

Yo-Yo Test Recording Sheet

Yo-Yo Intermittent Endurance Test Level 1

Date: _____
 Time: _____
 Surface: _____
 Conditions: _____

Stage 1 Speed 1	1	2						
Stage 2 Speed 3	1	2						
Stage 3 Speed 5	1	2						
Stage 4 Speed 6	1	2	3	4	5	6	7	8
Stage 5 Speed 6.5	1	2	3	4	5	6	7	8
Stage 6 Speed 7	1	2	3	4	5	6	7	8
Stage 7 Speed 7.5	1	2	3					
Stage 8 Speed 8	1	2	3					
Stage 9 Speed 8.5	1	2	3	4	5	6		
Stage 10 Speed 9	1	2	3	4	5	6		
Stage 11 Speed 9.5	1	2	3	4	5	6		
Stage 12 Speed 10	1	2	3	4	5	6		
Stage 13 Speed 10.5	1	2	3	4	5	6		
Stage 14 Speed 11	1	2	3	4	5	6		
Stage 15 Speed 11.5	1	2	3	4	5	6		
Stage 16 Speed 12	1	2	3	4	5	6		
Stage 17 Speed 12.5	1	2	3	4	5	6		
Stage 18 Speed 13	1	2	3	4	5	6		
Stage 19 Speed 13.5	1	2	3	4	5	6		
Stage 20 Speed 14	1	2	3	4	5	6		