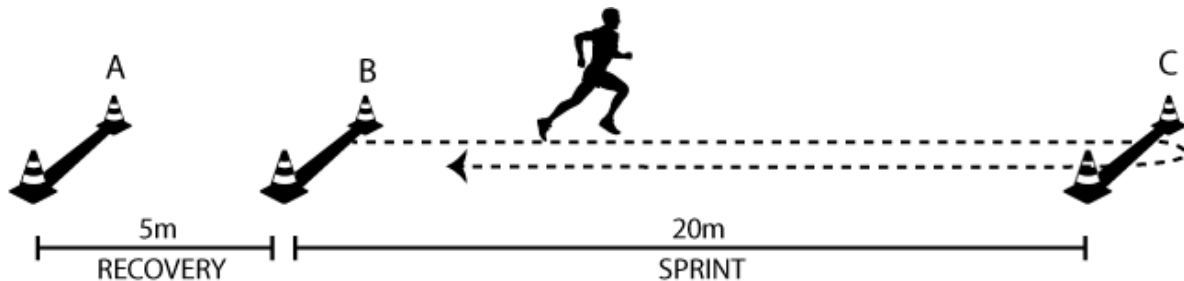


Yoyo Intermittent Fitness Test – Testing Protocols

Course layout: Cones or tape is used to mark out three parallel lines, 5 and 20 meters apart, as shown in the diagram.



Preparations: Make sure the participants are adequately prepared: well-rested, hydrated and fueled, familiar with the test procedure and motivated to perform maximally. Give clear and standardised instructions about the test and what is expected of them, including the importance of keeping in time to the recording and completing the full 20m run.

Starting the Test: All participants should line up along the starting line (cone B). The athletes start with both feet behind the starting line (cone B) and begin running when instructed by the audio recording. The athlete turns when they reach cone C (an audio beep will sound as a guide when you reach or are about to reach cone C) and returns to the starting point. The athlete must not start running early, must run the complete distance (including touching on or over the line at Cone C), and return to the starting point before or in time with the recorded beep.

During the test: There is an active recovery period of 10 seconds between every 40 meters run, during which the subject must walk or jog to the next line (cone A) and return to the starting point. At regular intervals, the running speed will increase.

Finishing the test: The participants must continue for as long as they can. Some of the athletes will choose to stop when they have reached their physical limit. For others, you will need to give a warning as they drop behind the required pace or make one of the errors listed below. On the second infraction they are pulled out of the test.

You give a warning when the participant ...

- does not come to a complete stop before starting the next 40m run.
- starts the run before the audio signal (breaking)
- does not return to line B before the required audio beep.
- turns at the 20m mark without touching or going over the line (therefore running short).

NB: A participant is withdrawn from the test on the second warning.

Scoring: After stopping or receiving two warnings, the participant's score is the level of the last fully completed successful shuttle.