

NOT PROTECTIVELY MARKED



National Fitness Standard

Multi-Stage Fitness Test (MSFT) **Training Programme**

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TRAINING PROGRAMME

The programme of exercise is based heavily around exercise tolerance at moderate-high intensities. Confidence in the ability to endure activity at the level required during the bleep test needs to be improved. Only training at the correct intensities will achieve this

Session A: Bleep Test Practice

Bleep test performed to exhaustion.

Session B: Aerobic Training

20-30 minute run at moderate intensity, with the rationale of improving the base level of aerobic fitness. Preferably this should be performed outdoors as it provides a more specific environment, as opposed to a treadmill which can restrict the specificity of running. If a treadmill is to be used, a minimum of a 1% incline should be set to simulate the "intensity" of outdoor running (to make up for the lack of wind resistance created in outdoor running) and to encourage forward momentum of the body.

The goal on this programme is to build aerobic endurance. No rest periods are prescribed for this type of programme, so exercisers should not stop or walk unless absolutely necessary.

Session C: Intervals

Can be performed outdoors or on a treadmill.

This is a high intensity session with 400 metre runs/ ¼ mile runs, performed as hard as possible.

60-90 second recovery: Repeat 6-8 times.

Session D: Shuttles

This should be performed at high intensity.

This could be performed on a football pitch, using sprints from:

Goal line to 6 yard line and back
Goal line to penalty spot and back
Goal line to 18 yard line and back

Repeat this 3 to 4 times, depending on fitness level, resting for 1 minute between sets, or alternatively use an indoor venue such as a games hall/studio, as it correlates with the venues utilised for the bleep test.

Session E: Hill Runs

This is a high intensity session with 10 x 150 metre hill runs on a gentle gradient performed as hard as possible, with a walk back recovery between each run. Initially, it may be appropriate to reduce the distance or volume performed to allow for conditioning.