

Yo-Yo Intermittent Recovery Test (Level 1) - Time Table

Speed (km/h)	10.0		12.0		13.0		13.5			14.0			
Speed Level	5		9		11		12			13			
Rep	1	1	1	2	1	2	3	1	2	3	4		
Distance (m)	40	80	120	160	200	240	280	320	360	400	440		
Start	00:00	00:24	00:46	01:07	01:29	01:49	02:10	02:31	02:51	03:11	03:31		
Turn	00:07	00:30	00:52	01:13	01:34	01:55	02:15	02:36	02:56	03:16	03:37		
Finish	00:14	00:36	00:57	01:19	01:39	02:00	02:21	02:41	03:01	03:21	03:42		

Speed (km/h)	14.5								15.0							
Speed Level	14								15							
Rep	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Distance (m)	480	520	560	600	640	680	720	760	800	840	880	920	960	1,000	1,040	1,080
Start	03:52	04:12	04:32	04:52	05:11	05:31	05:51	06:11	06:31	06:51	07:10	07:30	07:50	08:09	08:29	08:48
Turn	03:57	04:17	04:37	04:56	05:16	05:36	05:56	06:16	06:36	06:56	07:15	07:35	07:54	08:14	08:34	08:53
Finish	04:02	04:22	04:42	05:01	05:21	05:41	06:01	06:21	06:41	07:00	07:20	07:40	07:59	08:19	08:38	08:58

Speed (km/h)	15.5								16.0							
Speed Level	16								17							
Rep	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Distance (m)	1,120	1,160	1,200	1,240	1,280	1,320	1,360	1,400	1,440	1,480	1,520	1,560	1,600	1,640	1,680	1,720
Start	09:08	09:27	09:47	10:06	10:25	10:44	11:04	11:23	11:42	12:01	12:20	12:39	12:58	13:17	13:36	13:55
Turn	09:13	09:32	09:51	10:10	10:30	10:49	11:08	11:28	11:47	12:06	12:25	12:44	13:03	13:22	13:41	14:00
Finish	09:17	09:37	09:56	10:15	10:34	10:54	11:13	11:32	11:51	12:10	12:29	12:48	13:07	13:26	13:45	14:04

Speed (km/h)	16.5								17.0							
Speed Level	18								19							
Rep	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Distance (m)	1,760	1,800	1,840	1,880	1,920	1,960	2,000	2,040	2,080	2,120	2,160	2,200	2,240	2,280	2,320	2,360
Start	14:14	14:33	14:52	15:10	15:29	15:48	16:07	16:25	16:44	17:03	17:21	17:40	17:58	18:16	18:35	18:53
Turn	14:19	14:37	14:56	15:15	15:34	15:52	16:11	16:30	16:48	17:07	17:25	17:44	18:02	18:21	18:39	18:58
Finish	14:23	14:42	15:00	15:19	15:38	15:57	16:15	16:34	16:53	17:11	17:30	17:48	18:06	18:25	18:43	19:02

Speed (km/h)	17.5								18.0							
Speed Level	20								21							
Rep	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Distance (m)	2,400	2,440	2,480	2,520	2,560	2,600	2,640	2,680	2,720	2,760	2,800	2,840	2,880	2,920	2,960	3,000
Start	19:12	19:30	19:48	20:07	20:25	20:43	21:01	21:20	21:38	21:56	22:14	22:32	22:50	23:08	23:26	23:44
Turn	19:16	19:34	19:52	20:11	20:29	20:47	21:05	21:24	21:42	22:00	22:18	22:36	22:54	23:12	23:30	23:48
Finish	19:20	19:38	19:57	20:15	20:33	20:51	21:10	21:28	21:46	22:04	22:22	22:40	22:58	23:16	23:34	23:52

Speed (km/h)	18.5								19.0							
Speed Level	22								23							
Rep	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Distance (m)	3,040	3,080	3,120	3,160	3,200	3,240	3,280	3,320	3,360	3,400	3,440	3,480	3,520	3,560	3,600	3,640
Start	24:02	24:20	24:37	24:55	25:13	25:31	25:48	26:06	26:24	26:42	26:59	27:17	27:34	27:52	28:09	28:27
Turn	24:06	24:23	24:41	24:59	25:17	25:35	25:52	26:10	26:28	26:45	27:03	27:20	27:38	27:56	28:13	28:31
Finish	24:10	24:27	24:45	25:03	25:21	25:38	25:56	26:14	26:32	26:49	27:07	27:24	27:42	27:59	28:17	28:35