

## BEEP TEST PROTOCOL

- 1) The Beep Test is performed over a distance of 20-meters; this distance is marked out with two cones which are placed exactly 20-meters apart.
- 2) There are 21-levels on the 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
- 3) Your end score will be based on the amount of stages your were able to complete at a set level, for example at level -7 you were able to complete 8 stages, your final test score would then be level-7/ stage-8 (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 starters command and must continually touch the opposite cone, 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 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 go into a “search engine” such as yahoo.com or google.com and type in “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 2 stage 1 VO2 Max 19.6  
 Level 3 stage 1 VO2 Max 22.9  
 Level 4 stage 1 VO2 Max 26.4  
 Level 5 stage 1 VO2 Max 29.9  
 Level 6 stage 1 VO2 Max 33.3  
 Level 7 stage 1 VO2 Max 36.8  
 Level 8 stage 1 VO2 Max 40.2  
 Level 9 stage 1 VO2 Max 43.7  
 Level 10 stage 1 VO2 Max 47.1  
 Level 11 stage 1 VO2 Max 50.6

Level 12 stage 1 VO2 Max 54.0  
 Level 13 stage 1 VO2 Max 57.5  
 Level 14 stage 1 VO2 Max 60.9  
 Level 15 stage 1 VO2 Max 64.4  
 Level 16 stage 1 VO2 Max 67.8  
 Level 17 stage 1 VO2 Max 71.3  
 Level 18 stage 1 VO2 Max 74.7  
 Level 19 stage 1 VO2 Max 78.2  
 Level 20 stage 1 VO2 Max 81.6  
 Level 21 stage 1 VO2 Max 85.1

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

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
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 old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
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