

What is the Bleep Test?

The multistage fitness test, also known as the 20 meter shuttle run test or bleep test is nowadays a very common test of aerobic fitness.

This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is often called the 'bleep' test. The time between recorded beeps decrease each minute (level).

The athletes score is the level and number of shuttles reached before they were unable to keep up with the tape recording. This score can be converted to a VO₂ max equivalent score.

What is 'VO₂ Max Level'?

A VO₂ max is the maximum volume of oxygen that the body can consume during intense, whole-body exercise, while breathing air at sea level.

The volume is expressed as a rate as either liters per minute (L/min) or milliliters per kg bodyweight per minute (ml/kg/min). VO₂ max is considered to be the industry standard for measuring aerobic fitness. VO₂ max can be measured in many different ways. The easiest method is to attempt the "bleep test" and calculate your level off of that.

MAXIMAL OXYGEN UPTAKE NORMS 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

MAXIMAL OXYGEN UPTAKE NORMS 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

Bleep Test Scores – Versus – V02 Max. Ratings

Bleep Test - V02 Max. (ml/kg/min)

4.5 28

6.5 34

8.5 41

10.5 48

12.5 55

14.5 61

16.5 68

Athletic Performance (Bleep Test)

David Beckham (Soccer) **Level 23**

Lance Armstrong (Cycling) **Level 23**

Neil Back (Rugby Union) **Level 23**

Graeme Bachop (Rugby Union) **Level 19**

Steve Nash (Basketball) **Level 17**

Micaela Cocks (University Basketball) **Level 14**

Jonah Lomu (Rugby Union) **Level 10**