

Bleep Test Table (15m)

by www.bleep-test.co.uk

Level	Shuttles	Speed (kph)	Time Per Shuttle (seconds)	Total Distance (meters)	Total time
1	7	7.88	6.83	105	0:48
2	8	8.52	6.36	225	1:39
3	8	8.69	6.11	345	2:28
4	8	9.33	5.75	465	3:14
5	9	10.13	5.43	600	4:02
6	9	10.62	5.13	735	4:49
7	10	10.94	4.97	885	5:38
8	10	11.42	4.78	1,035	6:26
9	10	11.74	4.59	1,185	7:11
10	11	12.39	4.39	1,350	8:00
11	11	12.87	4.16	1,515	8:56
12	12	13.67	3.92	1,695	9:33
13	12	14	3.85	1,875	10:19
14	13	14.16	3.76	2,070	11:08
15	13	14.96	3.59	2,265	11:55
16	13	15.28	3.47	2,460	12:40
17	14	15.93	3.25	2,670	13:35

Want to practice the bleep test at home?

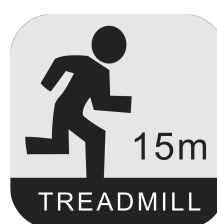
Download one of the iOS apps!



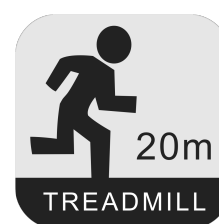
Bleep Test Pro



Bleep Test HD



Bleep Test Treadmill



Bleep Test Treadmill