

Yo-Yo Intermittent Recovery Test - Level 1 Reference Table

Speed Level	Shuttle No.	speed (km/hr)	level time (s)	accumulated shuttle dist (m)	Cumulative Time* (s)	Approx Vo2max (mL/min/kg)
5	1	10	14.4	40	00:24	36.74
9	1	12	12.5	80	00:46	37.07
11	1	13	11.1	120	01:07	37.41
11	2	13	11.1	160	01:29	37.74
12	1	13.5	10.7	200	01:49	38.08
12	2	13.5	10.7	240	02:10	38.42
12	3	13.5	10.7	280	02:31	38.75
13	1	14	10.3	320	02:51	39.09
13	2	14	10.3	360	03:11	39.42
13	3	14	10.3	400	03:31	39.76
13	4	14	10.3	440	03:52	40.10
14	1	14.5	9.9	480	04:12	40.43
14	2	14.5	9.9	520	04:32	40.77
14	3	14.5	9.9	560	04:51	41.10
14	4	14.5	9.9	600	05:11	41.44
14	5	14.5	9.9	640	05:31	41.78
14	6	14.5	9.9	680	05:51	42.11
14	7	14.5	9.9	720	06:11	42.45
14	8	14.5	9.9	760	06:31	42.78
15	1	15	9.6	800	06:51	43.12
15	2	15	9.6	840	07:10	43.46
15	3	15	9.6	880	07:30	43.79
15	4	15	9.6	920	07:50	44.13
15	5	15	9.6	960	08:09	44.46
15	6	15	9.6	1000	08:29	44.80
15	7	15	9.6	1040	08:48	45.14
15	8	15	9.6	1080	09:08	45.47
16	1	15.5	9.3	1120	09:27	45.81
16	2	15.5	9.3	1160	09:47	46.14
16	3	15.5	9.3	1200	10:06	46.48
16	4	15.5	9.3	1240	10:25	46.82
16	5	15.5	9.3	1280	10:44	47.15
16	6	15.5	9.3	1320	11:04	47.49
16	7	15.5	9.3	1360	11:23	47.82
16	8	15.5	9.3	1400	11:42	48.16
17	1	16	9	1440	12:01	48.50
17	2	16	9	1480	12:20	48.83
17	3	16	9	1520	12:39	49.17
17	4	16	9	1560	12:58	49.50
17	5	16	9	1600	13:17	49.84
17	6	16	9	1640	13:36	50.18
17	7	16	9	1680	13:55	50.51
17	8	16	9	1720	14:14	50.85
18	1	16.5	8.7	1760	14:33	51.18
18	2	16.5	8.7	1800	14:52	51.52
18	3	16.5	8.7	1840	15:10	51.86
18	4	16.5	8.7	1880	15:29	52.19
18	5	16.5	8.7	1920	15:48	52.53
18	6	16.5	8.7	1960	16:07	52.86

18	7	16.5	8.7	2000	16:25	53.20
18	8	16.5	8.7	2040	16:44	53.54
19	1	17	8.5	2080	17:03	53.87
19	2	17	8.5	2120	17:21	54.21
19	3	17	8.5	2160	17:39	54.54
19	4	17	8.5	2200	17:58	54.88
19	5	17	8.5	2240	18:16	55.22
19	6	17	8.5	2280	18:35	55.55
19	7	17	8.5	2320	18:53	55.89
19	8	17	8.5	2360	19:12	56.22
20	1	17.5	8.2	2400	19:30	56.56
20	2	17.5	8.2	2440	19:48	56.90
20	3	17.5	8.2	2480	20:07	57.23
20	4	17.5	8.2	2520	20:25	57.57
20	5	17.5	8.2	2560	20:43	57.90
20	6	17.5	8.2	2600	21:01	58.24
20	7	17.5	8.2	2640	21:19	58.58
20	8	17.5	8.2	2680	21:38	58.91
21	1	18	8.0	2720	21:56	59.25
21	2	18	8.0	2760	22:14	59.58
21	3	18	8.0	2800	22:32	59.92
21	4	18	8.0	2840	22:50	60.26
21	5	18	8.0	2880	23:08	60.59
21	6	18	8.0	2920	23:26	60.93
21	7	18	8.0	2960	23:44	61.26
21	8	18	8.0	3000	24:02	61.60
22	1	18.5	7.8	3040	24:19	61.94
22	2	18.5	7.8	3080	24:37	62.27
22	3	18.5	7.8	3120	24:55	62.61
22	4	18.5	7.8	3160	25:13	62.94
22	5	18.5	7.8	3200	25:31	63.28
22	6	18.5	7.8	3240	25:48	63.62
22	7	18.5	7.8	3280	26:06	63.95
22	8	18.5	7.8	3320	26:24	64.29
23	1	19	7.6	3360	26:42	64.62
23	2	19	7.6	3400	26:59	64.96
23	3	19	7.6	3440	27:17	65.30
23	4	19	7.6	3480	27:34	65.63
23	5	19	7.6	3520	27:52	65.97
23	6	19	7.6	3560	28:09	66.30
23	7	19	7.6	3600	28:27	66.64
23	8	19	7.6	3640	28:45	66.98

* Cumulative time includes 10 second recovery period between shuttles

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