

Bleep Test Table (20m)

by www.bleeptest.co.uk

Level	Shuttles	Speed (kph)	Time Per Shuttle (seconds)	Total Distance (meters)	Total time
1	7	8	9	140	01:03
2	8	9	8	300	02:07
3	8	9.5	7.58	360	03:08
4	9	10	7.2	640	04:12
5	9	10.5	6.86	820	05:14
6	10	11	6.55	1,020	06:20
7	10	11.5	6.26	1,220	07:22
8	11	12	6	1,440	08:28
9	11	12.5	5.76	1,660	09:31
10	11	13	5.54	1,880	10:32
11	12	13.5	5.33	2,120	11:36
12	12	14	5.14	2,360	12:38
13	13	14.5	4.97	2,620	13:43
14	13	15	4.8	2,880	14:45
15	13	15.5	4.65	3,140	15:46
16	14	16	4.5	3,420	16:49
17	14	16.5	4.36	3,700	17:50
18	15	17	4.24	4,000	18:54
19	15	17.5	4.11	4,300	19:56
20	16	18	4	4,620	21:00
21	16	18.5	3.89	4,920	22:03

Want to practice the bleep test at home?

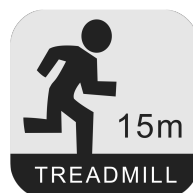
Download one of the iOS apps!



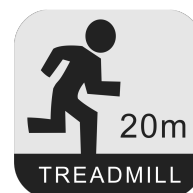
Bleep Test Pro



Bleep Test HD



Bleep Test Treadmill



Bleep Test Treadmill