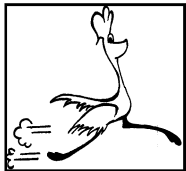




# Pairs Beep Test

## Involvement and achievement

Russell Parsons, North West Athletics  
2/72 Hopwood Street  
ECHUCA, 3564  
03-54-801-705  
nwa@iinet.net.au www.nwaswimaths.com

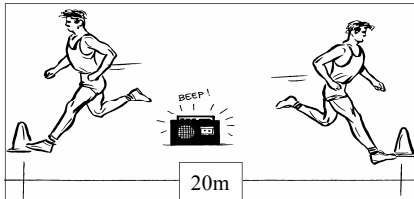


Pairs Beep Test

# L5



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### Multistage Fitness Test: Shuttle Run ("Beep" Test)

Check the speed of the CD/cassette cadence using the one minute calibration period, and adjust the running distance. (Separate manual)

Athletes are instructed to continue until they can no longer keep up with the progressively increasing pace as determined by the "beep" signal.

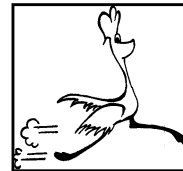
At every "beep", the athlete's foot **must** be on or over the line.

The test is complete when the athlete can not maintain the running speed for two successive "beeps".

**Note!** After the first miss, the athlete is cautioned and told they must make the line by the next "beep".

If the athlete's foot is then not on or over the line by the next "beep", the test (for that athlete) is terminated, and the score given is the last level and shuttle **attained**.

Tags are awarded at the last Level.

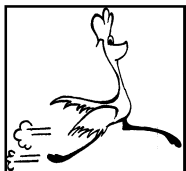


Pairs Beep Test

# L17



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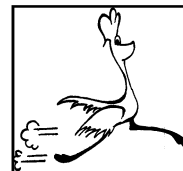


Pairs Beep Test

# L6



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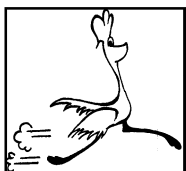


Pairs Beep Test

# L18



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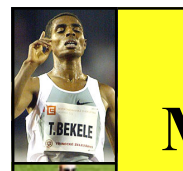


Pairs Beep Test

# L7

Photo is at Pallikoodam School Kottayam Kerala South India (Aug. 2005)

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Pairs Beep Test

## Max. Out I/we reached Level 22 (21-16)

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The Beep Test (Solo) has a scary aspect .. young people often do not want to push (solo) to exhaustion in a very visible display of their fitness level. (Each Level is 1 minute .. Level 6 has 10 shuttles; Level 21 has 16 shuttles; a shuttle = a 20m run)  
In the **Pairs Beep Test**, athletes (U19) average their age, setting that standard as the minimum level they will aim to achieve. Runners take it in turns to complete 2 x 20m: e.g. Runner A completes Level 5.1 and 5.2 .. rests; meanwhile, Runner B completes Level 5.3 and 5.4, ... and so on.

If one partner has to stop, the other merely continues, resting during the period when their partner would have run (until such time as they can no longer reach the line by the "beep").

Reaching Level 22 = Max. Out  
The CD goes to 21-16

Partners can differ from test-to-test since each pair gains a Pair Score, and also, an Individual Score.

The **Pairs Beep Test** should **not** be used too often (at least 3-4 weeks between attempts is recommended). It is a motivation, testing, and fun strategy ... it is not a training program. But, it can provide support and encouragement as individuals see their Pair and Individual scores improving.

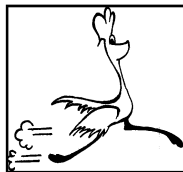
**Simple awards can be made to participants as they reach a Level**, and/or, special awards to groups who exceed their age-average aims. It can be a **real team effort**, with participants striving hard to support their partner.

**Keep it Simple:** e.g. a Netball Court measures 30.5m in length; 2 x 1/3 cross court lines = 20.34m ... for the Pairs Beep Test, that's close enough .. we are not conducting an Olympic competition; we are not seeking to compare our results with other groups .. it's a personal and pair challenge. We are trying to involve young people, encourage them to work together, to try hard, to improve, to recognise their endeavour, and, have them realise their efforts are valued. Pairs Beep Tests offer a simple-to-apply, easy-to-appreciate, challenge.

Pairs Beep Test



## Today I did my best



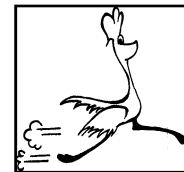
Pairs Beep Test

# +3

Age Average + 3 Levels



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Pairs Beep Test

# +5

Age Average + 5 Levels



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