

The Beep Test

The objective of the beep test is to run for as long as possible between two points which are placed 20 metres apart; keeping to the speed indicated by the beeps on the beep test.

You will hear the beeps at regular intervals. Pace yourself, so you are at the end of the 20 metre track when you will hear the first beep, and are at the other end when you hear the next beep. Make sure you start with one foot on or behind the 20 metre line and that you turn properly, by pushing off with one foot or the other.

At first your running speed will be very slow, but you will need to speed up at the end of each minute. Your aim should be to follow the set rhythm for as long as you can.

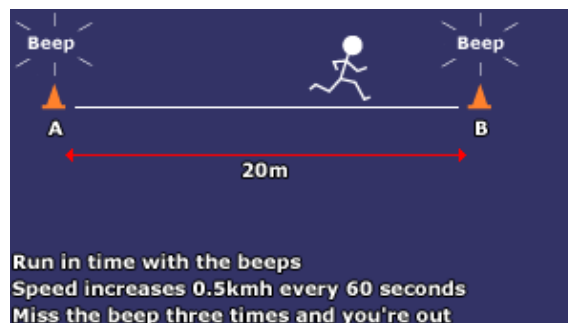
Each single beep signals the end of the shuttle, and each triple beep signals an increase in running speed. You should stop running when you can no longer keep up with the set rhythm.

The test is maximal and progressive – in other words it is easy at the start and harder towards the end. The running speed for the first minute is very slow. You have nine seconds to complete each shuttle, so do not set off to fast.

The test consists of 23 levels but only elite athletes can expect to reach the top three. Cyclist Lance Armstrong and footballer David Beckham are two of the few people who can manage it.

To download the Beep Test Audio from the Royal Marines website click on the following link or copy and paste it into your internet browser:

http://www.royalmarines.mod.uk/swf/training_tool/downloadables/RMC%20Beep%20Test%20Audio.zip



What do your scores mean?

Male	Female	Pass Mark
11 and over	9 and over	Excellent
10-11	8-9	Very good
9-10	7-8	Above average
8-9	5-7	Average
7-8	4-5	Below Average
6-7	3-4	Poor
below 6	below 3	Unsatisfactory