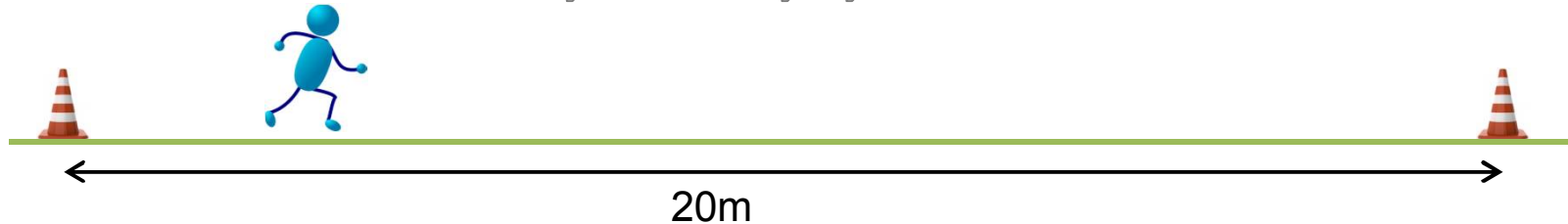


The Beep Test

A handy summary by 5-a-side.com



Equipment Needed:

- Markers and measuring tape to set up a 20m distance (or use a local athletic track)
- Audio recording (mp3 or phone app recommended)
- Comfortable sports shoes and clothing

Taking The Test:

- Warm up beforehand (don't wear yourself out!)
- Cross each line before the beep
- Do not run ahead – wait for the beep before turning and running back
- When you fail to reach the next line before the beep, your test is over. Record your score (level and shuttle – e.g. 9.2)

Beep Test Summary Information

Level	Shuttles	Speed (km/h)	Shuttle Time (seconds)	Cumulative Distance (m)	Cumulative Time (min and seconds)
1	7	8	9	140	01:03
2	8	9	8	300	02:07
3	8	9.5	7.58	460	03:08
4	9	10	7.2	640	04:12
5	9	10.5	6.86	820	05:14
6	10	11	6.55	1,020	06:20
7	10	11.5	6.26	1,220	07:22
8	11	12	6	1,440	08:28
9	11	12.5	5.76	1,660	09:31
10	11	13	5.54	1,880	10:32
11	12	13.5	5.33	2,120	11:36
12	12	14	5.14	2,360	12:38
13	13	14.5	4.97	2,620	13:43
14	13	15	4.8	2,880	14:45
15	13	15.5	4.65	3,140	15:46
16	14	16	4.5	3,420	16:49
17	14	16.5	4.36	3,700	17:50
18	15	17	4.24	4,000	18:54
19	15	17.5	4.11	4,300	19:56
20	16	18	4	4,620	21:00
21	16	18.5	3.89	4,940	22:03

For more information on the test, including finding out which level you need to reach to be truly fit for soccer, visit www.5-a-side.com – your source of tips, tactics, skills, fitness and more for small sided soccer