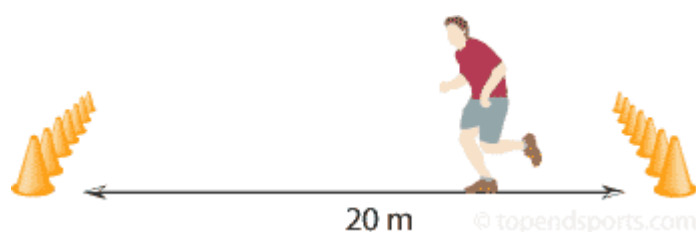


Running a Beep Test

The 20m multistage fitness test is a commonly used maximal running aerobic fitness test. It is also known as the 20 meter shuttle run test, beep or bleep test among others.



Equipment required: Flat, non-slip surface, marking cones, 20m measuring tape, beep test cd, cd player or mp3 file on player, recording sheets.

Procedure

This test involves continuous running between two lines 20m apart in time to recorded beeps. The test subjects stand behind one of the lines facing the second line, and begin running when instructed by the cd or tape. The speed at the start is quite slow. The subject continues running between the two lines, turning when signalled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the line is not reached in time for each beep, the subject must run to the line turn and try to catch up with the pace within 2 more 'beeps'. If the line is reached before the beep sounds, the subject must wait until the beep sounds. The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends.

Scoring:

The athlete's score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording. Record the last level completed (not necessarily the level stopped at). This norms table below is based on personal experience, and gives you a very rough idea of what level score would be expected for adults.

	men	women
excellent	> 13	> 12
very good	11 - 13	10 - 12
good	9 - 11	8 - 10
average	7 - 9	6 - 8
poor	5 - 7	4 - 6
very poor	< 5	< 4

Remember to go back to www.sts.co.nz to enter your results to receive a free STS Speed Interval Session Plan!