

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.

LEVEL - BEGINNER
INTENSITY - HIGH
VOLUME - LOW
PODCAST - YES
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.

LEVEL - INTERMEDIATE
INTENSITY - HIGH
VOLUME - LOW
PODCAST - YES
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	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



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.

LEVEL - ADVANCED
INTENSITY - HIGH
VOLUME - LOW
PODCAST - YES
DURATION - 24 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 - 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

