

Beep Test Training Program

20 min duration / 8 rpe



Day One – Running (Middle Distance)

Please consult your practitioner for how long you should run and at what interval.

To increase difficulty, increase speed. Do not increase duration of the run.

Aim for non-stop running at an RPE of 8 (see education material) without rest

Day Two - Rest

45 min duration / 6 rpe

Day Three – Steady State Cardio

Adjust the bike seat and settings as required and commence cycling.

This may be completed on any cardio equipment that is not weight bearing. i.e. do not use treadmill, stairmaster, etc.

Aim for RPE of 6 (see education material)

To increase difficulty, increase duration. Do not increase RPE



Day Four - Rest

1 Set / 10 Reps / 1 min duration / 8 rpe

Day Five – Run (Intervals)

Run following the parameters prescribed for you.

Walk for one minute

Run for one minute at an RPE of 8 or above (see education material)

Repeat x10

To increase difficulty, add more reps or increase speed. Do not increase duration of intervals.



Strength – To be completed daily

2 Sets / 10 Reps



4. Alternating lateral hop and hold

Stand up straight between a line marker to each of your sides.

Transfer your weight onto one foot and lift the other from the floor.

Hop sideways over one line landing lightly on your foot as you regain your balance.

Use your arms to generate momentum.

Next, hop sideways over the other line onto your other foot, and regain your balance.

Continue as instructed.

SETS AND REPS PER SIDE

Can be completed daily

2 Sets / 15 Reps



5. Calf raises on step with knees bent - Soleus raises

Step up on to a step with a supportive surface such as a wall in front of you.

Walk your feet back so that your heels are off the edge of the step.

Bend your knees, then perform a calf raise, rising up onto your toes.

Control the movement as you lower your heels back down.

Ensure your knees remain slightly bent throughout.

Can be completed daily

2 Sets / 15 Reps



6. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise

yourself up on your toes as high as possible.

Return back to the starting position.

Can be completed daily