

IMPROVING YOUR BEEP TEST SCORE

BY MICHAEL CROSS, OWNER/HEAD COACH

 THE BARRACKS **GYM**



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

We've helped thousands of applicants 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'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 irrelevant 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 variations of interval training, fartlek training and long slow distance running. If you are familiar with MAS Training, then it is your best bet to improve V02 Max.

Try this:

Monday Interval Training:

400m run @ 10/10 effort level

2mins rest

x 6

Wednesday Fartlek Training:

30 seconds fast 30 seconds slow x 6

Rest for 3 minutes the repeat twice

Friday Long Slow Distance Run:

- 30 minute slow jog

2. 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. You only need to tap the line. You don't need to run over the line.

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 off.

Try saying this in your head:

'tap, turn, power off'

And watch this video for more detail [Beep Test Turns](#)



3. 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.

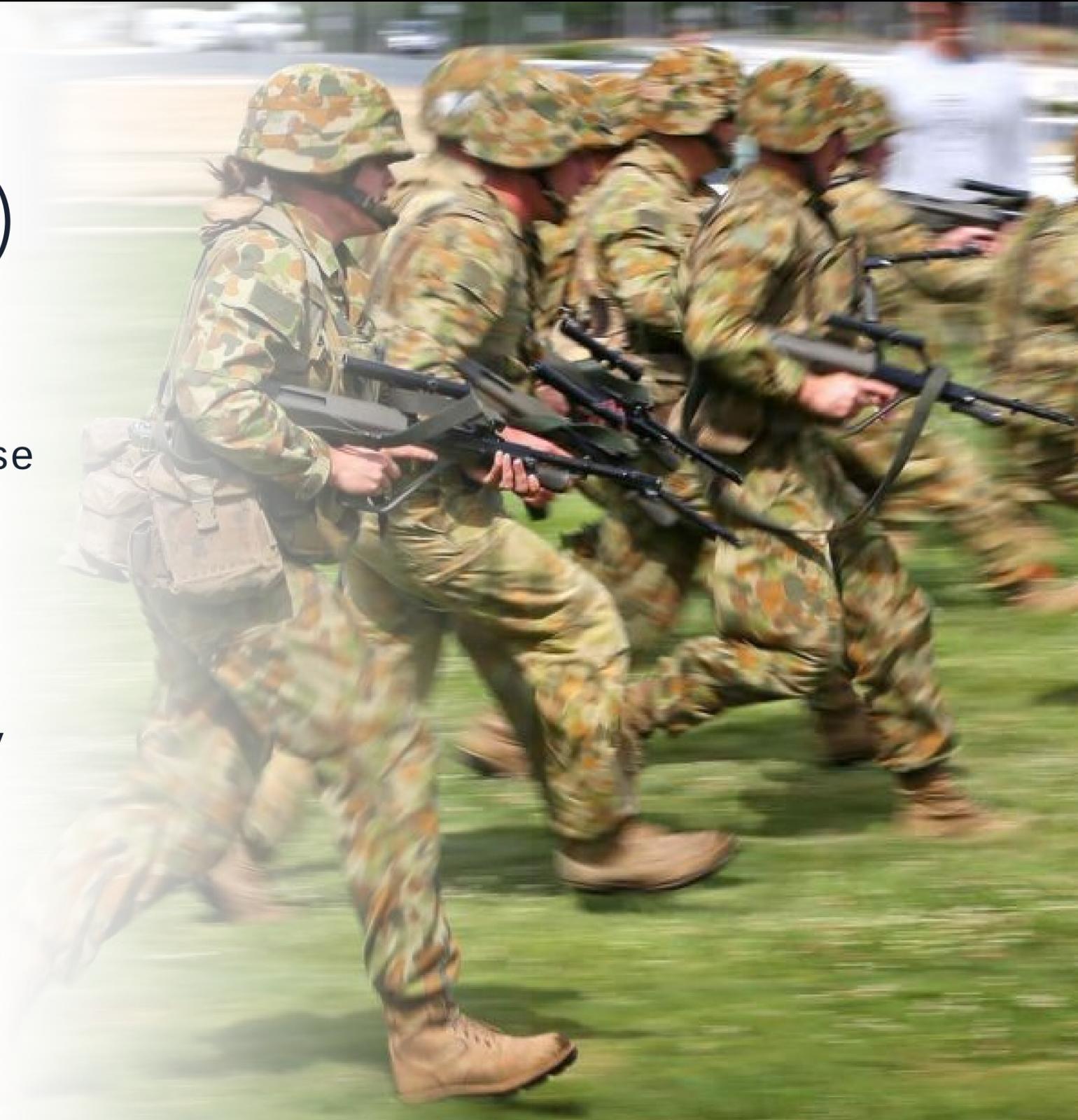
YOU'RE LOSING CONTROL OF YOUR BREATHING (CONT)

Try this:

Step 1 - Talk to people at the fitness test. Everyone else is in the same boat as you and is probably really nervous as well. Chat and break the ice. It'll calm the nerves

Step 2 - Create a breathing pattern and stick to it. Stay in control throughout the entire test.

Step 3 - Shake the tension off. During each level give your shoulders a shimmy to shake off the tension. It'll help your energy levels.



NEED MORE HELP

We help applicants just like yourself achieve their dream job of serving in uniform by using the TBG Method of Training.

Use discount code **HELPME** when you sign up for Online Training to receive \$0 Sign Up Fee. (SAVE \$99)

<https://www.thebarracksgym.com.au/online.html>

