

## 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

**VO<sub>2</sub> 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](#), O<sub>2</sub> - [oxygen](#), max - maximum.

VO<sub>2</sub> 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.

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

## 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
<b>Excellent</b>	> 60	> 56	> 51	>45	> 41	>37
<b>Good</b>	52-60	49-56	43-51	39-45	36-41	33-37
<b>Above Average</b>	47-51	43-48	39-42	35-38	32-35	29-32
<b>Average</b>	42-46	40-42	35-38	32-35	30-31	26-28
<b>Below Average</b>	37-41	35-39	31-34	29-31	26-29	22-25
<b>Poor</b>	30-36	30-34	26-30	25-28	22-25	20-21
<b>Very Poor</b>	< 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
<b>Excellent</b>	56	52	45	40	37	32
<b>Good</b>	47-56	45-52	38-45	34-40	32-37	28-32
<b>Above Average</b>	42-46	39-44	34-37	31-33	28-31	25-27
<b>Average</b>	38-41	35-38	31-33	28-30	25-27	22-24
<b>Below Average</b>	33-37	31-34	27-30	25-27	22-24	19-22
<b>Poor</b>	28-32	26-30	22-26	20-24	18-21	17-18
<b>Very Poor</b>	< 28	< 26	< 22	< 20	< 18	< 17