

# PURPLE RAIN

**TUESDAY, APRIL 14th**

\*Warm Up\* Dynamic warm up and stretch

\*Activity\* Beep Test Tuesday:

**You can access the beep test [here](#)**

Set cones 22 yards (66 feet) apart.

On the double beep, you will begin a jog from the start cone to the far cone. Once you get there, you wait for the beep. Once you hear the beep, you jog back to the start cone. Repeat after every beep. **DO NOT LEAVE THE CONE BEFORE THE BEEP.**

The levels gets faster as you go along.

The **KEY:** Try to pace yourself. No need to sprint at the beginning. Try to get to the cone at the beep and keep a steady pace. Make sure to record your score. Example: 5.7 (meaning level 5, beep 7).

\*Cool Down\* dynamic stretch.

*Fitness  
Conditioning  
Movement*

