

## **Tuesday Challenge**

### **Session 12**

#### **Beep test**

This will be completed using a 20m distance.

This fitness test involves you running back and forth between two points 20m apart. Each run must be run alongside a pre-recorded audio track which will play beeps at regular intervals. Over the test course you will progress through levels with the beeps getting faster when each new level is reached. At the point where you fail to reach your 20m line before the beep your test is over.

There are plenty of Apps available depending on device preference.

Have fun and stay safe, Jo x