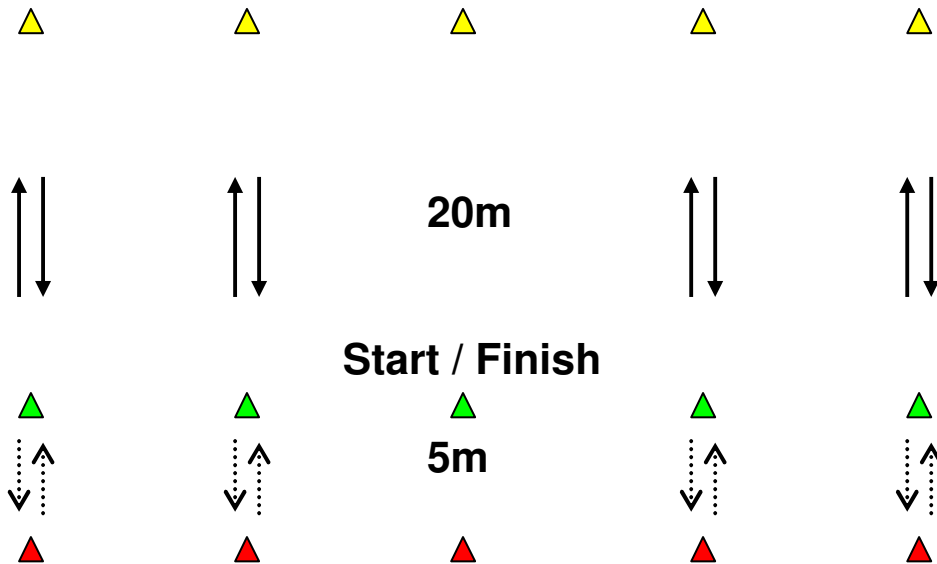


Yo Yo Intermittent Recovery Test

Set up:



Procedure:

Use cones to mark out three lines as per the diagram above: 20 meters and 5 meters (recovery test) apart.

The subject starts on or behind the middle line (Green Cones), and begins running 20 m towards the yellow cones when instructed by the CD. The subject(s) then turns and returns to the starting point when signaled by the recorded beep. Ensure subject(s) Start and turn on the beep.

There is an active recovery period of 10 seconds interjected between every 20 meter (out and back) shuttle, during which the subject must walk or jog around the 5m red cone and return to the starting point (green cone).

A warning is given when the subject does not complete a successful out and back shuttle in the allocated time, the subject is removed the next time they do not complete a successful shuttle.

Yo-Yo Intermittent Recovery Test Level 1 CD (YYIRTL1)

Below are the levels, speeds and accumulated distances for the Yo-Yo Intermittent Recovery Test 1.

stage	speed level	speed (km/hr)	shuttles (2 x 20m)	accumulated dist. covered (m)
1	5	10.0	1	40
2	8	11.5	1	80
3	11	13.0	2	160
4	12	13.5	3	280
5	13	14.0	4	440
6	14	14.5	8	760
7	15	15.0	8	1080
8	16	15.5	8	1400
9	17	16.0	8	1720
10	18	16.5	8	2040
11	19	17.0	8	2360
12	20	17.5	8	2680
13	21	18.0	8	3000
14	22	18.5	8	3320
15	23	19.0	8	3640

Yo-Yo Intermittent Recovery Test Level 2 CD (YYIRTL2)

Below are the levels, speeds and accumulated distances for the Yo-Yo Intermittent Recovery Test 2.

stage	speed level	speed (km/hr)	shuttles (2 x 20m)	accumulated dist. covered (m)
1	11	13.0	1	40
2	15	15.0	1	80
3	17	16.0	2	160
4	18	16.5	3	280
5	19	17.0	4	440
6	20	17.5	8	760
7	21	18.0	8	1080
8	22	18.5	8	1400
9	23	19.0	8	1720
10	24	19.5	8	2040
11	25	20.0	8	2360
12	26	20.5	8	2680
13	27	21.0	8	3000
14	28	21.5	8	3320
15	29	22.0	8	3640