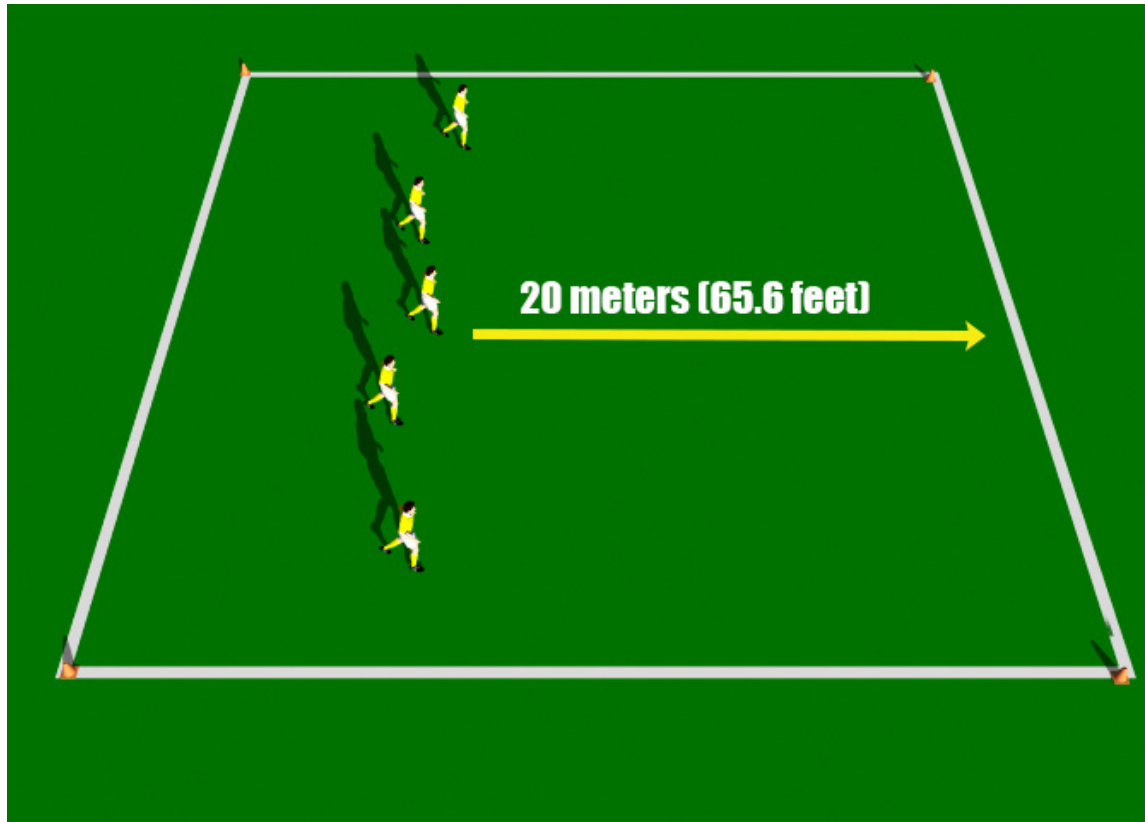


## The Beep Test



The beep test is a multi-stage fitness test used to measure cardiovascular fitness and maximum oxygen uptake (VO2 max). It is commonly used by coaches and trainers to measure athlete fitness, or used as a prerequisite for police, emergency and military organizations. The test is also known as the beep test, pacer test, 20m shuttle run test or Léger test.

- [Beep Test Rules](#)
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- [Test Variations](#)
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### Test Rules

The Standard test has 21 levels, and each level consists of a different number of shuttles. The test is performed by running between two markers placed 20 meters (65.6 feet) apart, at an increasing pace as indicated by the beeps. The test ends when you can no longer keep pace, or level 21 is completed.

The test can be performed by an individual without assistance or used by a coach to test an entire team.

## Equipment

1. [Beep Fitness Test](#) for iOS.
2. Two or more markers, e.g. traffic cones.
3. A flat surface, suitable for running, which is at least 20m long with adequate space at each end for coming to a stop.

## Procedure

1. Place markers 20 meters apart.
2. Position yourself, or athletes, at one of the markers.
3. Press the start button of the Beep Fitness Test app.
4. Run 20 meters to the opposite marker, getting there before the next beep sounds.
5. Wait there until the beep sounds before running back to the other marker.
6. Repeat this process for each shuttle until you are unable to keep up with the beeps. Remember, you must wait for the beep before starting the next shuttle.
7. When you miss a beep you must continue to run to the marker in front of you, turn at the end, and try to catch up with the pace within 2 more beeps. The test ends when you fail to reach the opposite marker for two consecutive beeps.
8. Your final score is the last level and shuttle you completed before missing a beep.

The speed at the start of the test is quite slow, however it will increase with each level. A level lasts approximately 1 minute, and the entire test requires an increase in speed from 8 km/h to 18.6 km/h.