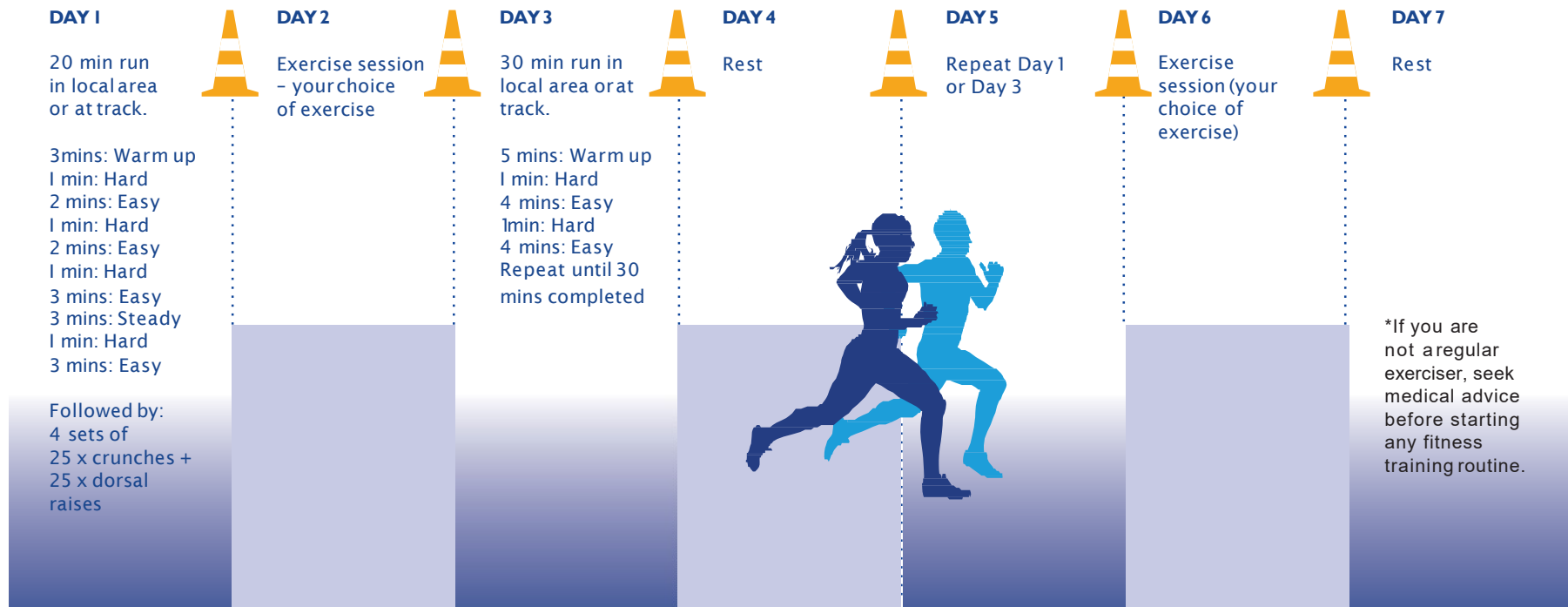


# Bleep Test Training Plan



This 7 day training schedule has been designed to increase your fitness in preparation for the MPS Job Related Fitness Test. By following this schedule for **6 weeks** you should have no difficulty passing the bleep test – but it must be adhered to properly if you are to get the benefit from it. Please remember to stretch and warm up properly before every session. And make sure you drink plenty of fluids while exercising too. Enjoy your training.

**Key**  
 Easy = easy jog  
 Steady = fast jog  
 Hard = fast run



# Essential exercises for your running



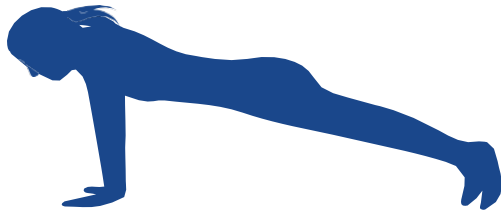
## Dorsal raise

- Lay on your front with your arms bent and fingers on your temples.
- Slowly lift your chest and stomach off the floor, keeping the hips and legs still.
- Hold for 2-3 seconds before slowly lowering the upper body back to the floor.
- Movement should be coming from your lower back only.



## Kneeling press-up

- If you find a full press up a bit too hard, an alternative is a kneeling press up – perform the press up off your knees but try and keep your hips forward as you extend your arms to press up.



## Press ups

- Lie prone on floor with hands slightly wider than shoulder width. Raise body up off floor by extending arms with body straight.
- Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.



## Crunches

- Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- Place your hands behind your head so your thumbs are behind your ears.
- Don't lace your fingers together.
- Hold your elbows out to the sides but rounded slightly in.
- Tilt your chin slightly, leaving a few inches of space between your chin and your chest.
- Gently pull your abdominals inward.
- Curl up and forward so that your head, neck, and shoulder blades lift off the floor.
- Hold for a moment at the top of the movement and then lower slowly back down.

