



TEAMGOLDUSA USA1 | DRY TESTING | 20M

20-Meter Shuttle Run Test

Coach administration packet

PURPOSE

A progressive externally paced running test. Raw completed shuttles are primary. Any equation-derived aerobic value is an estimate and is not directly measured VO2max.

PRIMARY OUTPUT

Completed shuttles + final stage

EQUIPMENT

20 m course, cones, identified audio

1

Prepare the course

Measure exactly 20 meters between clear lines. Use a flat non-slip surface, turn space, run-off area, audible protocol audio and trained spotters.

2

Identify the version

Record the exact audio/version. Demonstrate line timing and turns. Different beep-test versions cannot be mixed in a longitudinal record.

3

Use one stop rule

Warn after the first missed line and stop after a second consecutive miss. An on-time shuttle resets the miss count. Stop immediately for symptoms or voluntary withdrawal.

4

Record raw performance

Record completed shuttles, final stage if available, reason for stopping, conditions and symptoms. Name any prediction equation and label its output estimated.



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Multi-athlete recording sheet

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Protocol/audio version								
Completed shuttles								
Final stage								
First miss stage								
Stop reason								
Surface								
Temperature								
Symptoms								
Estimated value/formula								
Coach notes								

RECORD THE EXACT PROTOCOL AND STOP REASON.
Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.



20-Meter Shuttle Run Test

Interpretation boundaries and scientific references

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INTERPRETATION LIMITS

- Do not compare different audio versions, speeds, stages or stopping rules.
- Keep raw shuttles primary; formulas estimate rather than measure VO2max.
- Land-running performance stays separate from swimming endurance tests.
- Stop for pain, illness, chest symptoms, dizziness, respiratory distress or heat stress.

SAFETY AND MEDICAL BOUNDARY

Stop testing for pain, dizziness, chest symptoms, unusual shortness of breath, numbness, tingling, illness, loss of safe control or an individualized restriction. Follow parent/guardian communication, qualified clinical guidance and the emergency action plan.

SCIENTIFIC JOURNALS - HOT LINKS

Mayorga-Vega et al. 20-m shuttle validity review

<https://doi.org/10.1371/journal.pone.0131181>

Welsman et al. Limits of youth CRF prediction

<https://doi.org/10.1136/bmjsem-2018-000523>

Lang et al. Shuttle run and youth health indicators

<https://doi.org/10.1136/bjsports-2016-096498>

Cruz-Leon et al. Field fitness test safety review

<https://doi.org/10.1186/s40798-024-00799-1>