**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 60 fps. *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 20m shuttle run test audio file. *Download here.*
  
  *Test result will not be valid if using other shuttle run version audio file.*

**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 in two steps when the beep sounds, twice in a row.

**BE SURE TO WARM UP FOR AT LEAST 20 MINUTES BEFORE STARTING THIS TEST**

**CHECK OUT OUR WARM UP GUIDE!**

- 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.