

# Don't sweat over your fitness test!



**Train regularly with a consistent schedule**



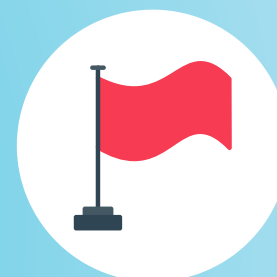
**Start your training gently and gradually build up over a period of weeks**



**Set yourself realistic targets**



**Improve your general fitness levels not just your running capability**



**Remind yourself why you're doing this - focus on your end goal**



**Train with friends to keep you motivated**



**Monitor your progress - record distance covered, time taken and recovery time**



# Don't sweat over your fitness test!



Run 15 metres  
while listening to  
the app



If you're ahead of the  
bleep at the 15 metre  
mark wait until you hear it



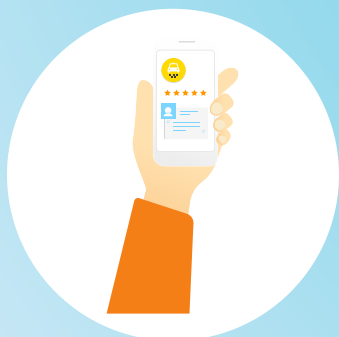
Resume running and  
adjust your speed to  
keep up with the  
beeps



Mark out 15 metres



Complete at least 4  
shuttles at level 5



Download a Bleep  
Test app



Use periodically to  
check your progress  
not to train

