

## **Training to pass the bleep test**

### **Session 1)**

Jog out to a park and find a football or rugby pitch, try to make it about 5-10 minutes for this warm-up.

Two laps of jog sides sprint ends, then change to two laps of jog ends sprint sides.

Jog back home as cool-down and stretch.

#### **WARM-UP**

As with all exercise, before you do the main session start with a 5-10 minute warm-up. This will involve gradually increasing your heart rate to prepare the body for exercise and reduce your risk of injury.

The warm-up can involve marching on the spot including some side stepping and lifting the knees or it could involve walking, jogging on the spot or some other light activity like playing games. Finish off with some mobility such as rotating your arms, hips and shaking your legs.

#### **COOL-DOWN**

Try to end your exercise session with a short cool-down. This can be a short walk or jog to allow your heart rate and blood pressure to drop slowly. This is called an active recovery. The cool-down is followed by stretching.

#### **Stretching:**

- Never go beyond your range of movement.
- Breathe naturally and never hold your breath.
- Hold the stretch for 30-45 seconds.
- Never hyper-extend your back, neck or knees.
- Always have a slight bend in the supporting leg if standing.
- Always support the neck and lower back when lying on your back.
- Keep the back straight when bending forward.

### **Session 2)**

Measure 20m on flat level ground.

Then:

Six minutes warm-up, easy running

Then set bleep test sound track to level 8 and do level 8.

Have a one minute rest.

Do Level 8 again.

Have a one minute rest

Try and do level 8 again.

Two minutes easy cool-down running then stretch as session (1)

### **Session 3)**

Measure 20m on flat level ground.

As you start to improve, try the six minute warm-up then rest for one minute and try:

Levels 7, 8 and 9, one after the other.

Have a one minute rest and try Levels 7, 8 and 9 again.

Then cool down as session one.

There is only half to onesecond difference, in time, between shuttles from level 7 to level 9.