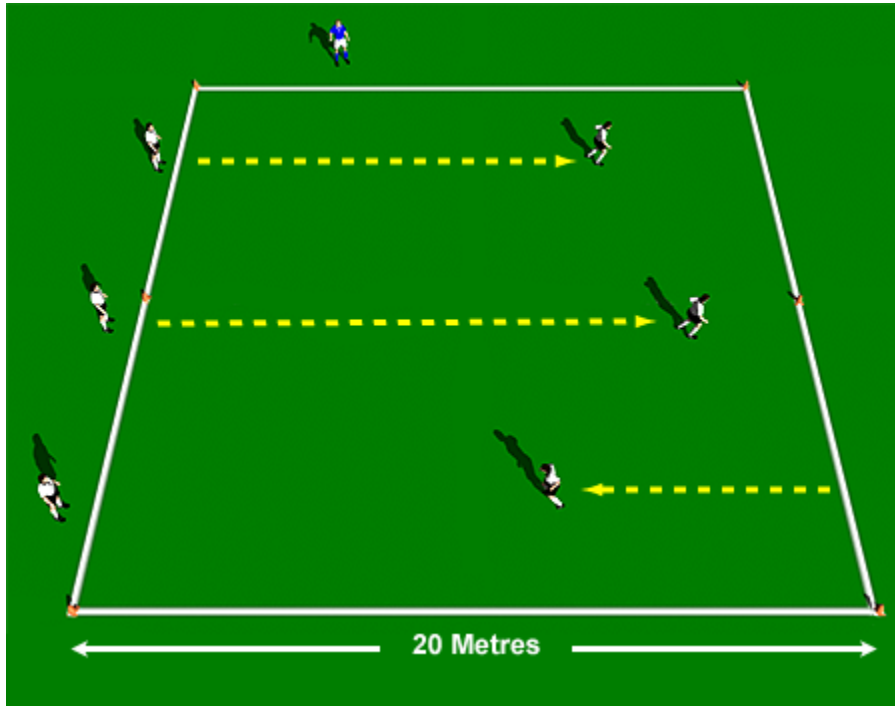


The Beep Test

The multistage fitness test, also known as the beep, is a very common test of aerobic fitness.



Description:

This is a **maximal** test which means you run until you can't run anymore! It's not for the faint hearted. The test is excellent for **multi-sprint sports** such as soccer and it make testing an entire team simultaneously simple.

Make sure you warm up before performing this test. You require the Multistage Test audio tape to perform this test. The test involves running **20 meter shuttles** continuously for the duration of the test. The tape is split into one minute levels. Each level is a series of beeps that designates the pace at which you must run the 20 meters. As you can guess each level gets quicker and quicker.

At the end of the test you make a note of how many levels you completed and read your score off on the chart provided with the test. Incidentally to give you an idea, the starting speed is 8.5km/hr and increase in 0.5km/hr intervals.

Other Comments:

This test or variations of it can also go by several other names, such as shuttle run test, beep test, yo-yo, PACER, Aero, and multistage fitness test (MST). Some of these may have different protocols, so be wary when comparing results or comparing to norms.