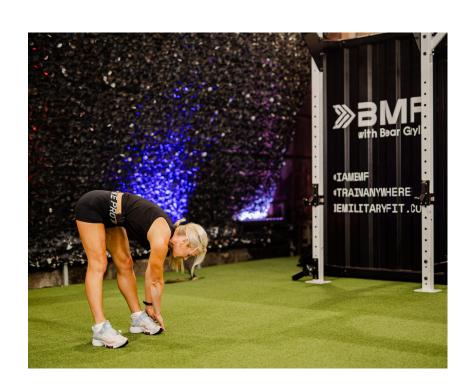
DURATION - 4 MINS



Jog to walk 2-3 minutes, followed by static stretching









SHORT SHUTTLES 2

Before you start the programme, it is important to complete the MSFT so that you can see where you are and how much you need to improve. This will also help you to track your progress. Regularly practicing the MSFT is the best way to improve your performance.



INTENSITY - HIGH



VOLUME - LOW





DURATION - 22 MINS



AIM

This session has been devised to help prepare you for the MSFT. The distance between the shuttles is only 5m, this is to increase the amount of turns and direction changes - which you need to practice. This session will also develop your anaerobic and aerobic fitness levels which are essential for the MSFT.

PREPARE

DURATION - 10 MINS



Brisk walk for 5 minutes into gentle jog for a further 2 minutes followed by drills (refer to warm up video for example)

WORK OUT

DURATION - 8 MINS



Activity	Duration
Shuttle Sprints Walk Shuttle Sprints Walk Shuttle Sprints Walk Shuttle Sprints Walk	1 min
Shuttle Sprints Walk	1 min 1 min

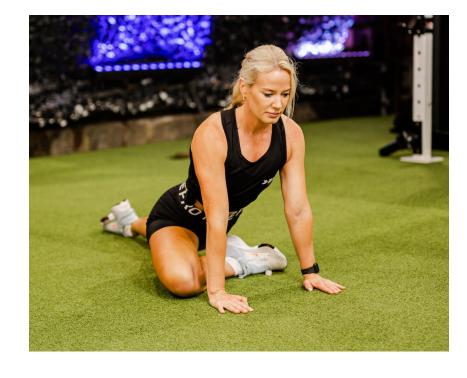


RECOVER

DURATION - 4 MINS



Jog to walk 2-3 minutes, followed by static stretching









SHORT SHUTTLES 3

Before you start the programme, it is important to complete the MSFT so that you can see where you are and how much you need to improve. This will also help you to track your progress. Regularly practicing the MSFT is the best way to improve your performance.



INTENSITY - HIGH

VOLUME - LOW



PODCAST - YES DURATION - 24 MINS



AIM

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PREPARE

DURATION - 10 MINS



Brisk walk for 5 minutes into gentle jog for a further 2 minutes followed by drills (refer to warm up video for example)

WORK OUT

DURATION - 10 MINS



Activity	Duration
Shuttle Sprints	1 Min
Walk	1 Min
Shuttle Sprints	1 Min
Walk	1 Min
Shuttle Sprints	1 Min
Walk	1 Min
Shuttle Sprints	1 Min
Walk	1 Min
Shuttle Sprints	1 Min
Walk	1 Min



RECOVER

DURATION - 4 MINS



Jog to walk 2-3 minutes, followed by static stretching





