The Multi-Stage Fitness Test

Commonly referred to as the ‘Beep Test’ or ‘Shuttle Run’; this is an international standard test employed by military and police services around the world to quickly gauge the cardiovascular fitness level of an applicant.

This test measures your maximum aerobic capacity. You need a balance of respiratory and muscular fitness to perform well at this test.

The rules of the test may have slight variations. One of the standard explanations is as follows:

Two markers are placed twenty meters apart. You are to run between the markers in time with an audio track, keeping up with a series of levels indicated by beeps. You are to reach one end before each beep. You must maintain timing so as to turn at each end exactly on the beep. In other words, it is not permitted to get a head start on the next shuttle if you are ‘ahead’ of the beep.

At each level, the beeps get closer and closer together, requiring you to run faster as the test progresses. Level 1 is fast walking pace and this increases gradually to level 14 where the person will be sprinting.

The test ends when you fail to reach one end before the beep. Your recorded score will be the level you successfully reached at the previous end.

Follow the link on page 2 to download your copy of the multi-stage fitness test audio track.
Training for the Multi-Stage Fitness Test

Training Technique #1

Run the multi-stage fitness test.

Incredibly, most other applicants will not even take this training step. This is required to simply gauge whether or not you are meeting the minimum requirements of selection. Plus if you want to be selected quickly, you need to be performing at a competitive level. Improving your score on this test will set you apart from applicants who reach only the minimum score.

Running this test will also give you a starting point for your training program. You will be able to measure your progress by recording your score each time you run the test.

Conduct a 15 minute jog prior to this session to ensure you are warmed up and your body is prepared to get into your anaerobic training zone. This warm up will also prepare your ankles for the strain of quick turns on the shuttle runs. Mark out your training area and set your stop watch to zero.

Start the audio track and start your stopwatch at the same time. Make note of what level you achieve as well as the time you spent running. As you achieve higher scores, you will also see how much longer you can keep up. This is a great way to get further positive feedback that your training is working!

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Aristotle
Training for the Multi-Stage Fitness Test

Training Technique #2

Turn practice.

This advice can be incorporated into any of the other training sessions. This is the technique for optimum turns during the multi-stage fitness test. This technique alone will boost your score a few shuttles without any actual fitness improvement.

Many people do not consider the turn during the beep test as very important. To illustrate just how important it is, consider a racing car driver. The specific techniques applied during turns are the main factor that separates the world-class drivers from the rest. Whilst you are not in a vehicle, the way you move your body is critical to maximising your economy of effort. Additionally, just like a race car driver, your approach to each turn is the most important stage.

The simplest explanation for correct turn technique is that you must turn before you change direction. In other words, your last step is actually a ‘back step’ on to the 20 metre line.

Therefore you start your turn on the second last step you make before the turn line. Then on your last step, you are already facing back the other way. Your foot is now pointed the direction you are about to start running. This makes it much more fluid and natural to ‘bounce’ back to the next shuttle.

Your head position will help you to guide this motion. Turning your head back to the other end will bring your body and feet naturally around with you.

The diagrams to the left demonstrate examples of a poor technique and a great technique. You are literally running a metre less at each end by using this technique. Make sure you still take the ‘back step’ to hit the 20 metre line!
REPORTED RECORDS!

Level 17.1

If you’re a heavy set person and think your size will impede your ability to get a great score on the multi-stage fitness test, consider this:

Level 17.1, the world record, is reported to be by Kini Qereqeretabua, a Fijian Rugby player. As you might guess, he is not a small bloke, weighing over 100kg at the time of the run!

Training for the Multi-Stage Fitness Test

Training Technique #3

Maximum 20m shuttles.

Conduct a 15 minute jog prior to this session to ensure you are warmed up and your body is prepared to get into your anaerobic training zone. This warm up will also prepare your ankles for the strain of quick turns on the shuttle runs. Mark out your 20 metre training area and set your stop watch timer to three minutes.

Start your stopwatch and start running 20 metre shuttles. Run as fast as you can for the three minutes.

Stop and rest for two minutes.

Repeat the above cycle three times. It is very important to record how many shuttles you run on each cycle. Keep a record of this in a training diary and you will see rapid progress!

This sounds like a fairly short training session. Depending on your fitness level you may still need to shorten the session to just one or two repetitions. Make sure you are running as fast as you can for this technique. Remember to do your cool-down.

FOOD MYTH

Eating sugary foods is ok as long as I don’t eat fatty food and am not gaining weight.

Check out this link to read about the damage excess sugar is doing to your body, regardless of any weight changes you may or may not experience.
Sample Training Programs

Here is a sample training program to incorporate into your physical preparation for police selection. Keep an eye on [www.police-selection-australia.com](http://www.police-selection-australia.com) for further physical training tips and more detailed physical training programs.

**BEEP TEST:** This is the Multi-Stage Fitness Test. Remember to record your score and overall time.

**SHUTTLE RUNS:** This is training technique #3. See how quickly your scores increase!

**WRW:** This is your recovery day. WRW is an abbreviation for WALK RUN WALK. This day will prevent injury and develop your cardiovascular endurance. Spend at least ten minutes walking. Follow this by fifteen minutes jogging or running and then finish with fifteen minutes walking. If you have a specific distance or time you want to train for, then this is a great day to practice.

The program below is designed to fit around your existing physical training. If you are not training at all yet, be careful not to over exert yourself in the first weeks.

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY / SUNDAY</th>
</tr>
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<tbody>
<tr>
<td>WEEK ONE</td>
<td>BEEP TEST</td>
<td></td>
<td>SHUTTLE RUNS x 2</td>
<td>WRW</td>
<td></td>
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<tr>
<td>WEEK TWO</td>
<td>SHUTTLE RUNS x 3</td>
<td>WRW</td>
<td></td>
<td>BEEP TEST</td>
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<tr>
<td>WEEK THREE</td>
<td>WRW</td>
<td>SHUTTLE RUNS x 3</td>
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<td>WRW</td>
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<tr>
<td>WEEK FOUR</td>
<td>BEEP TEST</td>
<td>WRW</td>
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<td>SHUTTLE RUNS x 4</td>
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The information presented in this edition of POLICE FITNESS is not designed to substitute professional medical advice. Consult a doctor before starting any physical activity or training program and seek medical advice if you feel pain during a training session.