

HOW TO BEAT THE BEEP TEST

Set your target

- Set your goal of what you want to achieve.
- Use a staircase approach—score last time, score you want this time and then the score that is just out of reach.

Action: Write out your goal & put it where you will see it everyday to remind you what you WILL achieve

Communicate with yourself & others

- Positive Self talk eg: I WILL run a 10-4 today
- Focus Phrases eg: “Winners do believe”, “Run hard”, “take charge” etc

Action: Start your positive communication as soon as you know

- Avoid complaining about the test – it only de-motivates you!!
- Encourage others about their targets leading up to the test and while they are still running

Rhythmic mental activity

- Direct your attention to a song that ‘psychs’ you up.
- Run in the rhythm of the song

Relaxation

- Relax your shoulders at each level – it helps you breathe easier
- Use Progressive Muscle Relaxation (PMR) to keep you in control of your body state

Music

- Use your MP3 player while you are warming up. Other options are CD in the car
- Play music that excites you and puts you in a good mood

10 more steps.....

- When you think you’re too tired to continue – run 10 more steps
- Count them as you run then decide if you can do another 10
- Keep deciding to do 10 more steps for as long as possible

Use your watch

- The entire test takes 12-15 minutes
- Once you hit level 8 you have 3-4 minutes to go
- Aim to run for another 30 seconds using the same technique as ‘10 more steps’

Sideline motivator

- Arrange for a team-mate who drops out earlier to run with you in later levels

Remove your mind from your body

- Lose yourself in your happy place or think about a place that makes you feel excited and happy
- Concentrate on your strength as opposed to the pain
- Use imagery to ‘attack’ pain and ‘repair’ the problem
- Use autogenic training to cool yourself down and remain fresh, use imagery to visualise goose bumps, ice, snow

To beat the BEEP TEST.....

- Focus on your goal and talk yourself into doing well
- Take one level at a time
- Use imagery to visualise success
- Look forward to the Beep test...and see it is a challenge and not a problem! Most of all enjoy it!