

## Yo-Yo Intermittent Endurance Test (Level 2) - Time Table

ARIET for FWC ARFs (40m forward - 25m sidestep)

= sidestep

Speed (km/h)	11.50		12.50		13.50		14.00								14.25							
Speed Level	8.0		10.0		12.0		13.0												13.5			
Rep	1	2	1	2	1	2	1	2	3	4	5	6	7	8	1	2	3	4				
Distance (m)	40	65	105	130	170	195	235	260	300	325	365	390	430	455	495	520	560	585				
Start	00:00	00:18	00:35	00:51	01:08	01:24	01:39	01:55	02:10	02:25	02:41	02:56	03:11	03:27	03:42	03:57	04:12	04:27				
Turn	00:06	00:24	00:41	00:57	01:13	01:29	01:45	02:00	02:15	02:30	02:46	03:01	03:16	03:32	03:47	04:02	04:17	04:32				
Finish	00:13	00:30	00:47	01:03	01:19	01:34	01:50	02:05	02:20	02:36	02:51	03:06	03:22	03:37	03:52	04:07	04:22	04:37				

Speed (km/h)	14.25				14.50								14.75			15.00						
Speed Level	13.5				14.0												14.5			15.0		
Rep	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	1	2	3				
Distance (m)	625	650	690	715	755	780	820	845	885	910	950	975	1,015	1,040	1,080	1,105	1,145	1,170				
Start	04:42	04:57	05:12	05:28	05:43	05:58	06:12	06:27	06:42	06:57	07:12	07:27	07:42	07:57	08:11	08:26	08:41	08:55				
Turn	04:47	05:02	05:17	05:33	05:48	06:02	06:17	06:32	06:47	07:02	07:17	07:32	07:47	08:02	08:16	08:31	08:46	09:00				
Finish	04:52	05:07	05:23	05:38	05:53	06:07	06:22	06:37	06:52	07:07	07:22	07:37	07:52	08:06	08:21	08:36	08:50	09:05				

Speed (km/h)	15.25						15.50						15.75					
Speed Level	15.5						16.0						16.5					
Rep	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
Distance (m)	1,210	1,235	1,275	1,300	1,340	1,365	1,405	1,430	1,470	1,495	1,535	1,560	1,600	1,625	1,665	1,690	1,730	1,755
Start	09:10	09:24	09:39	09:53	10:08	10:22	10:36	10:51	11:05	11:19	11:34	11:48	12:02	12:16	12:30	12:44	12:59	13:13
Turn	09:15	09:29	09:44	09:58	10:12	10:27	10:41	10:55	11:10	11:24	11:38	11:53	12:07	12:21	12:35	12:49	13:03	13:17
Finish	09:19	09:34	09:48	10:03	10:17	10:31	10:46	11:00	11:14	11:29	11:43	11:57	12:11	12:25	12:39	12:54	13:08	13:22

Speed (km/h)	16.00						16.25						16.50					
Speed Level	17.0						17.5						18.0					
Rep	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
Distance (m)	1,795	1,820	1,860	1,885	1,925	1,950	1,990	2,015	2,055	2,080	2,120	2,145	2,185	2,210	2,250	2,275	2,315	2,340
Start	13:27	13:41	13:55	14:09	14:23	14:37	14:51	15:05	15:19	15:32	15:46	16:00	16:14	16:28	16:42	16:55	17:09	17:23
Turn	13:31	13:45	13:59	14:13	14:27	14:41	14:55	15:09	15:23	15:37	15:51	16:05	16:19	16:32	16:46	17:00	17:13	17:27
Finish	13:36	13:50	14:04	14:18	14:32	14:46	15:00	15:14	15:27	15:41	15:55	16:09	16:23	16:37	16:50	17:04	17:18	17:31

Speed (km/h)	16.75						17.00						17.25					
Speed Level	18.5						19.0						19.5					
Rep	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
Distance (m)	2,380	2,405	2,445	2,470	2,510	2,535	2,575	2,600	2,640	2,665	2,705	2,730	2,770	2,795	2,835	2,860	2,900	2,925
Start	17:36	17:50	18:04	18:17	18:31	18:44	18:58	19:11	19:25	19:38	19:52	20:05	20:19	20:32	20:46	20:59	21:12	21:25
Turn	17:41	17:54	18:08	18:21	18:35	18:49	19:02	19:16	19:29	19:43	19:56	20:10	20:23	20:36	20:50	21:03	21:16	21:30
Finish	17:45	17:59	18:12	18:26	18:39	18:53	19:06	19:20	19:33	19:47	20:00	20:14	20:27	20:41	20:54	21:07	21:20	21:34

Speed (km/h)	17.50						17.75						18.00					
Speed Level	20.0						20.5						21.0					
Rep	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
Distance (m)	2,965	2,990	3,030	3,055	3,095	3,120	3,160	3,185	3,225	3,250	3,290	3,315	3,355	3,380	3,420	3,445	3,485	3,510
Start	21:39	21:52	22:05	22:18	22:32	22:45	22:58	23:11	23:24	23:37	23:50	24:03	24:17	24:30	24:43	24:56	25:09	25:22
Turn	21:43	21:56	22:09	22:22	22:36	22:49	23:02	23:15	23:28	23:41	23:54	24:08	24:21	24:34	24:47	25:00	25:13	25:26
Finish	21:47	22:00	22:13	22:27	22:40	22:53	23:06	23:19	23:32	23:45	23:58	24:12	24:25	24:38	24:51	25:04	25:17	25:30