

TEST THREE Multi Stage Fitness

This test is designed to measure an athlete's endurance capacity.

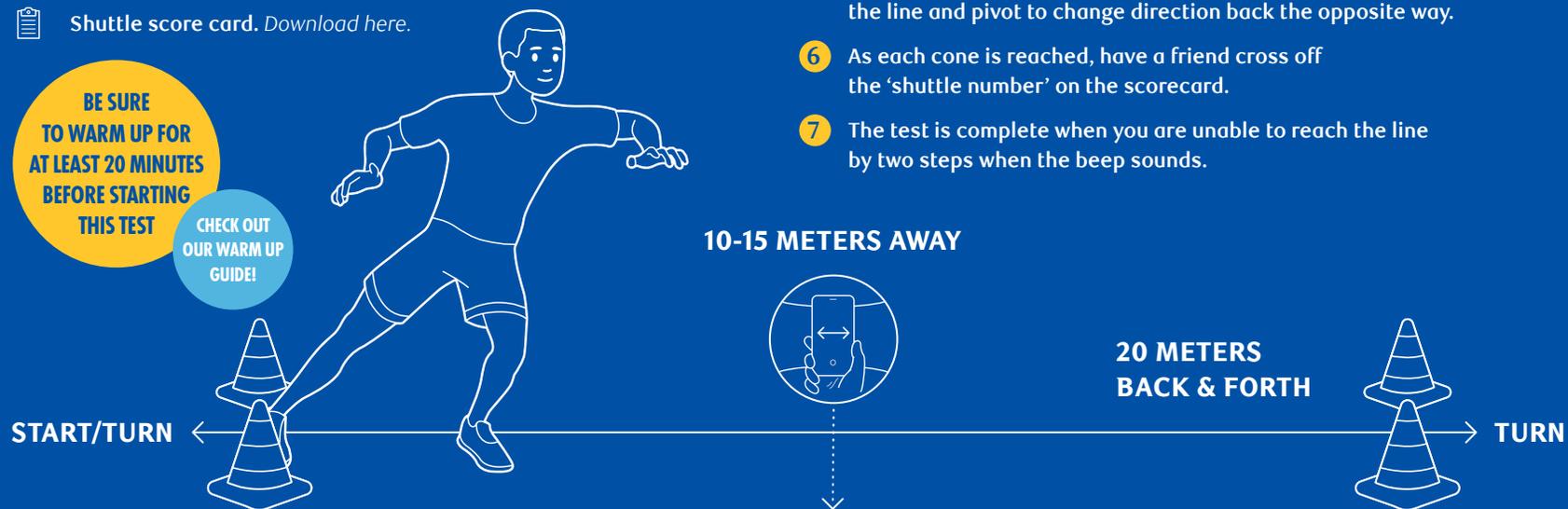
It is also commonly referred to as the 20m Shuttle Run, Beep Test, or Leger-Boucher.

WHAT YOU'LL NEED

-  A metric tape measure at least 5m long.
-  A camera that can record in 240 fps slow motion. *Can be a phone.*
-  A friend to help film.
-  25m long x 2m wide level surface. *Use the same space you used for the 20m sprint if you can.*
-  Speaker or Bluetooth headphones to connect to your playback device.
-  2-4 cones or markers to show the beginning and end of a 20m section.
-  Masking or painters tape.
-  The Leger-Boucher audio file. *Download here.*
-  Shuttle score card. *Download here.*

HOW TO COMPLETE THE TEST

- 1 Set up one or two cones at the start (0m) and repeat at the finish line (20m). Make a line on the ground with the tape for clarity.
- 2 Camera person should stand in the middle, 10-15m away from the line to capture the whole scene from cone to cone.
- 3 This is a progressive test that starts easy and increases in difficulty. It is vital to give 100% effort from the start. However stay in sync with the beeps. Do not run ahead.
- 4 The goal is to reach the cones in time with the audio recording beep. Turn and do the same back and forth until the test is complete.
- 5 Pay particular attention to your turns. Either foot must touch the line and pivot to change direction back the opposite way.
- 6 As each cone is reached, have a friend cross off the 'shuttle number' on the scorecard.
- 7 The test is complete when you are unable to reach the line by two steps when the beep sounds.



✓ Touch the line for each shuttle, even if you are late for the beep.

✗ Sit or lie down after the test. Recover by walking for 3 min.

✗ Speed ahead and wait at the line for the beep.