

Bleep test training plan



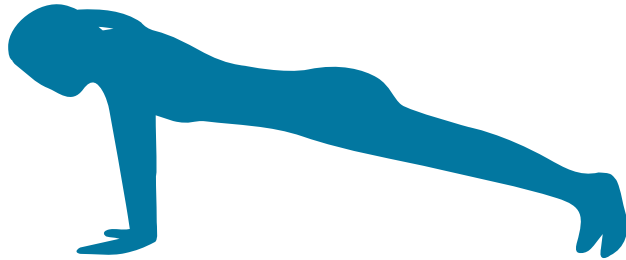
This seven day training schedule has been designed to increase your fitness in preparation for the multi-stage fitness test (bleep test). This includes running a 15 metre shuttle-run in-time with beeps which gradually decrease in duration as the test progresses, so you are required to run faster over time. By following this schedule for **6 weeks** you should have no difficulty passing the bleep test, but it must be adhered to properly for you to benefit from it.

Please remember to stretch and warm up properly before every session.

Key:
 Easy = easy jog
 Steady = fast jog
 Hard = fast run

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
20 min run.	Exercise session	30 min run.	Rest	Exercise session	Exercise session	Rest
3 mins: Warm up	- your choice of	5 mins: Warm up		(your choice of	(your choice of	
1 min: Hard	exercise	1 min: Hard		exercise)	exercise)	
2 mins: Easy		4 mins: Easy				
1 min: Hard		1 min: Hard				
2 mins: Easy		4 mins: Easy				
1 min: Hard		Repeat until 30				
3 mins: Easy		mins completed				
3 mins: Steady		Followed by:				
1 min: Hard		4 sets of 10-30 x				
3 mins: Easy		press ups				
Followed by:		25 x crunches				
4 sets of 5 x		25 x dorsal raises				
crunches + 25 x						
dorsal raises						
						*If you are not a
						regular exerciser,
						seek medical
						advice before
						starting any
						fitness training
						routine

Essential exercises for your running



Press-ups

- Lie prone on floor with hands slightly wider than shoulder width. Raise body up off floor by extending arms with body straight
- Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat



Kneeling press-up

- If you find a full press-up a bit too difficult, an alternative is a kneeling press up. Perform the press-up off your knees, but try and keep your hips forward as you extend your arms to press-up



Dorsal raise

- Lay on your front with your arms bent and fingers on your temples
- Slowly lift your chest and stomach off the floor, keeping the hips and legs still
- Hold for two to three seconds before slowly lowering your upper body back to the floor
- Movement should be coming from your lower back only



Crunches

- Lie on your back with your knees bent and feet flat on the floor, hip-width apart
- Place your hands behind your head so your thumbs are behind your ears
- Don't lace your fingers together
- Hold your elbows out to the sides but rounded slightly in
- Tilt your chin slightly, leaving a few inches of space between your chin and your chest
- Gently pull your abdominals inward
- Curl up and forward so that your head, neck, and shoulder blades lift off the floor
- Hold for a moment at the top of the movement and then lower slowly back down