

EST SCHEME:YO-YO INTERMITTENT RECOVERY TEST-LEVEL

LEVEL 1

Speed Level

| | | | | | | | | |
|----|------|------|------|------|------|------|------|------|
| 5 | 1 | | | | | | | |
| | 40 | | | | | | | |
| 9 | 1 | | | | | | | |
| | 80 | | | | | | | |
| 11 | 1 | 2 | | | | | | |
| | 120 | 160 | | | | | | |
| 12 | 1 | 2 | 3 | | | | | |
| | 200 | 240 | 280 | | | | | |
| 13 | 1 | 2 | 3 | 4 | | | | |
| | 320 | 360 | 400 | 440 | | | | |
| 14 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 480 | 520 | 560 | 600 | 640 | 680 | 720 | 760 |
| 15 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 800 | 840 | 880 | 920 | 960 | 1000 | 1040 | 1080 |
| 16 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 1120 | 1160 | 1200 | 1240 | 1280 | 1320 | 1360 | 1400 |
| 17 | 1 | 2 | 3 | 4 | | 6 | 7 | 8 |
| | 1440 | 1480 | 1520 | 1560 | 1600 | 1640 | 1680 | 1720 |
| 18 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 1760 | 1800 | 1840 | 1880 | 1920 | 1960 | 2000 | 2040 |
| 19 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 2080 | 2120 | 2160 | 2200 | 2240 | 2280 | 2320 | 2360 |
| 20 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 2400 | 2440 | 2480 | 2520 | 2560 | 2600 | 2640 | 2680 |
| 21 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 2720 | 2760 | 2800 | 2840 | 2880 | 2920 | 2960 | 3000 |
| 22 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 3040 | 3080 | 3120 | 3160 | 3200 | 3240 | 3280 | 3320 |
| 23 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 3360 | 3400 | 3440 | 3480 | 3520 | 3560 | 3600 | 3640 |

NAME _____

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EST SCHEME:YO-YO INTERMITTENT RECOVERY TEST-LEVEL

LEVEL 2

Speed Level

| | | | | | | | | |
|----|------|------|------|------|------|------|------|------|
| 11 | 1 | | | | | | | |
| | 40 | | | | | | | |
| 15 | 1 | | | | | | | |
| | 80 | | | | | | | |
| 17 | 1 | 2 | | | | | | |
| | 120 | 160 | | | | | | |
| 18 | 1 | 2 | 3 | | | | | |
| | 200 | 240 | 280 | | | | | |
| 19 | 1 | 2 | 3 | 4 | | | | |
| | 320 | 360 | 400 | 440 | | | | |
| 20 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 480 | 520 | 560 | 600 | 640 | 680 | 720 | 760 |
| 21 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 800 | 840 | 880 | 920 | 960 | 1000 | 1040 | 1080 |
| 22 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 1120 | 1160 | 1200 | 1240 | 1280 | 1320 | 1360 | 1400 |
| 23 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 1440 | 1480 | 1520 | 1560 | 1600 | 1640 | 1680 | 1720 |
| 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 1760 | 1800 | 1840 | 1880 | 1920 | 1960 | 2000 | 2040 |
| 25 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 2080 | 2120 | 2160 | 2200 | 2240 | 2280 | 2320 | 2360 |
| 26 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 2400 | 2440 | 2480 | 2520 | 2560 | 2600 | 2640 | 2680 |

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