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# Training for the Bleep Test

2022

## The Bleep Test

To pass this test you must achieve level 8 shuttle 8 (8.8). However, you will be allowed to continue until you are told to stop.

You will be asked to run at increasing speeds of 0.5 km/hr over a 20-meter shuttle distance to the pace of an audible beep.

The test will start with triple bleep and you must reach the opposing line in time with the bleep at each 20m shuttle.

If you are at the 20m line before the bleep you must stop and wait for the bleep before you set off back, if you are at the line short of the bleep you will be informed verbally, failure to meet the bleep on 3 consecutive occasions will result in you failing the test.

You only need to touch the line with your toes, turn 180 degrees, run back to the other line, and repeat (see turning practice below).

Level Speed (km/hr) Shuttles Time (sec) Distance (m)

1. 8.5 km/hr 8 shuttles 68’ 160m

2. 9.0 km/hr 8 shuttles 64’ 160m

3. 9.5 km/hr 8 shuttles 61’ 160m

4. 10.0 km/hr 9 shuttles 65’ 180m

5. 10.5 km/hr 9 shuttles 62’ 180m

6. 11.0 km/hr 10 shuttles 65’ 200m

7. 11.5 km/hr 10 shuttles 63’ 200m

8. 12.0 km/hr 10 shuttles 60’ 200m

9. 12.5 km/hr 11 shuttles 63’ 220m

## Level 8.8

Total Distance(meters) – 1600m

Total 20m Shuttles – 79

Total Time (min:sec) – 9:16

The best way to train for the bleep test is by practising the test itself. The bleep test ‘BT Free’ app can be downloaded to your smart phone or device from the app store free of charge.

Find a 20m space and mark out a course that is level, smooth and free of holes / obstacles such as a school playground, car park (after hours), football pitch or (ideally) an indoor gymnasium. Headphones in and off you go!

You should always train above and beyond that of what is asked of you to join Greater Manchester Fire and Rescue Service.

## Top Tips

Do an initial test to find your current level. Remember – self assess and if you cannot meet the line on three consecutive occasions – stop.

Your score is the last time you successfully touched the line.

If you can successfully achieve level 9 + in training you should have no problems on the selection, aim for level 10 if you can.

Training for the test - Once you have the beep test on your device you can get started. You start by doing the test and trying to keep up with the beep for as long as possible. Once you get to your maximum and you can no longer keep up - don’t make the mistake of stopping…….

Walk for 2 lengths then stop at the line / cone and wait for the next beep.

On the next beep start running again and work as hard as you can to keep up with the beep again. You need to increase the body’s ability to function at a higher intensity.

You can’t afford to rest for too long! You will find that you can probably only do 2 or 3 more lengths before you quickly reach your maximum again.

Have a second rest by walking 2 laps then wait for the beep and get back at it for a 3rd time.

After reaching your maximum now twice, you may only be able to do 1 or 2 more lengths on your 3rd go before you can do no more but that is fine, you have pushed yourself to the max.

Make a note of your times, level and how many extra lengths you did. Then that is your target to beat for next week.

Aim to practice the test at least three times a week and / or do surrogate aerobic exercise such as running outside or on a treadmill.

Treadmill – The simplest type of treadmill work out for beep test training would be to set the treadmill to 1% incline (this is the best mimic of the energy demands of running outdoors on the flat) and 8km/hr.  Then each minute, on the minute, increase the speed by 0.5km/hr.

In theory this is exactly the same as the beep test progression, however without the accelerations, decelerations and turns it’s not quite the same.  The training effect is fairly similar though.

Outside exercise - You start by running 100 meters at 80 or more % of your maximum speed, then walk 100 meters to recover.

Then run 200 meters at 80+%, then walk 100 meters to recover.

Then run 300 meters at 80+%, then walk 100 meters to recover.

Now run 400 meters at 80% or more of your maximum speed, then walk 100 meters.

In this exercise, the rest period remains at 100 meters but the work period increases by 100 meters each interval.

To begin with the work/rest ratio is 1/1 but increases to 2/1 then 3/1 then 4/1 making it fairly easy at the start but very hard at the end, just like the beep test.

This training activity doesn’t require the beep test audio file. A 400m running track is an ideal facility to undertake this training (but not essential) if you have access to one.

Turning - Keep your turns simple, a simple pivot and outstretched leg is a lot more effective and energy efficient than full turns, as if you are running round a cone. Try practicing your turns in an even smaller space (say between 5 m distance) and do this for a few minutes.

This will get your heart rate up and will be good practice for doing the full beep test.

### BUT MOST IMPORTANTY - DO THE BEEP TEST!!!