

THE BEEP TEST PROTOCOL

- 1) The Beep Test is performed over a distance of 20-meters; this distance is marked out with two cones or two lines (e.g. marked with chalk or tape) which are placed exactly 20-meters apart.
- 2) There are 21-levels on the full beep test and each level has a set amount of stages to complete. The higher the level the greater the number of stages to complete e.g. Level -1 has 7 stages, level -11 has 12 stages and the final level -21 has 16 stages. Each level goes for approximately 1-minute. Each increase in level is accompanied by an increase in the beep tempo (beeps get closer together). The test starts at 8.5 km/hr (level-1) and increases by 0.5km/hr at each level
The supplied soundtrack will take you to Level 7, Stage 5.
- 3) Your end score will be based on the amount of stages you were able to complete. If, for example at Level -7 you were able to complete 8 Stages, your final test score would be 7/8.
- 4) **“THE ACTUAL TEST”** The participant turns their “Beep Test” on and positions themselves adjacent to one of the cones. The participant then starts on the starter’s command and must continually touch the opposite cone (or place any part of a foot on the marked line), keeping in tempo with the beeps.
- 5) Once the participant is unable to get to the next cone before the scheduled beep, the test then continues for one more beep/cone, if the participant is successful in playing “catch up” and can reach the next cone before the next beep, then the test continues, however if the participant fails two consecutive beeps/cones, then the test ends and their final score reverts back to the last successful cone attempt.

LEVELS & STAGES

Level 1 at 8.5km/hr has 7 stages

Level 2 at 9.0 km/hr has 8 stages

Level 3 at 9.5 km/hr has 8 stages

Level 4 at 10.0 km/hr has 9 stages

Level 5 at 10.5 km/hr has 9 stages

Level 6 at 11.0 km/hr has 10 stages

Level 7 at 11.5 km/hr has 10 stages

Level 8 at 12.0 km/hr has 11 stages

Level 9 at 12.5 km/hr has 11 stages

Level 10 at 13.0 km/hr has 11 stages

Level 11 at 13.5 km/hr has 12 stages

Level 12 at 14.0 km/hr has 12 stages

Level 13 at 14.5 km/hr has 13 stages

Level 14 at 15.0 km/hr has 13 stages

Level 15 at 15.5 km/hr has 13 stages

Level 16 at 16.0 km/hr has 14 stages

Level 17 at 16.5 km/hr has 14 stages

Level 18 at 17.0 km/hr has 15 stages

Level 19 at 17.5 km/hr has 15 stages

Level 20 at 18.0 km/hr has 16 stages

Level 21 at 18.5 km/hr has 16 stages

VO2 MAX DEFINITION

VO₂ max (also **maximal oxygen consumption**, **maximal oxygen uptake**, **peak oxygen uptake** or **aerobic capacity**) is the maximum capacity of an individual's body to transport and use oxygen during [incremental exercise](#), which reflects the [physical fitness](#) of the individual. The name is derived from V - [volume](#) per [time](#), O₂ - [oxygen](#), max - maximum.

VO₂ max is expressed either as an absolute rate in [litres](#) of oxygen per minute (l/min) or as a relative rate in millilitres of oxygen per [kilogram](#) of bodyweight per minute (ml/kg/min). The latter expression is often used to compare the performance of endurance sports athletes.

VO2 MAX SCORES

The following Vo2 max scores are approximate scores at stage 1 of each of the 21 levels, if you wish to find out your approximate VO2 max scores at different stages of each of the 21 levels, then Google "Beep Test score calculator", this will then give you various websites where you can access a calculator to work out your approximate VO2 max score at any stage over the 21 levels.

Level 1	stage 1 VO2 Max	16.1	Level 12	stage 1 VO2 Max	54.0
Level 2	stage 1 VO2 Max	19.6	Level 13	stage 1 VO2 Max	57.5
Level 3	stage 1 VO2 Max	22.9	Level 14	stage 1 VO2 Max	60.9
Level 4	stage 1 VO2 Max	26.4	Level 15	stage 1 VO2 Max	64.4
Level 5	stage 1 VO2 Max	29.9	Level 16	stage 1 VO2 Max	67.8
Level 6	stage 1 VO2 Max	33.3	Level 17	stage 1 VO2 Max	71.3
Level 7	stage 1 VO2 Max	36.8	Level 18	stage 1 VO2 Max	74.7
Level 8	stage 1 VO2 Max	40.2	Level 19	stage 1 VO2 Max	78.2
Level 9	stage 1 VO2 Max	43.7	Level 20	stage 1 VO2 Max	81.6
Level 10	stage 1 VO2 Max	47.1	Level 21	stage 1 VO2 Max	85.1
Level 11	stage 1 VO2 Max	50.6			

VO2 MAX SCORES FOR MEN (ml/kg/min)

	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	65+ years
Excellent	> 60	> 56	> 51	>45	> 41	>37
Good	52-60	49-56	43-51	39-45	36-41	33-37
Above Average	47-51	43-48	39-42	35-38	32-35	29-32
Average	42-46	40-42	35-38	32-35	30-31	26-28
Below Average	37-41	35-39	31-34	29-31	26-29	22-25
Poor	30-36	30-34	26-30	25-28	22-25	20-21
Very Poor	< 30	< 30	< 26	< 25	< 22	< 20

VO2 MAX SCORES FOR WOMEN (ml/kg/min)

	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	65+ years
Excellent	56	52	45	40	37	32
Good	47-56	45-52	38-45	34-40	32-37	28-32
Above Average	42-46	39-44	34-37	31-33	28-31	25-27
Average	38-41	35-38	31-33	28-30	25-27	22-24
Below Average	33-37	31-34	27-30	25-27	22-24	19-22
Poor	28-32	26-30	22-26	20-24	18-21	17-18
Very Poor	< 28	< 26	< 22	< 20	< 18	< 17