



BEEP TEST INFORMATION

HOW IT WORKS:

This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The participants stand behind one of the lines facing the second line, and begin running when instructed by the recording. The speed at the start is quite slow. The subject continues running between the two lines, turning when signaled 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 reached before the beep sounds, the subject must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'. The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends after a warning.

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, using the standard Australian beep test version. There is a more detailed table of norms for the beep test. This level score can be converted to a VO2max equivalent score using this calculator. You may also wish to download the Beep Test Recording Sheet.

Excellent: > 12

Very Good: 10 - 12

Good: 8 - 9

Average: 6 - 7

Poor: 4 - 5

Very Poor: < 4

EQUIPMENT NEEDED:

Flat, non-slip surface, marking cones, 20m measuring tape, beep test audio, music player, recording sheets.