

Running Program #1 – The Beginner 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 expects that you aren't currently running and haven't been recently. When completing the program, a jog refers to a speed of ~40%. You would most likely finish this program running 1km in 5 to 7 minutes.

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 4. 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 you will progress onto running programs 2 & 3 from here in preparation for your shuttle run testing day.

The Program:

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| 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 15s Jog, 15s Walk | 3min Walk | Repeat x3 Rounds |
| Session 2 | 8x 15s Jog, 15s Walk | 3min Walk | Repeat x3 Rounds |

| Distance: | RPE: |
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| Week 2: | | | |
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| | Effort: | Recovery: | Sets: |
| Session 1 | 3x 30s Jog, 30s Walk | 3min Walk | Repeat x3 Rounds |
| Session 2 | 8x 15s Jog, 15s Walk | 3min Walk | Repeat x3 Rounds |

| Distance: | RPE: |
|-----------|------|
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| Week 3: | | | |
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| | Effort: | Recovery: | Sets: |
| Session 1 | 3x 30s Jog, 30s Walk | 3min Walk | Repeat x3 Rounds |
| Session 2 | 3x 45s Jog, 45s Walk | 3min Walk | Repeat x3 Rounds |
| Session 3 | 10x 15s Jog, 15s Walk | 3min Walk | Repeat x3 Rounds |

| Distance: | RPE: |
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| Week 4: | | | |
|-----------|-----------------------|-----------|------------------|
| | Effort: | Recovery: | Sets: |
| Session 1 | 5x 30s Jog, 30s Walk | 3min Walk | Repeat x3 Rounds |
| Session 2 | 3x 45s Jog, 30s Walk | 3min Walk | Repeat x3 Rounds |
| Session 3 | 10x 15s Jog, 15s Walk | 3min Walk | Repeat x4 Rounds |

| Distance: | RPE: |
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| Practice Shuttle Run | |
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| Shuttle: |
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| Week 5: | | | |
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| | Effort: | Recovery: | Sets: |
| Session 1 | 6x 30s Jog, 30s Walk | 3min Walk | Repeat x3 Rounds |
| Session 2 | 4x 45s Jog, 30s Walk | 3min Walk | Repeat x4 Rounds |
| Session 3 | 12x 15s Jog, 15s Walk | 3min Walk | Repeat x3 Rounds |

| Distance: | RPE: |
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| Week 6: | | | |
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| | Effort: | Recovery: | Sets: |
| Session 1 | 6x 30s Jog, 30s Walk | 2min Walk | Repeat x3 Rounds |
| Session 2 | 4x 45s Jog, 30s Walk | 2min Walk | Repeat x4 Rounds |
| Session 3 | 1km Effort - Aim for 5-7mins | | |

| Distance: | RPE: |
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| Time: | |