

# Complete Guide to the Beep / Bleep Test

The **bleep test** is possibly the most commonly used endurance fitness test conducted around the world. The test involves running back and forth between markers (ideally) 20 metres apart, in time to audio "beeps" which get progressively faster. For this reason the test is also often called the 'beep' or 'bleep' test.

The participants stand behind one of the markers facing the second marker and begin running when instructed by the first bleep on the recording. The speed at the start is quite slow. The participant continues running between the two markers, as and when each bleep is heard. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the target marker is reached before the bleep sounds, the participant must wait until the bleep sounds before returning the other way. If the marker is not reached before the bleep sounds, the participant must continue to run to the marker, then turn and try to catch up with the pace within two more 'beeps'. If the participant fails to reach the line (within 2 metres) twice, then their bleep test stops there. Record the last level completed and compare to this table:

	men	women
excellent	> 13	> 12
very good	11 - 13	10 - 12
good	9 - 11	8 - 10
average	7 - 9	6 - 8
poor	5 - 7	4 - 6
very poor	< 5	< 4