

IMPROVING YOUR BEEP TEST SCORE

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COMMON REASONS WHY YOU STILL CAN'T PASS THE BEEP TEST.

We've helped hundreds of women just like you train for and help pass the beep test. Here are the top reasons why most people struggle to improve their beep test score:

1. You're doing the beep test as training.
2. You lack running efficiency.
3. You're slow on the turn around.
4. You're losing control of your breathing.



1. DOING THE BEEP TEST AS TRAINING

The beep test is a tool to measure your cardiovascular output, it's not a training tool.

Each level on the beep test goes for 1 minute so if you're using the beep test as a training method you aren't getting much benefit from it. Eg. You're doing the beep test everyday and only reaching 3.5 each time and each level goes for 1 minute. That's a total of 2 minutes 30 seconds and in reality you are only struggling for the last 30 seconds. So basically you are only doing 30 seconds of cardio training. Not very much is it?

DOING THE BEEP TEST AS TRAINING - CONT

The best way to train for the beep test is by doing interval training, fartlek training and long slow distance running.

Try this:

Monday Interval Training:

- 6 x 400m intervals. Rest is 1:45 between each interval. Try and remain consistent.

Wednesday Fartlek Training:

- 30 seconds fast 30 seconds slow x 10
Rest for 5 minutes the repeat

Friday Long Slow Distance Run:

- 30 minute slow jog

2. YOU'RE LACKING RUNNING EFFICIENCY

Often people who train for beep test already have the cardiovascular capacity to pass but they lack the running efficiency.

Many factors can affect your running efficiency including:

- lower limb muscular endurance
- flexibility
- core strength
- stride rate
- shoe choice
- arm swing and posture

3. YOU'RE SLOW ON THE TURN AROUND

So many people take far too many steps to turn around at each end of the 20m shuttle.

Its extremely important to reduce your turn around time especially in the later levels as you have less time to reach each end.

Start getting in the habit of one quick tap on the line, turning around and then powering out hard off the line.

Try saying this in your head:

'tap, turn, power out'



4. YOU'RE LOSING CONTROL OF YOUR BREATHING

Many defence force applicants blame their breathing for not passing the beep test.

Breathing is not a new concept.

99% of the time it's the stress of the assessment causing anxiety which inhibits controlled breathing and tightens your chest.

The beep test is an assessment and it's meant to be challenging. You can't control the assessment conditions but what you can control is your breathing. Get out of survival mode and take control of your situation.

YOU'RE LOSING CONTROL OF YOUR BREATHING (CONT)

Come up with a breathing pattern that works for you. For each level try breathing in and out 3 times before you reach the line.. Focus on your breathing and focus on your own race.

Breathing patterns are an extremely effective way of executing physical exercises.



NEED HELP?

At The Barracks Gym, we offer specialist fitness coaching and mentoring for women hoping to join the armed forces.

Visit:

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