

Yo-Yo Test Recording Sheet

Yo-Yo Intermittent Endurance Test *Level 2*

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

Stage 1 Speed 8	1	2						
Stage 2 Speed 10	1	2						
Stage 3 Speed 12	1	2						
Stage 4 Speed 13	1	2	3	4	5	6	7	8
Stage 5 Speed 13.5	1	2	3	4	5	6	7	8
Stage 6 Speed 14	1	2	3	4	5	6	7	8
Stage 7 Speed 14.5	1	2	3					
Stage 8 Speed 15	1	2	3					
Stage 9 Speed 15.5	1	2	3	4	5	6		
Stage 10 Speed 16	1	2	3	4	5	6		
Stage 11 Speed 16.5	1	2	3	4	5	6		
Stage 12 Speed 17	1	2	3	4	5	6		
Stage 13 Speed 17.5	1	2	3	4	5	6		
Stage 14 Speed 18	1	2	3	4	5	6		
Stage 15 Speed 18.5	1	2	3	4	5	6		
Stage 16 Speed 19	1	2	3	4	5	6		
Stage 17 Speed 19.5	1	2	3	4	5	6		
Stage 18 Speed 20	1	2	3	4	5	6		
Stage 19 Speed 20.5	1	2	3	4	5	6		
Stage 20 Speed 21	1	2	3	4	5	6		