



Ministry
of Defence

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Dea [REDACTED]

Thank you for your email of 18 November in which you requested the following information:

"I'm writing regarding the 2Km for army reserve and want to know because it's winter time can the 2Km run be done on a treadmill like how the RAF does it."

I am treating your correspondence as a request for information under the Freedom of Information Act (FOIA) 2000. A search for the information has now been completed within the Ministry of Defence, and I can confirm that the information in scope of your request is held and is below.

In response to your request please note that the Army has an established alternative assessment to the run, the Multi-Stage Fitness Test (MSFT) commonly known as a 'beep test'. The MSFT is only to be used in situations where it is not possible for logistical, geographical, meteorological or security reasons, to conduct the run assessment. Where deemed appropriate the MSFT can be utilised as an alternative to the 2km Aerobic assessment. The MSFT involves participants running between 2 sets of lines set exactly 20m apart (a lap) whilst keeping up with a series of 'beeps' from an audio cassette or CD. The 'beeps' start off at a slow jogging pace and after each minute, become progressively faster so that it is more difficult to maintain the required speed.

If you have any queries regarding the content of this letter, please contact this office in the first instance. Following this, if you wish to complain about the handling of your request, or the content of this response, you can request an independent internal review by contacting the Information Rights Compliance team, Ground Floor, MOD Main Building, Whitehall, SW1A 2HB (e-mail CIO-FOI-IR@mod.uk). Please note that any request for an internal review should be made within 40 working days of the date of this response.

If you remain dissatisfied following an internal review, you may raise your complaint directly to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not normally investigate your case until the MOD internal review process has been completed. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website at <https://ico.org.uk/>.

Yours sincerely,

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