

Bleep Test Workshop.

Promotion of the workshop:

- Gym Information Board – Workshop Section (Board updated am checks)
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **15 minutes** time. All members are welcome to attend, please meet (Coach's name) at Reception.
- All available team members to perform a gym floor sweep and invite as many members on the gym floor as you can
- Reception to mention to members as they swipe in
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **5 minutes** time. All members are welcome to attend, please meet (coach's name) at (meeting point)
- Any ad hoc sessions run should follow the same format amending the timings of PA accordingly

Equipment required:

- Tape measure • Cones/Floor markers • Tape recorder • Multi-stage fitness tape – (Can be purchased from Escape) • Area 20m in length minimum

Reserve any equipment you want to use approximately **5 minutes** before session.

At the beginning of the workshop:

- ✓ Introduce yourself to the group
- ✓ Introduce the members to each other

AIM:

To test aerobic endurance

SUITABLE FOR:

All ages

PROCEDURE:

- ✓ Person continually runs between two lines 20 metres apart in time to beeps on a tape.
- ✓ Initial speed is 8.5km/hour increasing by 0.5km/hour each minute.
- ✓ Subjects must touch the line at each end.
- ✓ The test is divided into stages to help monitor progress at subsequent tests.
- ✓ The test finishes when you can no longer reach the end marker before the bleep.

Scoring: The level and number of shuttles reached is recorded.

PRACTICALITY:

Large groups can be tested at the same time.

RELIABILITY AND VALIDITY:

Correlation to Vo₂ max is good. Reliability and validity are affected by subject's motivation. This is a maximal test and lack of motivation will not give a reliable and valid result.

LA fitness
We'll get there together.